

DEFINITIONS

For Power Clean Variations



**Power Snatch
-Close Stance-**



**High Pull
-Snatch Grip-**



**Power Snatch
Stefan Has Done 350 lbs.**

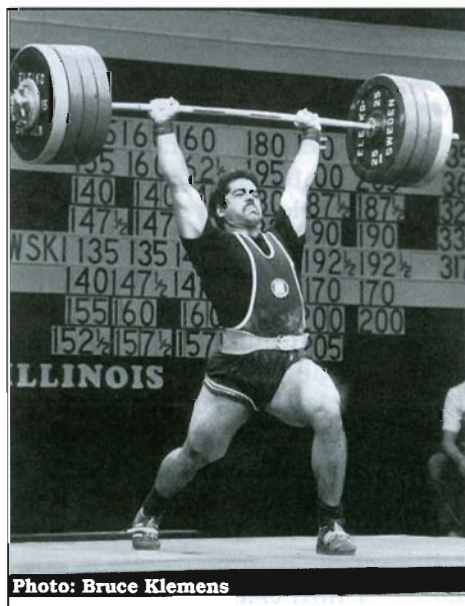


Photo: Bruce Klemens

**Jerk Phase of Clean & Jerk
Ken Clark 462 lbs.**

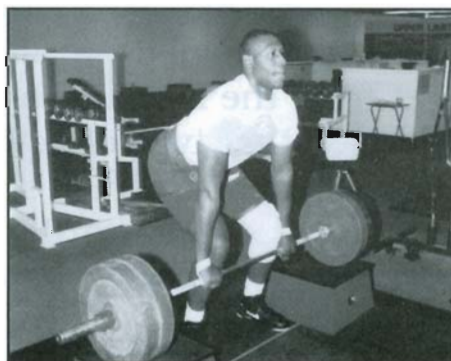


Photo: Bruce Klemens

**Split Snatch
Faith Lamb About 132 lbs.**



Reverse Grip Clean



**Hang Clean From Blocks
Ike Austin Ex-Utah Jazz
Center**



Squat Clean