

What can the clean and push press do to inform our practice as hard-style martial artists?

Principle—Technique—Application

Remember principles first, always. Do nothing without understanding the reason. Do nothing that you cannot integrate into the rest of your training, all of which should be based on principles.

Principle: 1. *basic assumption*: an important underlying law or assumption required in a system of thought. 3. *way of working*: the basic way in which something works. 4. *source*: the primary source of something.

Every **principle** can be taught with a kettlebell **technique** and illustrated with a practical **application**.

For example, the principle of *rooting* or *grounding* as a means of stabilizing the body and improving force generation can be taught with the technique of the kettlebell *clean*, emphasizing gripping the feet in and driving them into the ground when exerting upward force. The application of this will be an improved sense of connection to the ground allowing more powerful *striking* techniques to be thrown by bracing against it. **Rooting** taught by the **clean** improves striking **power**. *Principle—Technique—Application*.

The full kettlebell clean and push press can be broken down into components.

Complete lift composed of:

1. Front Squat/**Deadlift**

- Rooted position, feet gripped in. Constantly remind yourself that all power is exerted against the ground.
- Stable pull from ground (arched back, head and body attached)
- Understand shoulder sucked into socket
- Pre-tensing, pre-loading tension
- Ideal for stability in stances, learning to balance tension around joints
- Mandatory safe lifting technique
- Attach upper body to bells and move legs and hips explosively

2. Swing/High Pull into **Clean**

- Explosive leg drive
- High Pull and Clean include upper body pull along with lower body vertical explosion
- Finish or rack position is prototype boxing guard position, teaches hardening torso as a single unit

3. Transition—Stable **Rack** Position
 - Teaches controlled breathing
 - TUT will strengthen postural muscles and structural defense as well as causing a general anabolic stimulus to stabilizing musculature
 - Nothing like a little tough love here, starting this week...welcome to body hardening drills...
4. Press/Push **Press** (Partial squat for latter)
 - Same sequence as striking: **drive—relax** for speed—**focus/lock** at extension
5. Stable **Overhead** Position (Extended Plank/RSF Push-Up)
 - Explosively locking out or arresting motion, needed in forms practice
 - Similar type of tension to clinch or arm and shoulder locks
6. Return arm to body/**Receive** bell and momentum
 - Same type of motion as receiving a blow that cannot be fully evaded or blocked: harden point of impact/torso, exhale slightly, and dissipate tension through legs into ground

Deadlift—Clean—Rack—Push Press—Lock Out Overhead—Receive/Rack