

Photo by John Broz.



Pound-for-pound, the best lifter of the 2011 National High School Power Clean Championships was CJ Fort. At a bodyweight of just 169.5 pounds, Fort lifted 315 pounds. A commitment to achieving perfect technique enables athletes to achieve such remarkable results.

Working with the *Six Absolutes*

Practical tips on implementing this important teaching tool at your school

An important part of Dr. Greg Shepard's legacy in sports fitness is his development of the "The Six Absolutes of Perfect Technique," which are training principles that can be used to teach proper biomechanics in any sport, as well as in the weightroom. Learn these absolutes and you can dramatically elevate your strength and sport coaching abilities.

In previous articles in this series we've defined the Six Absolutes in detail. For review, here they are:

1. Use an athletic or jump stance

2. Be tall
3. Spread the chest (lock-in the lower back)
4. Align the toes
5. Align the knees (knees over toes)
6. Eyes on target

Unlike many textbooks on biomechanics that confuse readers with complex terminology and mathematical equations, the Six Absolutes are extremely easy to learn and to teach.

Further, they encourage all coaches to use the same terminology when teaching – after all, how can an athlete or physical education student be expected

to learn quickly when the instructions they receive vary from coach to coach or from PE instructor to PE instructor?

When teaching the deadlift, one strength coach may instruct an athlete at the start to "Keep the back tight" and another may say, "Arch your lower back!" These instructions are fine, but it is simpler to have everyone on the same page and just say, "Spread the chest!"

To get you started, here are six practical steps to implement these important practice and performance principles with athletes.

Step 1: Have copies of *Bigger Faster Stronger* available to your staff and athletes.

One of the chapters in Dr. Shepard's book *Bigger Faster Stronger* provides an

excellent overview of the Six Absolutes. Published by Human Kinetics, this professionally produced and extensively illustrated textbook can be found in major bookstores or purchased through BFS.


Also, look for Dr. Shepard's upcoming book devoted to his teaching methods, *6 Absolutes of Perfect Technique*; it is expected to be available by the end of summer and can be purchased through BFS.

SIX ABSOLUTES

1. ATHLETIC OR JUMP STANCE
2. BE TALL
3. SPREAD THE CHEST
4. TOES ALIGNED
5. KNEES ALIGNED
6. EYES ON TARGET

1-800-628-9737 | Fax (801) 975-1159 | biggerfasterstronger.com
843 West 2400 South, Salt Lake City, UT 84119 | info@bfsmail.com

ABSOLUTE ONE

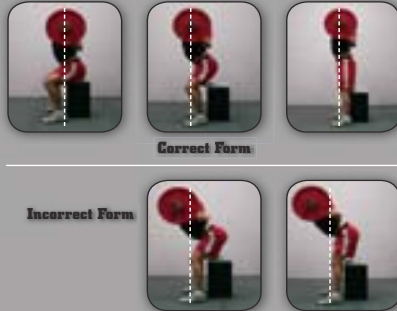


Athletic Stance Jump Stance

ATHLETIC OR JUMP STANCE

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ABSOLUTE TWO



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Incorrect Form

BE TALL

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ABSOLUTE THREE



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SPREAD THE CHEST

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ABSOLUTE FOUR



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TOES ALIGNED

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ABSOLUTE FIVE



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KNEES ALIGNED

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ABSOLUTE SIX



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EYES ON TARGET

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POWER LINE



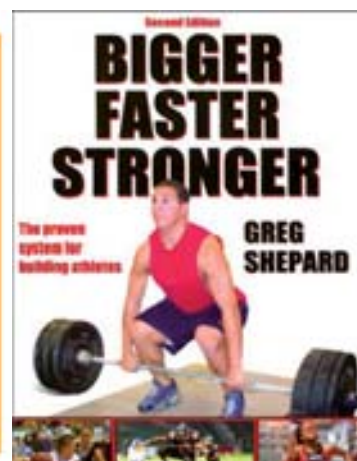
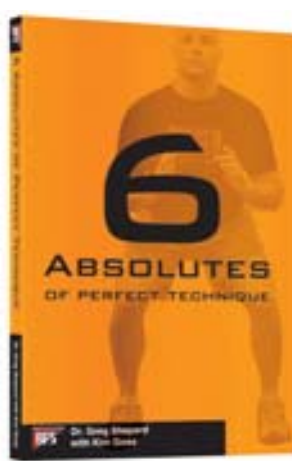
Parallel Squat Power Clean



Box Squat Hex Bar Deadlift

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To reinforce the importance of striving for perfect technique, BFS offers a series of posters for the weight-room that summarize the Six Absolutes.



BFS offers many publications that teach and reinforce the principles of the Six Absolutes.

Step 2: Subscribe to *BFS* magazine and visit the BFS website.

