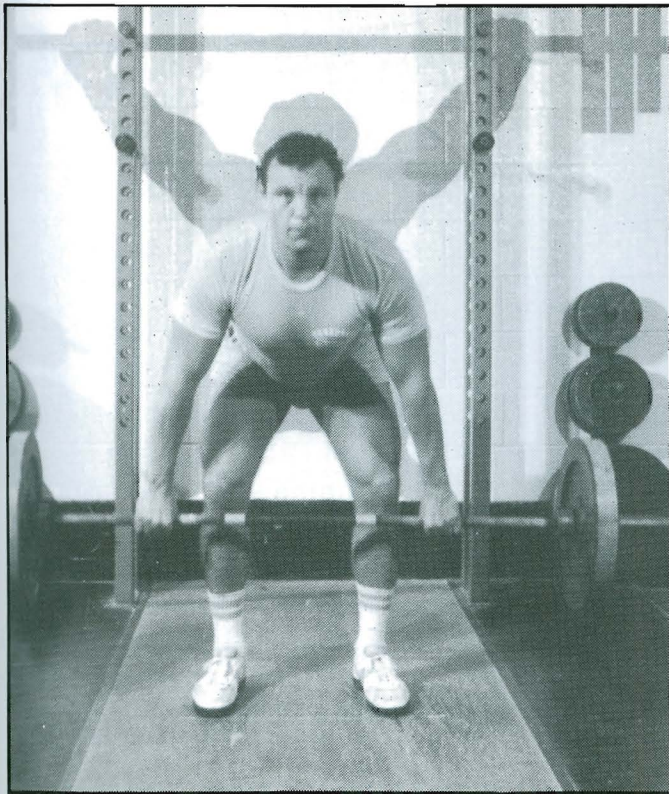
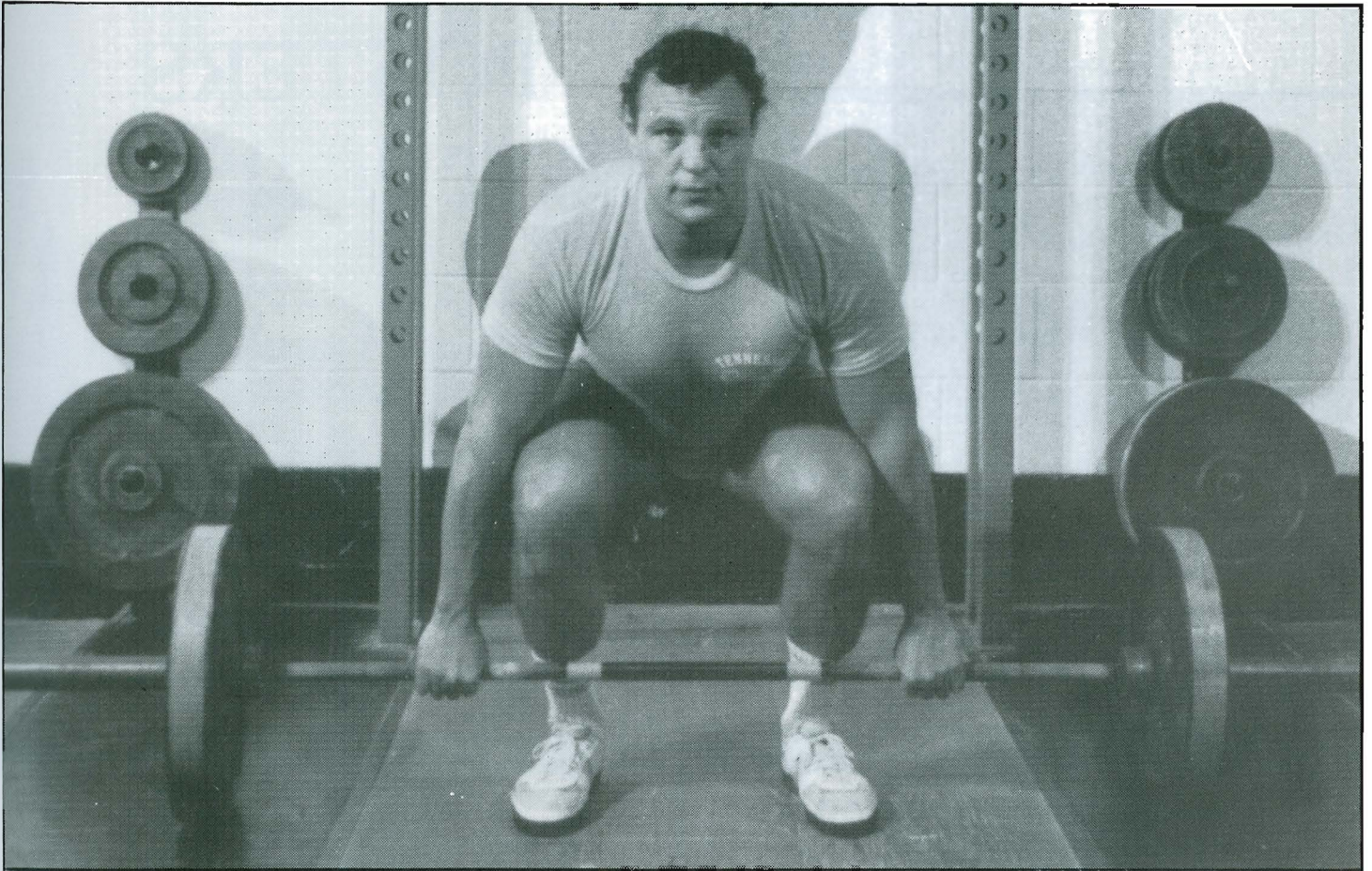


