

What is the secret of high performance of top athletes?

Physical fitness?

So what is physical fitness? This is the theme of this paper.

Physical fitness is generally categorized as

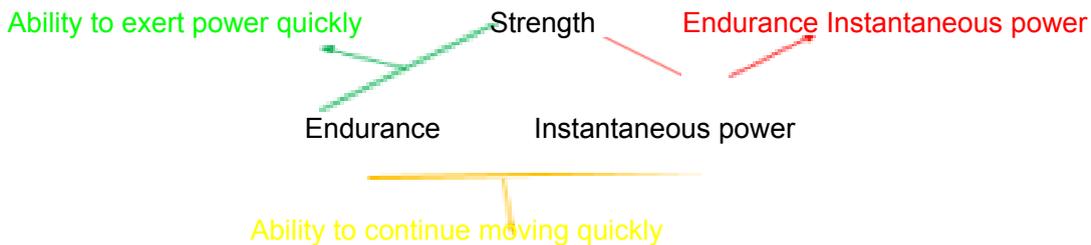
- Strength (force to lift heavy objects)
- Instantaneous power
- Endurance (power to keep moving)
- Flexibility
- Skill (dexterous movement)
- Balance (Standing on one leg, handstand, walking a tightrope)

These factors are listed. Each one is important.

In particular, Strength, Instantaneous power, and Endurance are said to be very important for improving performance.

\* Performance diagram of three elements and their combination

It was



Ability to continue to exert great power Strength Ability to exert great power quickly

..

Endurance Instantaneous power

..

Ability to continue moving quickly

..

It is thought like this. In other words, each element is just as important as the other. Last time, the secret of the high performance of top athletes is not brute strength such as Strength and Power, but the strength to accept softly, the load on your body, and to not resist "gravity", by utilizing it. I talked about how to use the body to make it.

There are some of the highest priorities to enable that body usage.

It is "Flexibility" ... the softness of the body.

Next comes "posture" ... standing posture, sitting posture

"Movement" . . . . How to run, how to jump, how to kick

To exert great force, move quickly, or send the ball far away

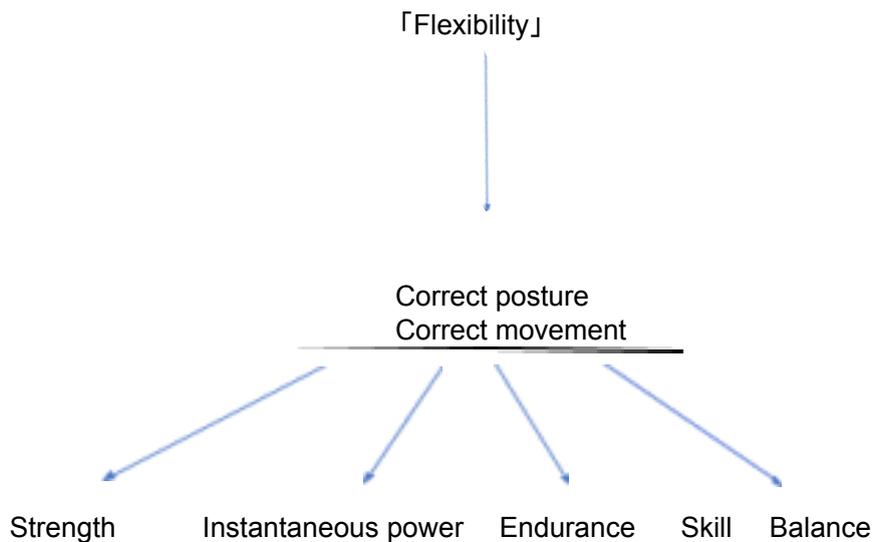
The joints of the body are large and need to move well.

If your joints are not moving properly, you will not be able to move your body as you

wish. To improve joint movement, "Flexibility" muscle softness is required. Stretching is effective for softening the muscles. Therefore, it is very important to stretch carefully before and after practice.

When your joints move better, you can utilize correct posture and correct movement. Correct posture when you play soccer with Correct movement, you will naturally acquire the abilities required for soccer and your performance will improve.

\* Figure of priority of physical fitness elements



This is a priority when considering physical fitness.

It has the flexibility to move joints well, and it can move and posture using the gravity that human beings originally have, and as a result, "Strength" "Instantaneous power" "Endurance" "Skill" "Balance" is behind. It develops so that it follows from. For everyone in Zambia, the posture is wonderfully good. The most important factors to become a top athlete have been cleared. This is a huge advantage.

So what is Correct posture and Correct movement?

I will continue in my next letter.

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