Bigger Faster Stronger magazine has been published since 1981 and is the official publication of BFS. In each issue you will find examples of coaches and physical education instructors applying the Six Absolutes in their programs. If you miss an issue, the BFS website (www.biggerfasterstronger.com) contains a magazine archive

section in which you can read all the past issues and download thousands of articles in PDF format – all for free! Of course, there’s nothing like having a physical copy of a magazine, so you should make certain that someone in your program has a subscription – and if you work at a school, ask your librarian to purchase a subscription for the students.

posters that highlight each of the Six Absolutes, using examples of many common weight training exercises. Just one glance at these posters will remind everyone using the weightroom that they must always be thinking “perfect technique” in all their lifts.

Step 4: Start with a Six Absolutes review

At the start of every sports season

young athletes in middle school and even elementary school a head start in physical education and sports training. It’s a truism in the weightroom that it’s best to learn perfect technique when you are weak to reduce the risk of injury. That way, when young bodies mature and are ready to lift heavier weights, they will have a head start and can progress more rapidly.

Learn these absolutes and you can dramatically elevate your strength and sport coaching abilities.

or school semester, give a review of the Six Absolutes. Many athletes are transfer students from other schools, and in high school you always have freshman athletes who may not have been taught the Six Absolutes. During the orientation, encourage each individual to act as a coach during their practice and use the Six Absolutes to help their teammates and classmates always focus on perfect technique.

Step 3. Put up BFS posters in the weightroom


BFS has developed a series of high quality, professionally produced

Step 5: Implement the BFS Readiness Program

The BFS Readiness program gives

Step 6. Hold a BFS clinic or attend a BFS certification

Nothing beats hands-on instruction from a BFS clinician at a BFS clinic or certification. Our clinician will work with your staff, athletes and physical education students to ensure that the Six Absolutes are being taught effectively.

The Six Absolutes are a valuable teaching tool that will help young athletes improve their athletic performance and will increase the safety of any sports or physical fitness program. Get started today! 

PROMOTE AND YOU PROMOTE SAFETY SUCCESS

TRAINING POSTERS
5 POSTER SET \$50



SIX ABSOLUTES
8 POSTER SET \$75



SAFETY POSTERS
3 POSTER SET \$30



WEIGHT ROOM RULES

MEN'S STANDARDS
Training & Size

Event	Weight	Time	Score
1RM	225	1:00	100
2RM	185	1:00	100
3RM	155	1:00	100
4RM	135	1:00	100
5RM	120	1:00	100
6RM	110	1:00	100
7RM	105	1:00	100
8RM	100	1:00	100
9RM	95	1:00	100
10RM	90	1:00	100
11RM	85	1:00	100
12RM	80	1:00	100
13RM	75	1:00	100
14RM	70	1:00	100
15RM	65	1:00	100
16RM	60	1:00	100
17RM	55	1:00	100
18RM	50	1:00	100
19RM	45	1:00	100
20RM	40	1:00	100
21RM	35	1:00	100
22RM	30	1:00	100
23RM	25	1:00	100
24RM	20	1:00	100
25RM	15	1:00	100
26RM	10	1:00	100
27RM	5	1:00	100

WEIGHT ROOM RULES

- NO FOOD, CHEWING GUM, GLASS BOTTLES OR CANS
- LOAD AND UNLOAD FREE WEIGHTS EVENLY AND CAREFULLY
- DO NOT DROP METAL WEIGHTS ON DUMBBELLS ON PLATFORMS OR FLOORS
- BUMPER PLATES MAY BE DROPPED ONLY ON PLATFORMS WITH CONTROL
- PUT AWAY ALL WEIGHTS AFTER USING THEM AND WIPE DOWN UNIFORMS AS NEEDED
- IMMEDIATELY REPORT ALL ACCIDENTS, INJURIES AND EQUIPMENT FAILURE TO STAFF
- HELP AND ENCOURAGE EACH OTHER! MAKE YOUR TEAMMATES GREAT!

BENCH RECORD CHART

BFS DOT DRILL

Weight	Time	Score
225	1:00	100
185	1:00	100
155	1:00	100
135	1:00	100
120	1:00	100
110	1:00	100
105	1:00	100
100	1:00	100
95	1:00	100
90	1:00	100
85	1:00	100
80	1:00	100
75	1:00	100
70	1:00	100
65	1:00	100
60	1:00	100
55	1:00	100
50	1:00	100
45	1:00	100
40	1:00	100
35	1:00	100
30	1:00	100
25	1:00	100
20	1:00	100
15	1:00	100
10	1:00	100
5	1:00	100

BFS STANDARDS 4 POSTER SET \$40
Standards for Men & Women Strength, Standards for Men & Women Speed, & Jumping

WEIGHT ROOM RULES POSTER \$12
14 Weight Room Rules. A must for every weightroom!

SPEED & PLYO 6 POSTER SET \$45
Total Ranking, Dot Drill, 20 yd Speed, 40 yd Speed, V.J. & Long Jump

RECORD CHARTS 4 POSTER SET \$35
Bench, Squat, Clean, Dead lift. Room for 70 athletes



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TAKE OVER THE GAME! - CALL 1-800-628-9737

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