# THE POWER CLEAN

Part 4  
In a Series



By

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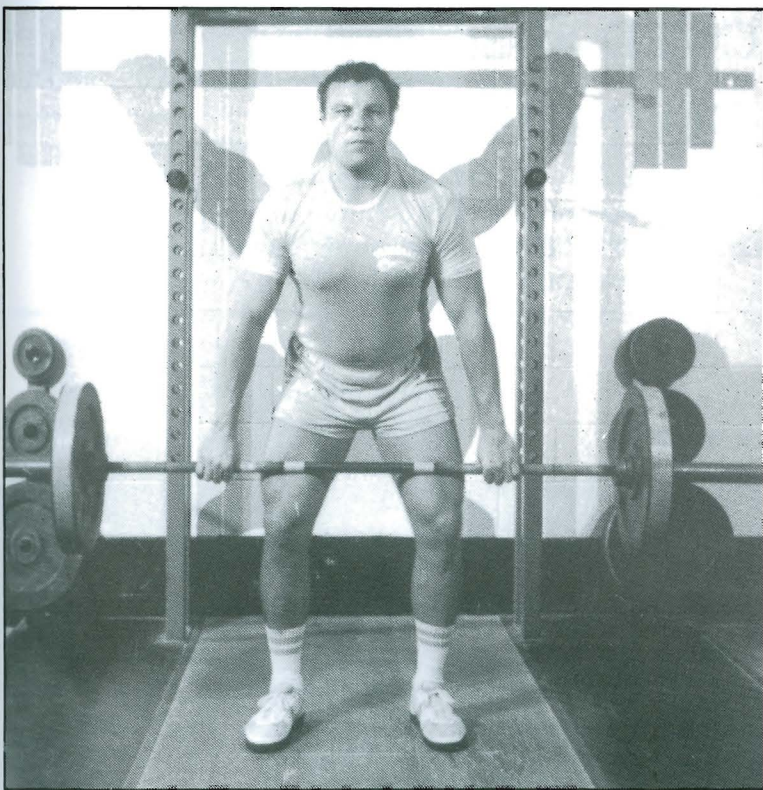
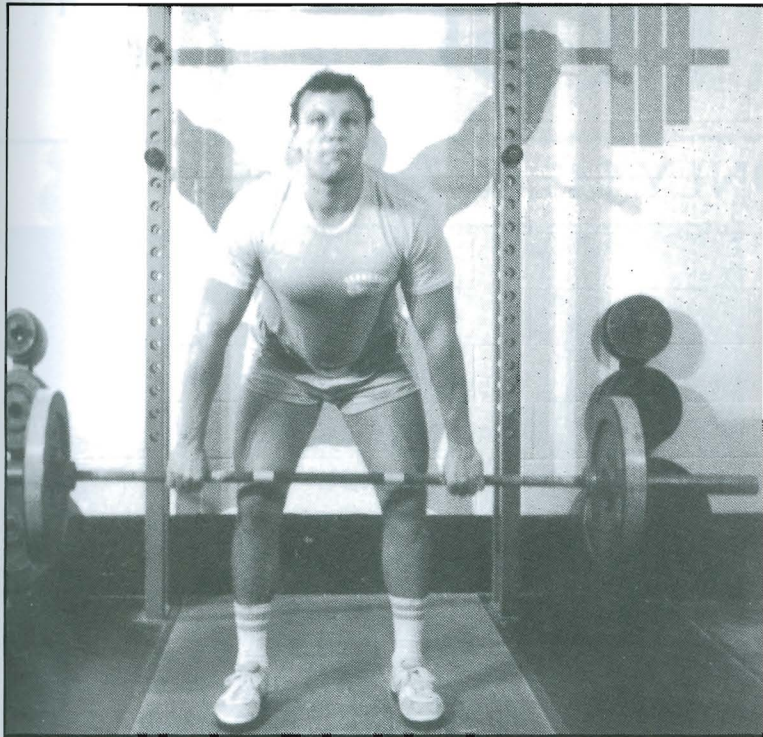
In my last article I discussed four different sequences which could be taught over two or three lifting sessions. Depending on the athlete, several sequences can be learned per day. Do not advance to the next sequence until the preceding one or ones are mastered. When the athlete is taught in this manner he will learn and master the technique faster. This article will discuss the final two sequences.

