

Biomechanics Made Simple: The Snatch

How to apply the Six Absolutes of perfect technique to analyze the classical snatch

BFS has developed six training principles called "Absolutes" that are amazingly effective in teaching perfect technique, not only in the weightroom but also in any sport. Learn the Six BFS Absolutes and you can elevate your strength and sport coaching abilities dramatically. On the following pages, you will see how to use the Six Absolutes to analyze the classical snatch that is performed in Olympic weightlifting competitions.

One reason the Six Absolutes are so amazingly effective is that all coaches can use the same terminology when teaching weight training and sport skills. After all, how can athletes be expected to follow instructions exactly when the instructions they receive seem different? Such confusion also goes against the concept of developing a unified program. Therefore, when teaching the squat, instead of one coach saying "Make your chest big!" and another coach at batting practice saying "Spread the chest!" both coaches will simply say "Spread the chest!"


Without keeping you in suspense, here are the Six Absolutes of perfect technique.

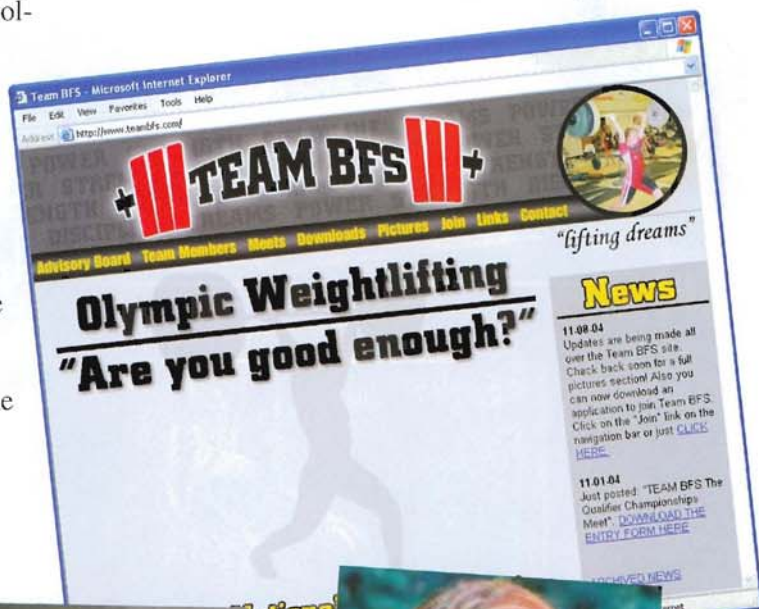
1. Use an Athletic or Jump Stance
2. Be Tall
3. Spread the Chest (lock in the lower back)
4. Toes Aligned
5. Knees Aligned (knees over toes)
6. Eyes On Target

The Six Absolutes: biomechanics, made simple!

For more information about the BFS Six Absolutes, visit the magazine archive area of our web site at bfsonline.com

Team BFS Going Strong

Have you heard about Team BFS? As part of his efforts to promote his new Olympic weightlifting team, BFS Founder and CEO Dr. Greg Shepard has developed a great website devoted exclusively to the sport. In addition to special sections devoted to meets and lifting results, the site offers free downloads of articles about Olympic lifters and their coaches. And much more! Check it out at teambfs.com. 



