

# Biomechanics Made Simple: The Clean and Jerk

*How to apply the Six Absolutes of perfect technique to analyze the clean and jerk*


**B**FS has developed six training principles called “Absolutes” that are amazingly effective in teaching perfect technique, not only in the weight-room but also in any sport. Learn the Six BFS Absolutes and you can elevate your strength and sport coaching abilities dramatically. The following are the Six Absolutes of perfect technique:

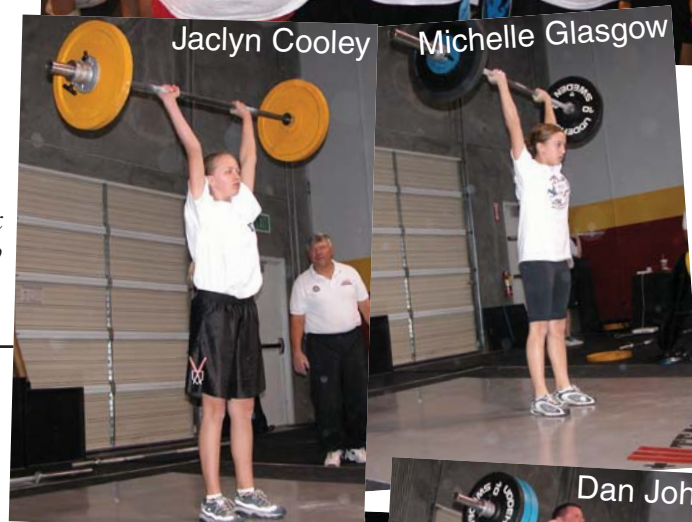
- Use an Athletic or Jump Stance
- Be Tall
- Spread the Chest (lock in the lower back)
- Toes Aligned
- Knees Aligned (knees over toes)
- Eyes On Target

The Six Absolutes – it’s biomechanics, made simple!

*For more information about the BFS Six Absolutes, visit the magazine archive area of our web site at [BFSOnline.com](http://BFSOnline.com)*

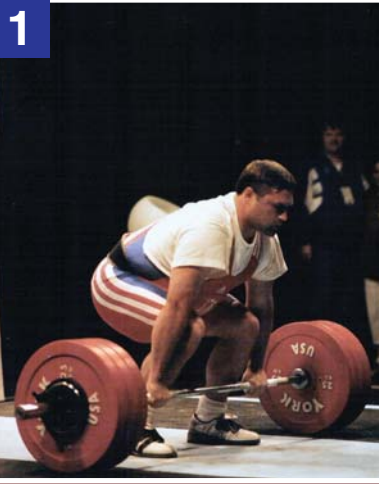
## Competition Attracts 18 First-Time Lifters!

Team BFS’s second qualifying meet was held on February 5 in Salt Lake City, Utah. An unprecedented 18 lifters, all representing Team BFS, lifted in their first competition. State records were set by Michelle Glasgow, lifting in the 48-kilo bodyweight class, and Dan John, lifting in the super heavyweight class. To see the complete results, plus many other features of interest to weightlifters, check out the Team BFS website at [teambfs.com](http://teambfs.com). 