## **E. THE CLEAN PULL TO THE KNEES AND SHIFT**

1. This sequence is critical to a good power clean.
2. Start with the bar close to your shins.
3. The bar is pulled off the floor slowly and under control using the legs and back.
4. An explosive movement is not needed.
5. Keep the bar close to the body.
6. Hips and shoulders go up together at the same speed.

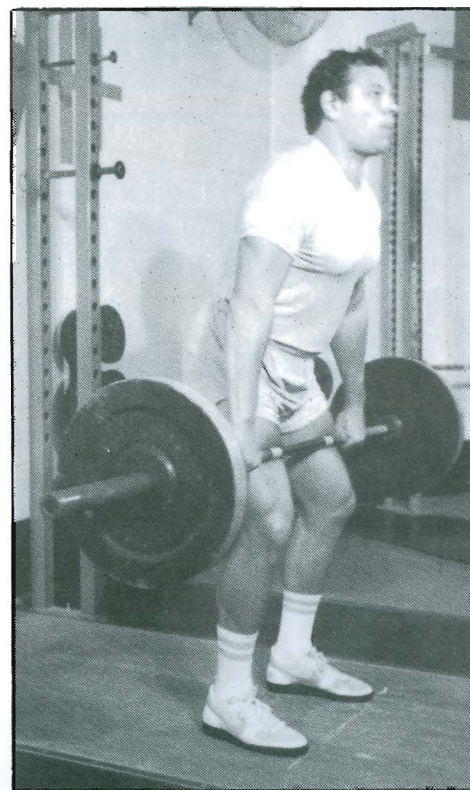
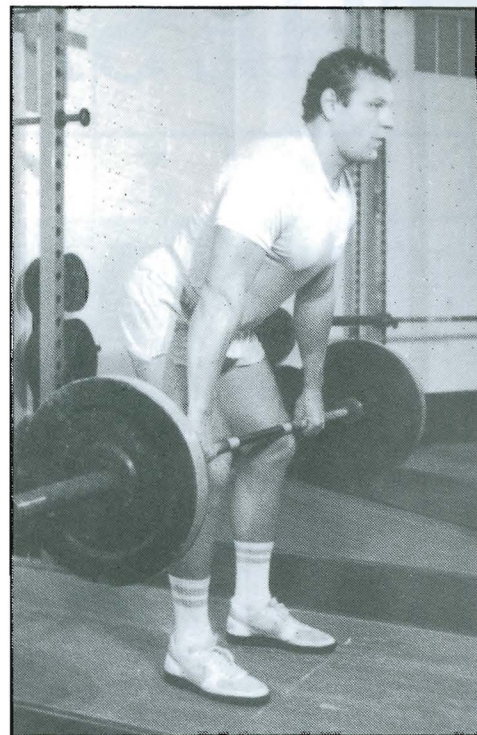
Continued on Page 41





7. The bar moves upward in a straight line, the shins and knees will move out of the bar's path as the legs extend.
8. The bar should not move in a circular motion around the knees.
9. When the bar passes the knees, slightly bend the knees forward "under the bar."

# The Clean Pull To The Knees and Shift



10. The bar will be slightly touching the thighs just over the knees.
11. Now the athlete should be in the same position as at the start of the hang power clean.
12. The shifting of the knees under the bar is a must because it puts the body into the "power position."



## F. THE POWER CLEAN

1. Now you can execute  
◀ the whole movement. ▶

2. The power clean is a clean pull and hang power clean combined into one movement. ▶

3. For a complete step-by-step approach to the whole movement from  
◀ the side angle refer to my last article in BFS, Journal of January 1986, pages 37, 39, 41 and 43.

4. From the start, until the bar has passed the knees to the "power position," the bar should be pulled slowly and under control. ▶

5. When in the "power position" the athlete can accelerate the bar in  
◀ an all out pulling effort.

6. In the transition from sequence to sequence, jerky and mechanical motions are not necessary. ▶

7. The athlete should make all transitions in a smooth and natural way.  
◀

8. The power clean is completed with the bar resting on the deltoids. Notice the bar is also on the fingertips. ▶

