

Snatch

OH Sq

Purpose: Teach proper receiving position in Sn

- 1: Bar/body proper alignment
- 2: active arms and shoulders
- 3: upright torso

Start Position

Purpose: align body to create optimal force production

- 1: feet under hips
- 2: hips down/chest up
- 3: shoulders/chest cover the bar

Sn Pu To Hip

Purpose: Breaking bar from floor

- 1: use legs to move bar
- 2: bar straight up/slightly back
- 3: hips shoulders rise at same speed
- 4: cover the bar

Sn Ext

Purpose: teach how to explode vertically/ properly use arms

- 1: proper sequence
- 2: vertical extension
- 3: bar close to body

Sn w/o contact

Purpose: stay over the bar/proper arm action

- 1: upright catch position
- 2: feet and elbows same time

Jerk

Press

Purpose: arm action/position

- 1: Rack position
- 2: bar path up/back
- 3: finish position

Pr fr split

Purpose: receiving position

- 1: proper balance
- 2: alignment

Jump to split

Purpose: dip/drive and footwork

- 1: Knees in direction of toes during dip
- 2: upright torso dip/drive
- 3: back foot land first

Toes to split

Purpose: reinforces footwork

- 1: upright torso
- 2: foot speed
- 3: timing of feet and elbows

Jerk bal toes

Purpose: footwork/arm action/timing

- 1: elbows/feet same time
- 2: bar/body alignment

Cl

FSq

Purpose: Teach proper receiving position in Cl

- 1: elbow alignment
- 2: Whole hand on bar
- 3: Bar on shoulders

Start Position

Purpose: align body to create optimal force production

- 1: feet under hips
- 2: hips down/chest up
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Cl Pu To Hip

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