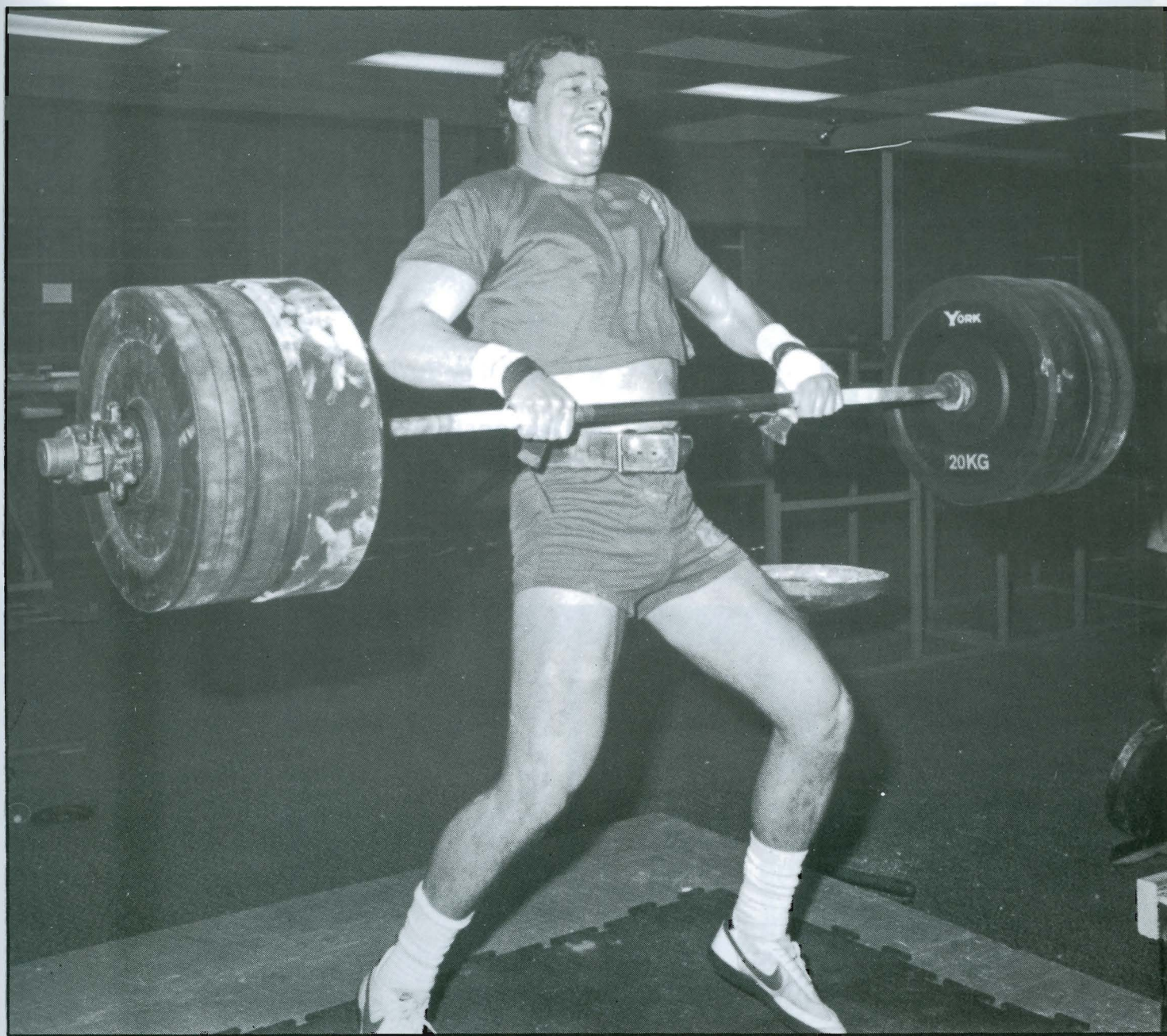


THE POWER CLEAN

Part 3
In a Series

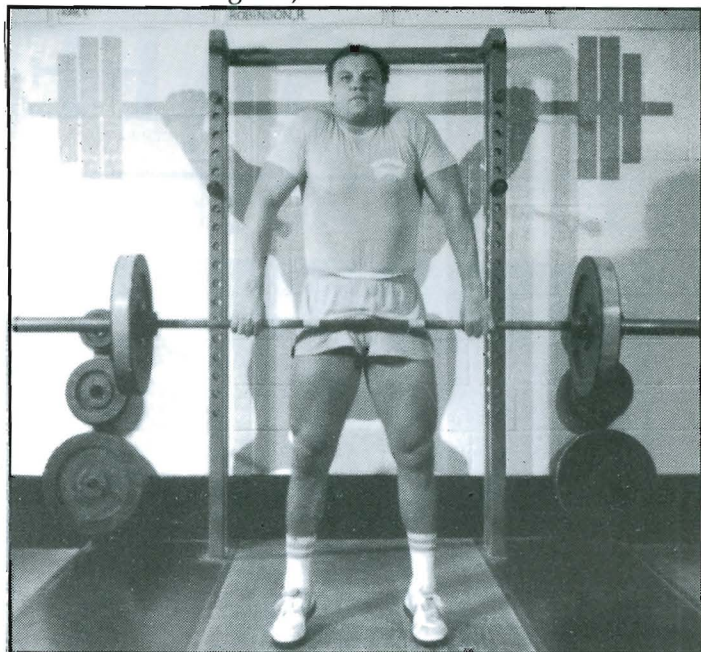
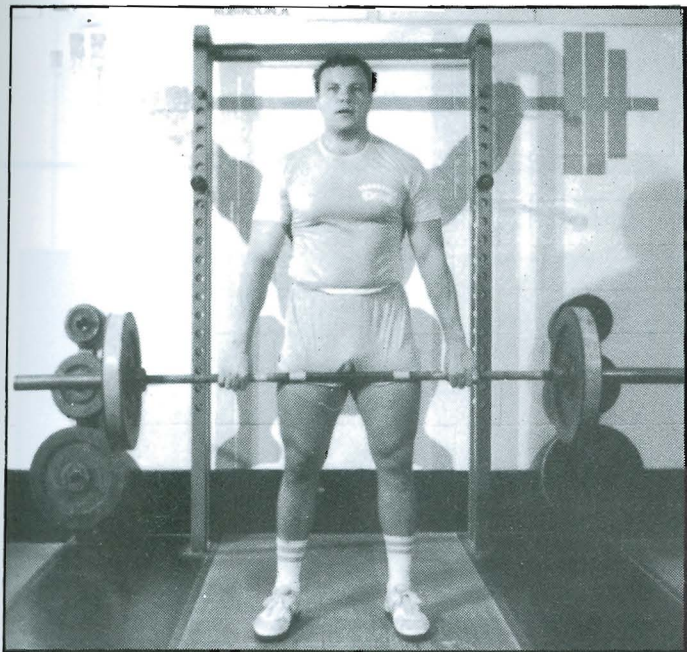


By
Bruno Pauletto, M.S., C.S.C.S.
Strength and Conditioning Coach
University of Tennessee

In my last article I discussed the different sequences to the power clean and how each sequence should be performed. When teaching the power clean the coach needs to work backward. This means learning the last sequence of the power clean first and the first sequence last. Each sequence should be learned thoroughly in the order presented. The following sequences can be taught

over two or three lifting sessions. Depending upon the athlete, several sequences can be learned per day. Do not advance to the next sequence until the preceding one or ones are mastered. When the athlete is taught in this manner he will learn and master the technique faster.