Mark Cardinal



Sarah Cardinal

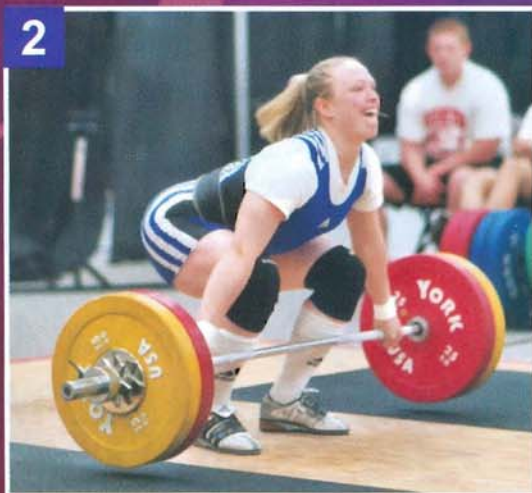
A Closer Look at Snatch Technique

1



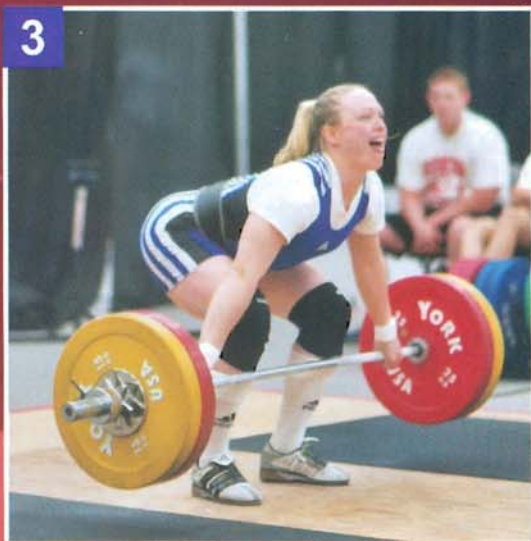
Jump Stance, Toes Aligned, Knees Aligned

2



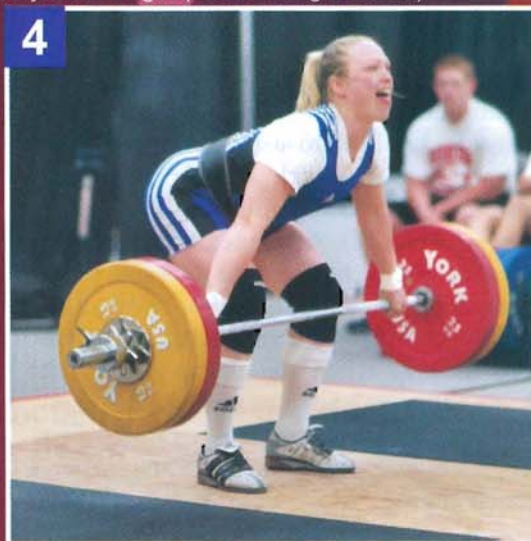
Jump Stance, Spread the Chest, Toes Aligned, Knees Aligned, Eyes on Target (above straight ahead)

3



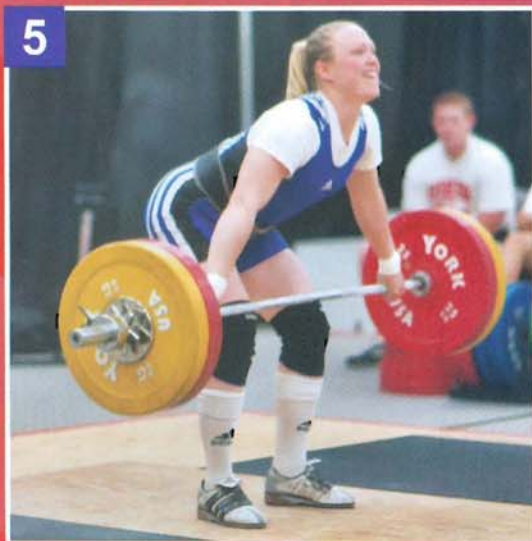
Jump Stance, Spread the Chest, Toes Aligned, Knees Aligned, Eyes on Target

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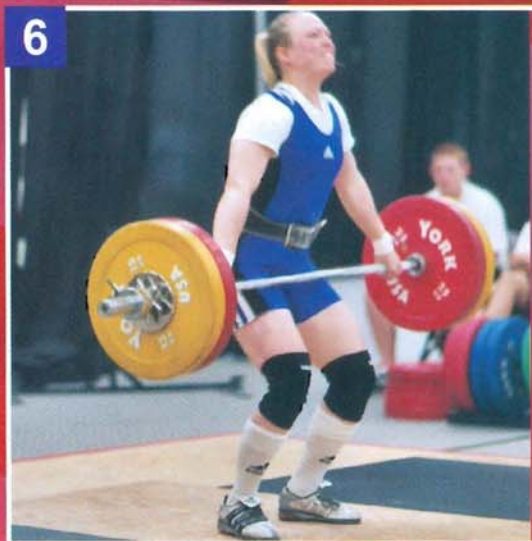
Jump Stance, Spread the Chest, Toes Aligned, Knees Aligned, Eyes on Target

5



Jump Stance, Spread the Chest, Toes Aligned, Knees Aligned, Eyes on Target

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Jump Stance, Be Tall, Spread the Chest, Toes Aligned, Knees Aligned, Eyes on Target

