



Now in Print: Six Absolutes of Perfect Technique

These important training principles finally have a book of their own

Although many individuals in the field of athletic fitness call themselves pioneers, the truth is that it's rare that a single individual has more than one remarkable idea that "hits" and becomes highly successful. Dr. Greg Shepard has had three: the BFS Total Program, Be an 11 and the Six Absolutes. And now, for the first time, BFS is offering a book entirely devoted to the latter, *Six Absolutes of Perfect Technique*.

The founder and CEO of Bigger Faster Stronger, Shepard was looking for an easy way for coaches to understand the biomechanics of good sports technique and also to

teach these principles to athletes. The result was the Six Absolutes of Perfect Technique, which are six training principles that enable the coach to teach the basics of good technique not only in the weightroom but also on the courts and playing field. Here are those principles:

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

One reason the Six Absolutes are so effective in the school environment

is that they encourage all coaches to use the same terminology when teaching weight training and sport skills. This practice creates a sense of unity among coaches as well as mutual respect between an athlete and each of their coaches. After all, how can athletes be expected to follow instructions exactly if the instructions they receive vary from coach to coach? The Six Absolutes concept is an extension of the BFS philosophy of developing a unified program.

When teaching the squat, instead of one coach saying, "Make your chest big!" and a baseball or softball coach at batting practice saying, "Spread the

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BFS offers a poster set of the Six Absolutes that show these important training principles with several basic weight training exercises. Included in the set is a poster explaining the power line.

Rather than saying “Keep your eye on the ball,” a more versatile term is the Six Absolutes principle of “Eyes on target.”

chest!” both coaches will simply say, “Spread the chest.”

The Six Absolutes were first introduced about 10 years ago in articles by Shepard and in our clinics, and later in the *BFS Total Program* book and the BFS certification. And because it has become such an ingrained feature in the BFS program, it was decided that a single book should be devoted to these important training principles.

Based upon previously published articles in *BFS* magazine, this single reference source is for coaches who want to implement this important teaching method in their program. The book is very readable, providing many examples of the principles in action in both sport and weight training. Athletes, and even parents who help coach their sons and daughters, should also own a copy of *Six Absolutes of Perfect Technique*. BFS



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