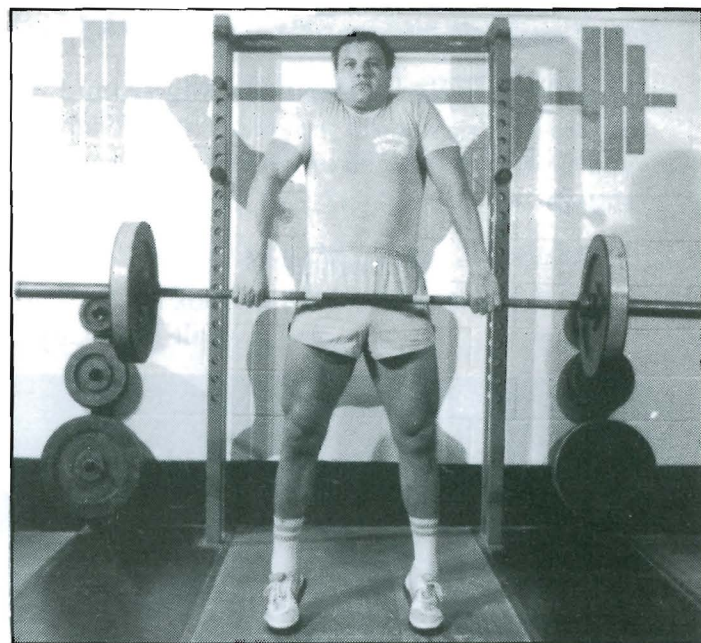
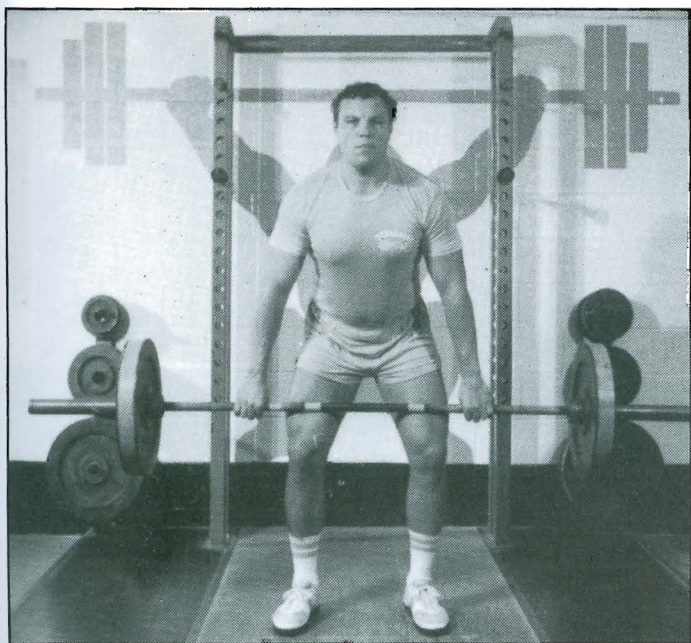
Continued on Page 41



A. SHRUG UP ON TOES

1. Keep the arms straight
2. Feet are shoulder width
3. Do not use your back, legs or arms to pull the bar, use only your shoulders
4. Raise the bar as high as possible just from shrugging (lifting the shoulders toward your ears) and going up on the toes

5. The shrug is done very quickly and forcefully
6. Shrug shoulders straight up and not in a "circular" motion
7. Weight transfers from the balls of the feet to the toes
8. Keep the bar very close to the body
9. Do not move your feet