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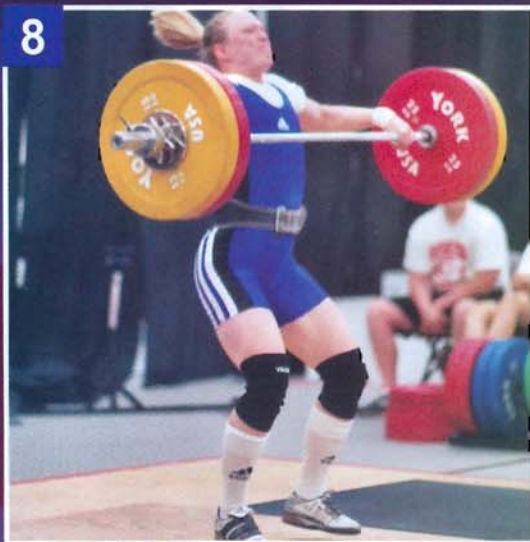
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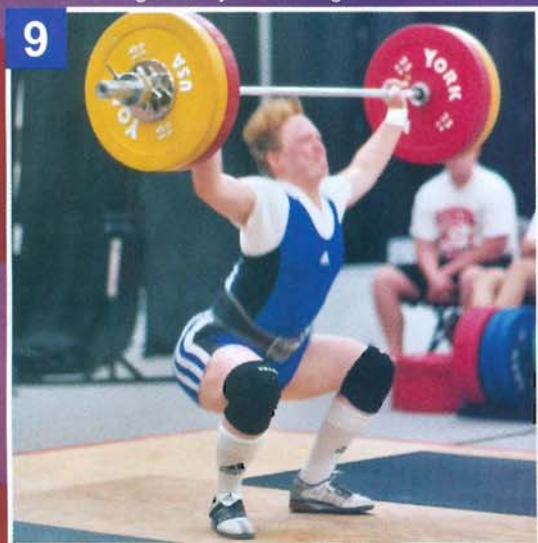
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Jump Stance, Be Tall, Toes Aligned, Knees Aligned, Eyes on Target



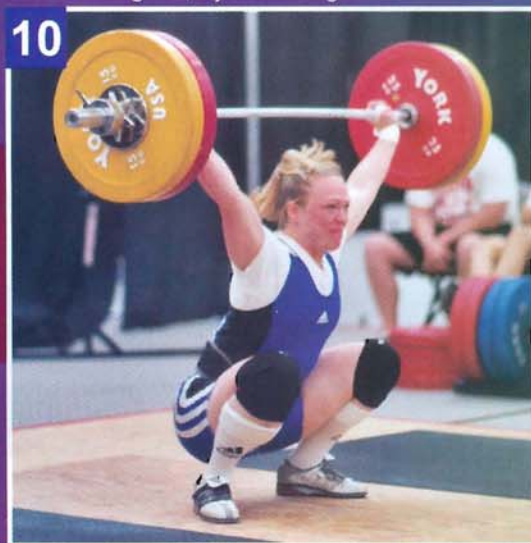
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Jump to an Athletic Stance, Toes Aligned, Knees Aligned, Eyes on Target



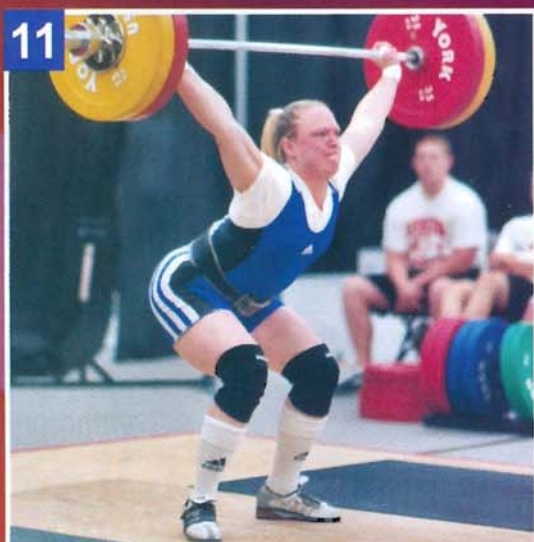
9

Athletic Stance, Toes Aligned, Knees Aligned, Eyes on Target



10

Athletic Stance, Be Tall, Spread the Chest, Toes Aligned, Knees Aligned, Eyes on Target (now straight ahead)



11

Athletic Stance, Be Tall, Spread the Chest, Toes Aligned, Knees Aligned, Eyes on Target



12

Athletic Stance, Be Tall, Spread the Chest, Toes Aligned, Knees Aligned, Eyes on Target

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