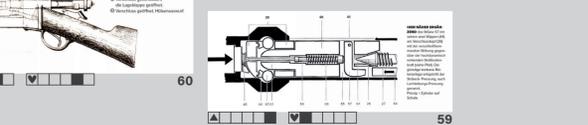
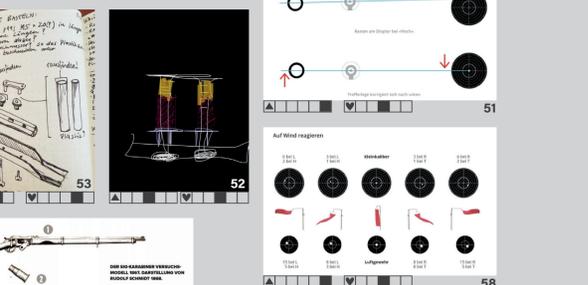
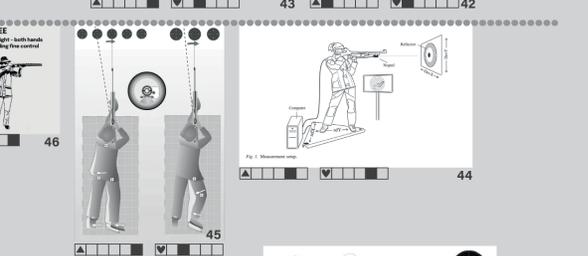
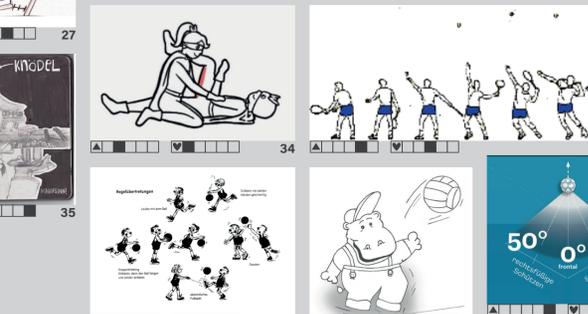
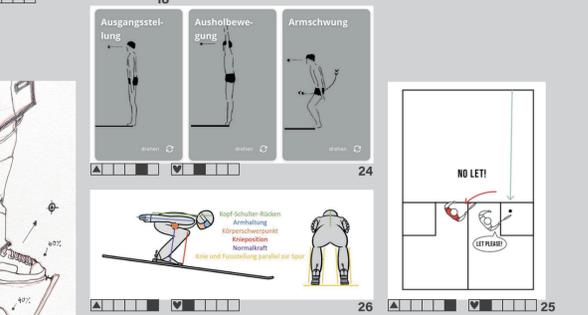
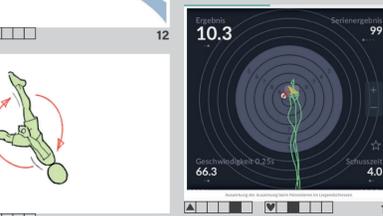
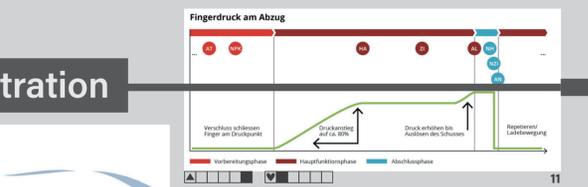
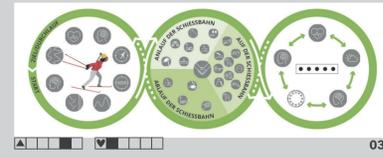
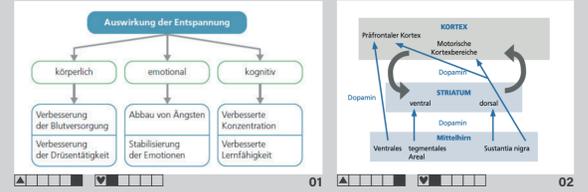