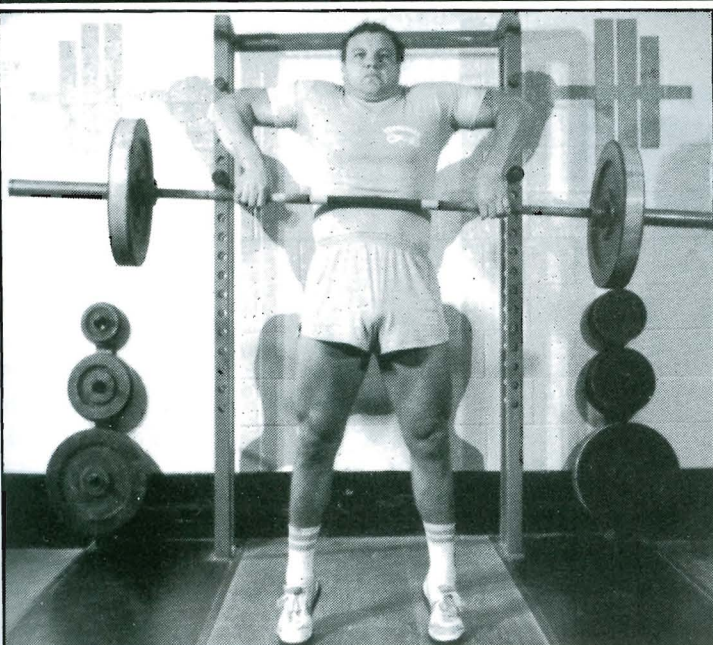
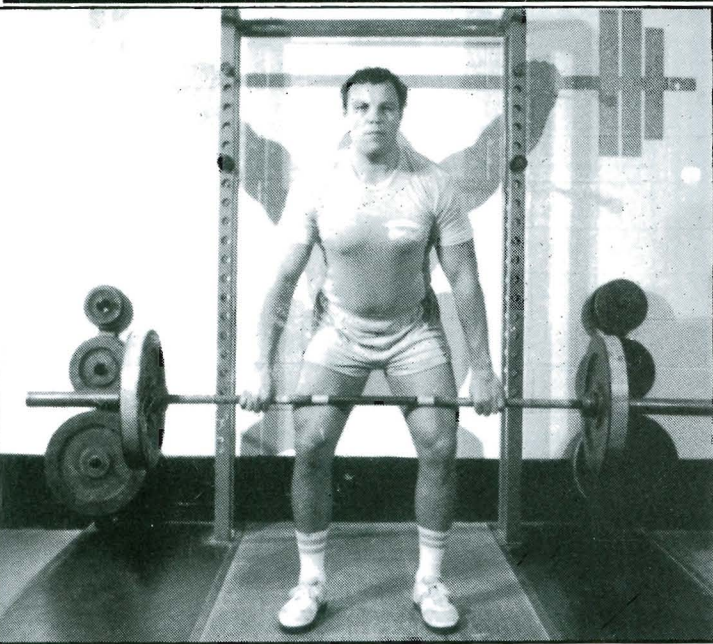
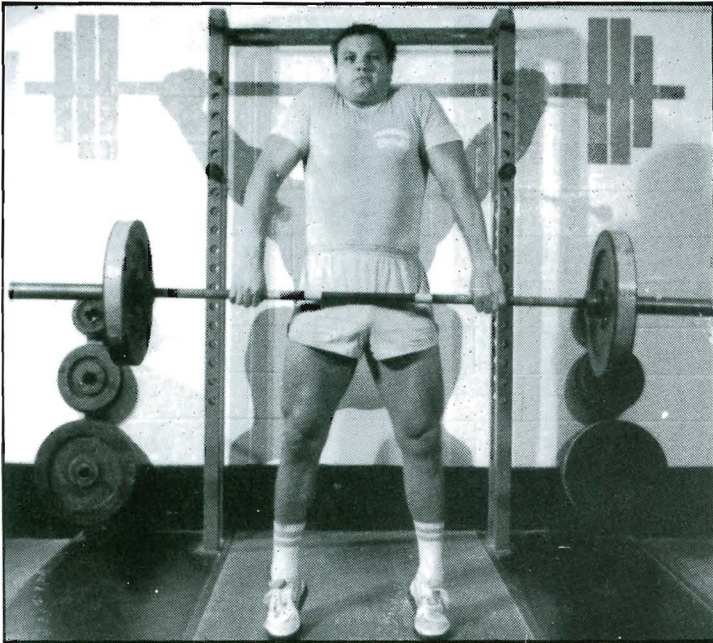


B. POWER SHRUG, UP ON TOES

1. This is very similar to the preceding sequence
2. Bend slightly at the knees and hips
3. The bar should be touching the thighs lightly just over the knees. (athletes with long arms bring bar to the knees)
4. Back should be straight, not rounded
5. Keep your head up and aligned with your back
6. Shoulders over the bar