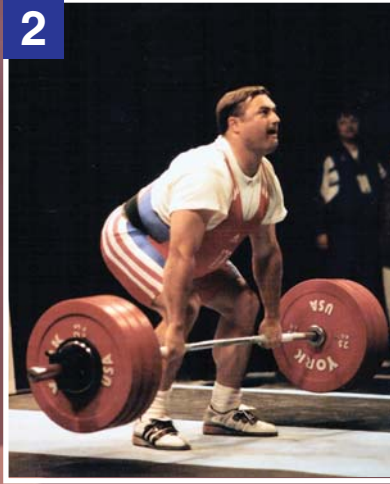


# A Closer Look at Clean and Jerk Technique

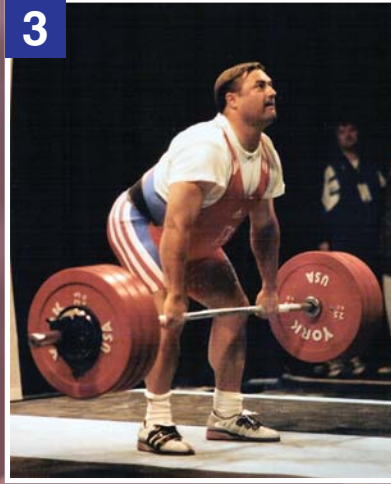
Photos by: Bruce Klemens



1 Jump Stance, Toes Aligned, Knee Aligned, Spread the Chest

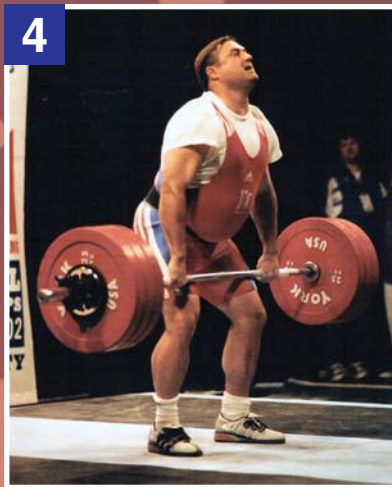


2 Jump Stance, Spread the Chest, Toes Aligned, Knees Aligned, Eyes On Target (above straight ahead)

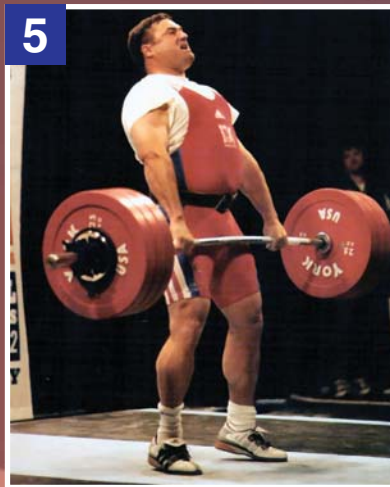


3 Jump Stance, Spread the Chest, Toes Aligned, Knees Aligned, Eyes On Target

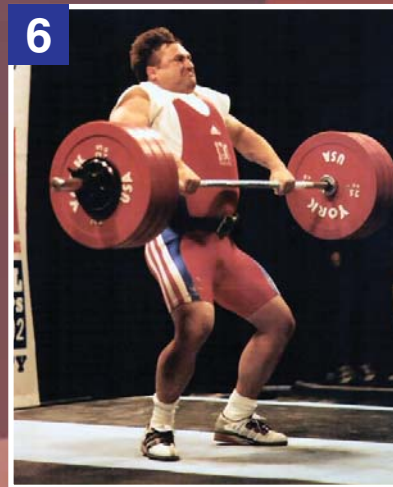
PETE KELLEY USA



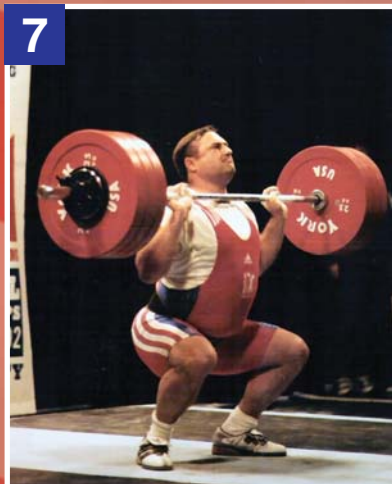
4 Jump Stance, Be Tall, Spread the Chest, Toes Aligned, Knees Aligned, Eyes On Target



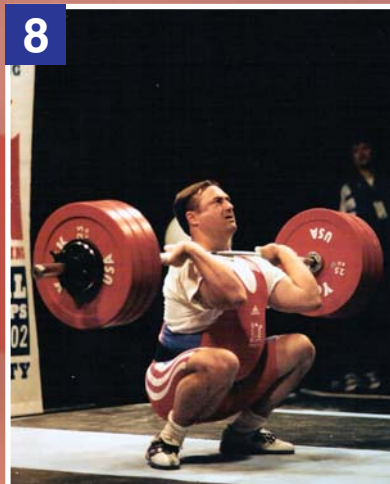
5 Jump to Athletic Stance, Be Tall, Toes Aligned, Knees Aligned, Eyes On Target



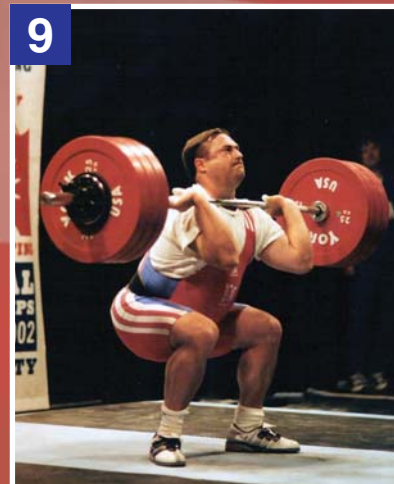
6 Athletic Stance, Toes Aligned, Knees Aligned, Eyes On Target



7 Athletic Stance, Toes Aligned, Knees Aligned, Eyes On Target



8 Athletic Stance, Be Tall, Spread the Chest, Toes Aligned, Knees Aligned, Eyes On Target



9 Athletic Stance, Be Tall, Spread the Chest, Toes Aligned, Knees Aligned, Eyes On Target





10

Step to Athletic Stance, Be Tall, Spread the Chest, Toes Aligned, Knees Aligned, Eyes On Target



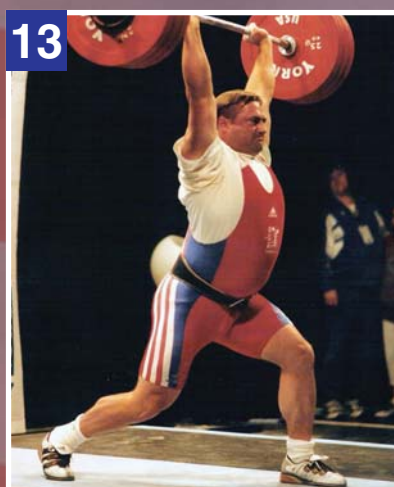
11

Jump Stance, Be Tall, Spread the Chest, Toes Aligned, Knees Aligned, Eyes On Target



12

Jump Stance, Be Tall, Spread the Chest, Toes Aligned, Knees Aligned, Eyes On Target



13

Jump Stance to Split, Be Tall, Spread the Chest, Toes Aligned, Knees Aligned, Eyes On Target (now straight ahead)



14

Jump Stance, Be Tall, Spread the Chest, Toes Aligned, Knees Aligned, Eyes On Target



## Squat Jerk Style

The majority of weightlifters use the split style of jerking weights overhead. However, there is another method called the squat jerk in which the athlete simply drops into a full squat position after cleaning the weight. The squat jerk style is demonstrated by these two elite international lifters, Olympic champion Guozheng Zhang from China (*left*) and Armen Ghazaryan from Armenia (*right*).

Photos by: Rob Macklem