Zwischen Atmung und Abzug:

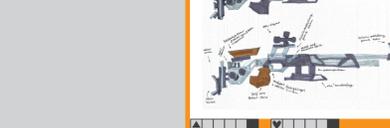
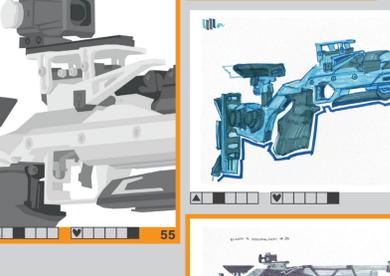
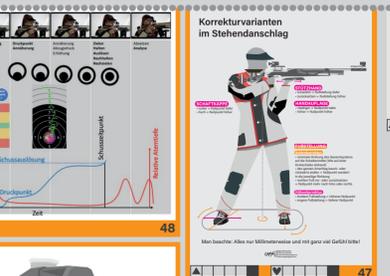
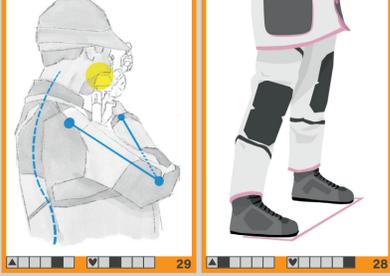
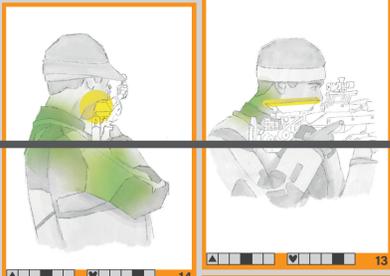
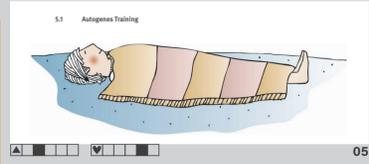
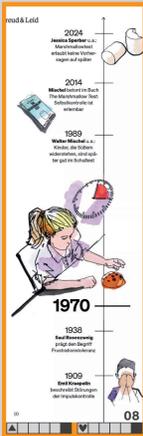
Ein bildanalytischer Zugang zu inneren und äußeren Prozessen sportlicher Präzision

Visual Essay von Catharina Zühlendorf

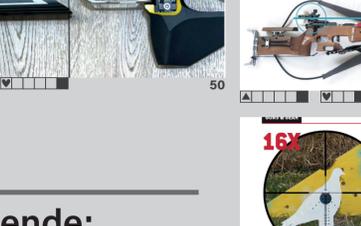
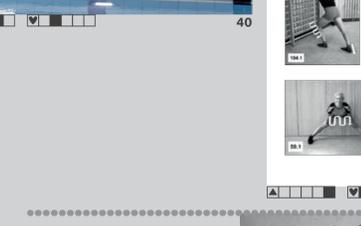
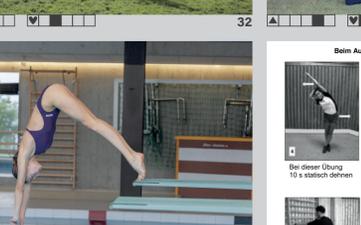
Forschungsfrage: Wie können visuelle Bilder sportlicher Praxis mentale und körperliche Prozesse sichtbar machen – insbesondere im Spannungsfeld zwischen Konzentration, Körperhaltung und Technik?



Gefühl
(unsichtbar)



Technik
(sichtbar)



Foto

Illustration

Körper
(sichtbar)

Legende:
 ▲ Informationsgehalt
 ♥ persönliches Gefallen

Beispiel:
 ▲ □ □ □ □ □ □ □ □ □ □
 ♥ □ □ □ □ □ □ □ □ □ □

„Kein Informationsgehalt, aber das Bild gefällt Cathi sehr gut!“

■ Ideal-Achse

CATHI