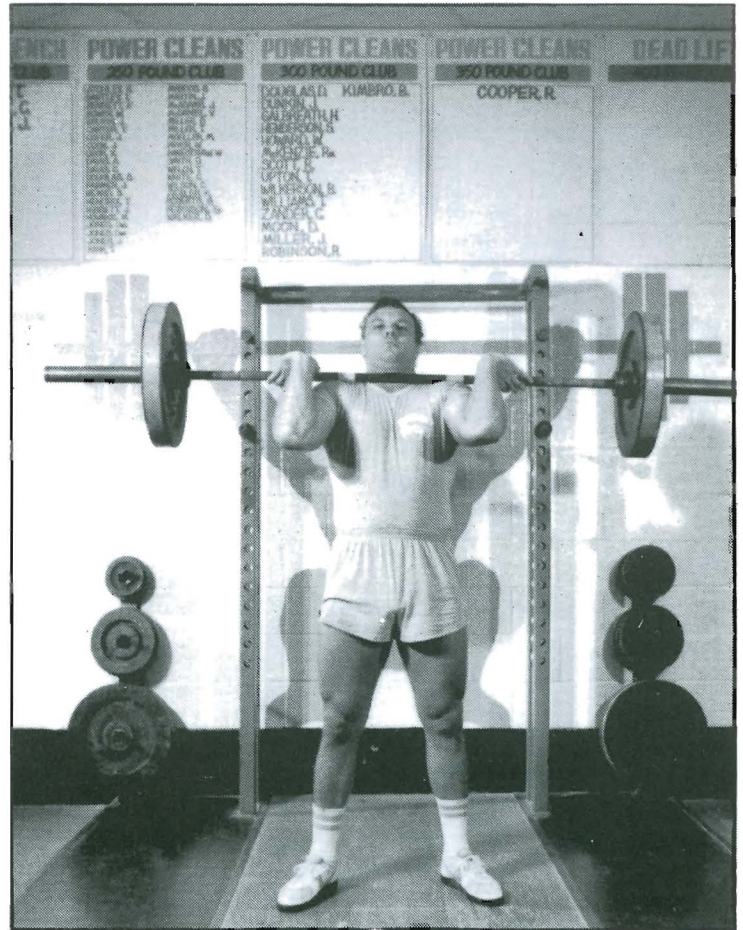
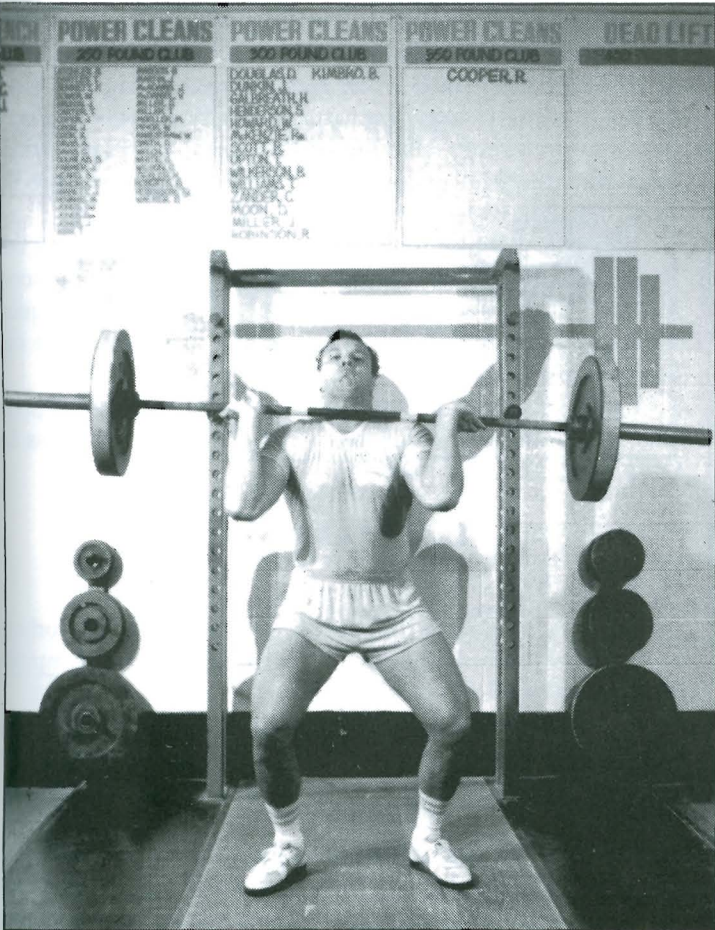
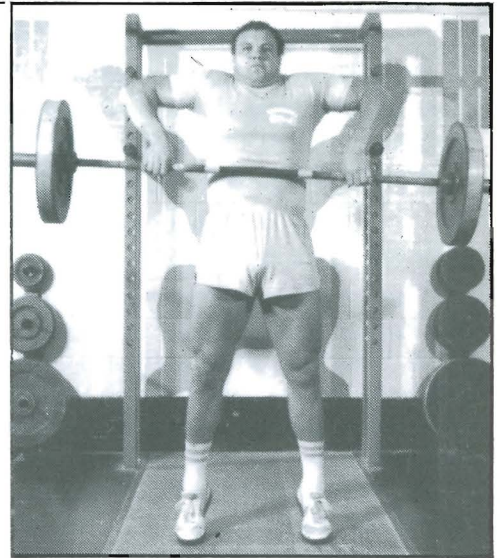
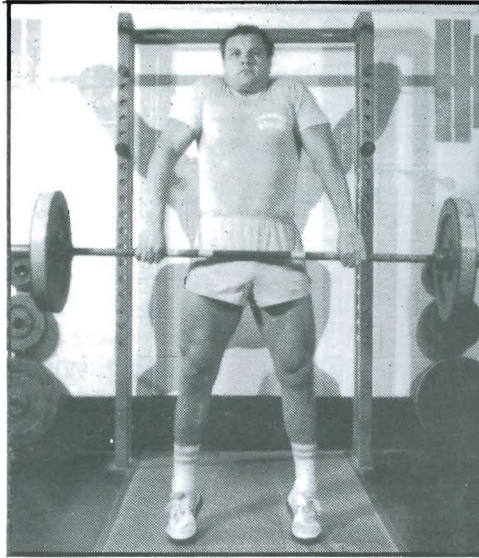
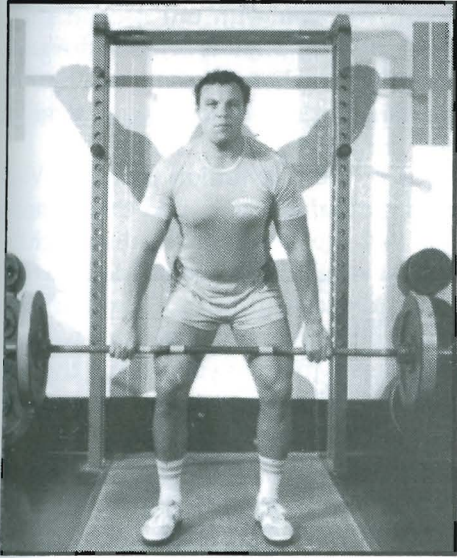
7. Extend the ankle, knee, hip and shrug at the same time
8. Do not pull with the arms, keep them straight; let the trunk of the body do all the work
9. This is the explosive part of the sequence; speed becomes a factor
10. When the shrug is done correctly, the bar will bend and rebound, sometimes causing the weight on the bar to rattle

