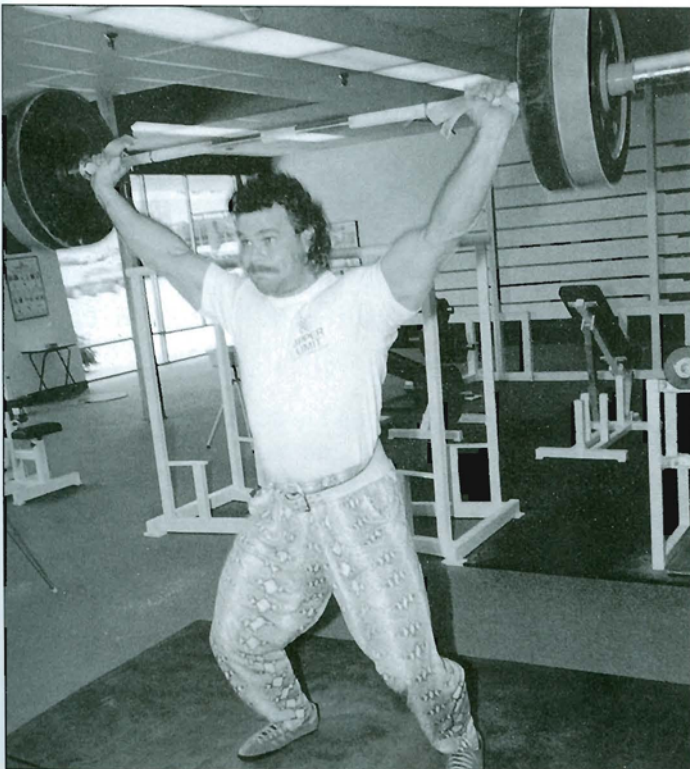


# STEFAN SPEAKS



## SPLIT VS POWER SNATCH

The Split Snatch scares me a little bit. The Power Snatch as I do in this photo is a safer lift. I think the Split Snatch would be even harder to technically learn. Also, the Transition from the Power Snatch to the Olympic Sit Snatch or Full Squat Snatch is easier than if you use the Split Snatch. I disagree with the article on page 29.



**Question:** Anything new in European training methods?

**Answer:** No. In the throwing events people are throwing more and working on strength less. With our knowledge in the 1990's, strength is easier to build and maintain.

**Question:** What changes have you seen in athletics because of radical political changes in the East European countries?

**Answer:** Concentration will be on the money and glamour events. This will be the result of the shift towards capitalism. The throwing events in track will diminish in emphasis. The East Europeans will now have to take tests like everybody else and therefore we Swedes will be able to compete better. Throwing standards may even decrease.

**Question:** What is the biggest mistake American Football players make in training?

**Answer:** The mistake is in the system. Americans have no standardized way to train coaches. Everyone does their own thing. I see a lot of confusion.

**Question:** What is the process for optimum speed development?

**Answer:** Develop Strength: full Parallel Squats and Straight Leg Dead Lifts; Develop Power: Box Jumping, Bounding and Sprints; Develop Transitional Power and Strength: Cleans and/or Snatches; Develop Technique: Use video analyzation and study great sprinters, use the BFS 8-point Sprint Technique System, always think technique even when chasing girls; Develop a Great Start: Generally speaking, use a wider stance if you are super quick or a narrower stance if you are slower getting started. Use a track stance or the modified BFS 3-point fast start stance. My track stance is explained on the BFS Speed and Plyometric Video.

**Question:** What is the most important aspect of sports?

**Answer:** Have fun! If you have fun, you are a winner.

## EDITOR'S NOTE:

Stefan continues to train and improve. He has now Power Cleaned 473 pounds and Power Snatched 358 pounds!

As he prepares for his Discus Throw, Stefan is now better than ever. He's ready for the Biggest throw of his life and the world.



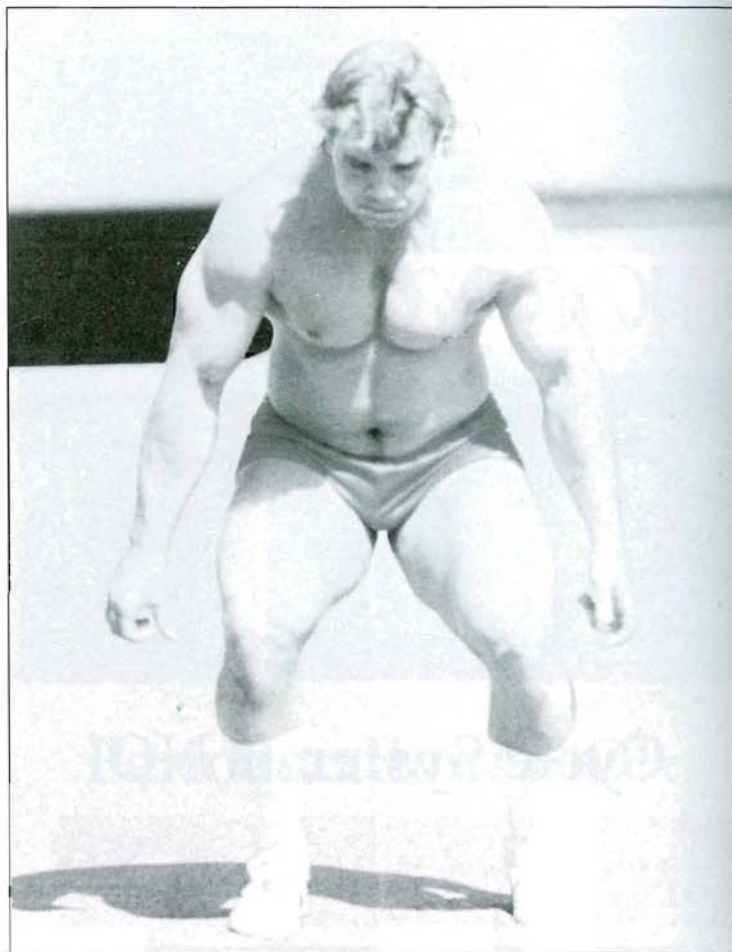
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