Continued on Page 43



C. HIGH PULL, UP ON THE TOES

1. Exactly the same as the preceding sequence only the bar is pulled higher by using the arms
2. The hips drive in and up forcefully
3. Get complete extension of the legs
4. Up high on the toes
5. Strong shrug before the arms do any kind of pulling and bending
6. Let the momentum from the shrug bend the arms
7. At the end of the movement when the body is extended and the shoulders are high the athlete may pull with the arms to raise the bar as high as possible
8. The bar will stay close to the body
9. Do not "muscle" the weight up using only the arms, use the whole body.

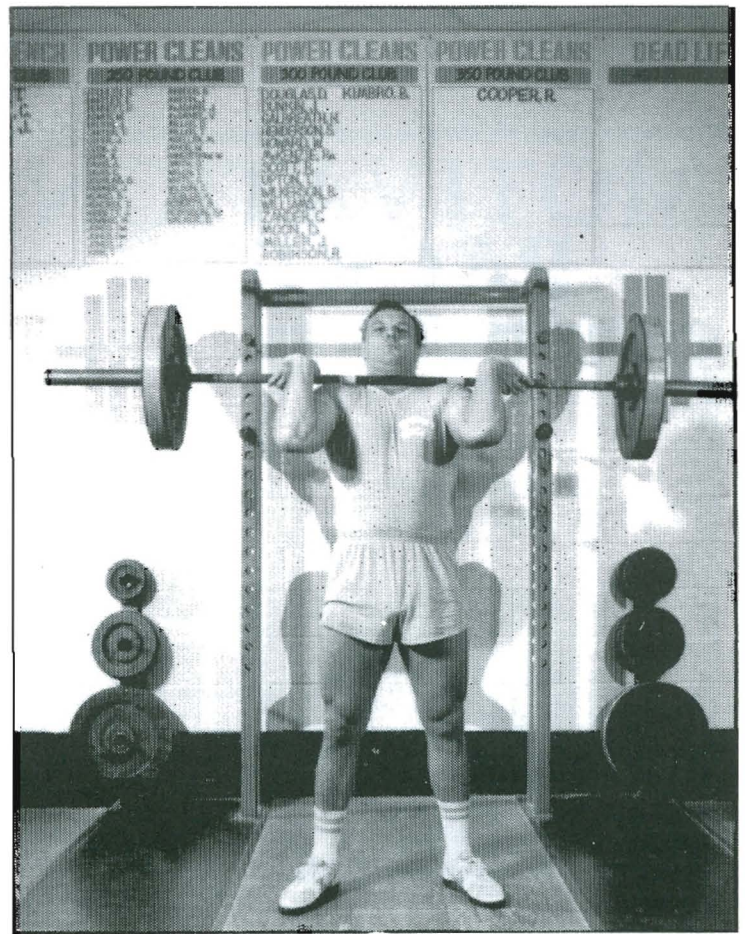
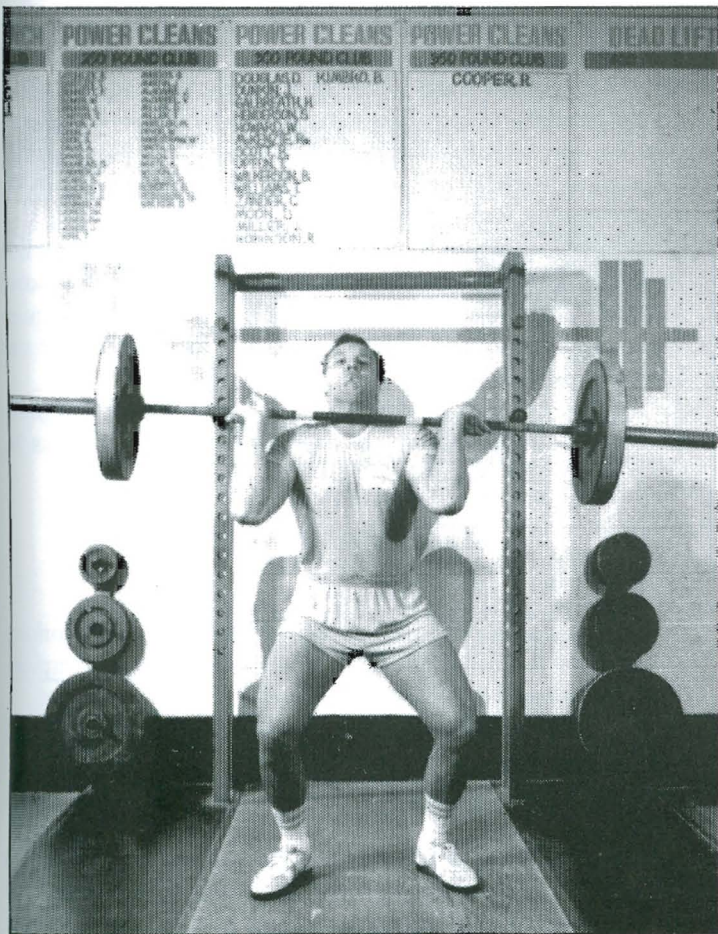
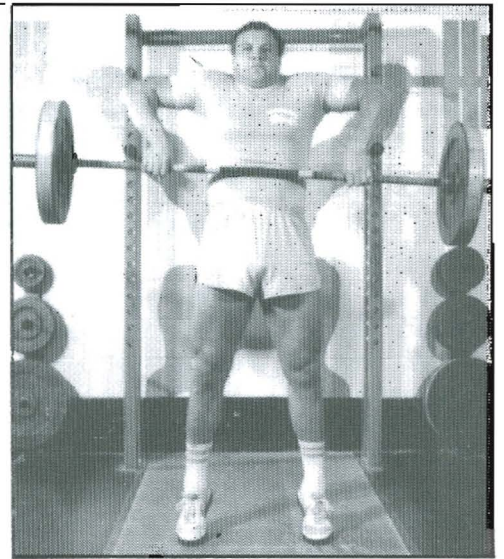
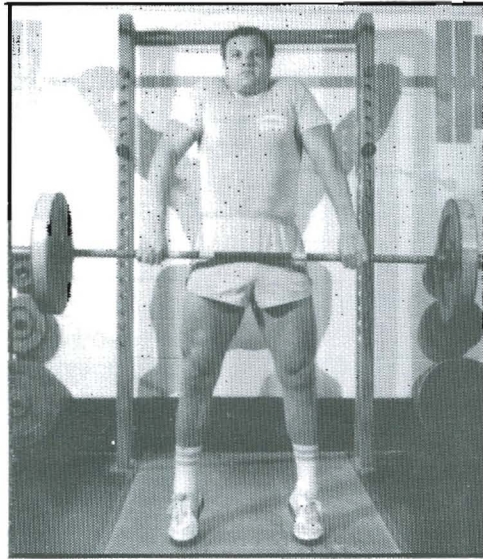
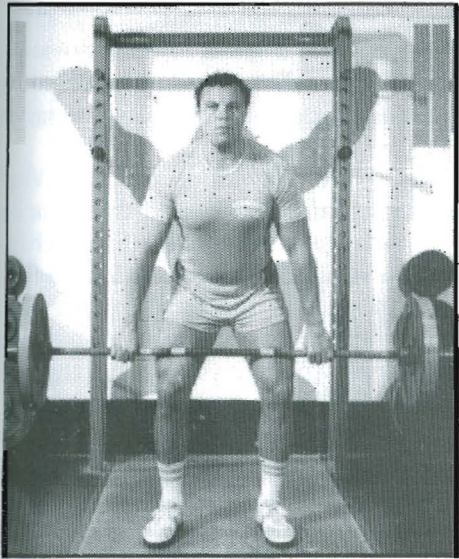


D. HANG POWER CLEAN

1. Now that the high pull (also called the power pull) is mastered we can advance
2. The hang power clean is a high pull except that the bar is turned over and racked on the shoulders at the end of the lift
3. By now you should see the sequence of the exercises and how they do not change as movements are added
4. At the height of the pull, drop under the bar by bending at the knees and shuffle the feet outward
5. The shuffle is the movement of the feet from shoulder width apart to just slightly wider
6. Do not spread the feet too far to the sides
7. Rack the bar across the shoulders with elbows out and high

Coach Pauletto's next article in our May 1986 Journal will continue the Step by Step System of how to TEACH the Power Clean.

THE POWER CLEAN (Continued from Page 43)



D. HANG POWER CLEAN

1. Now that the high pull (also called the power pull) is mastered we can advance
2. The hang power clean is a high pull except that the bar is turned over and racked on the shoulders at the end of the lift
3. By now you should see the sequence of the exercises and how they do not change as movements are added
4. At the height of the pull, drop under the bar by bending at the knees and shuffle the feet outward
5. The shuffle is the movement of the feet from shoulder width apart to just slightly wider
6. Do not spread the feet too far to the sides
7. Rack the bar across the shoulders with elbows out and high

Coach Pauletto's next article in our May 1986 Journal will continue the Step by Step System of how to TEACH the Power Clean.