

The Power Clean



Figure 6-10. The cure for incorrect elbow position. Lifting the elbows after an incorrect rack can be fixed by lifting them (or having them lifted) repeatedly enough that initially catching them in the correct position becomes reflexive.



Figure 6-11. The three basic positions in the power clean: The Hang position, the Jumping position, and the Rack.

Jumping is the key. The power clean is not an arms movement, at all, and if you first learn that a jump is the core of the movement, you will never learn to arm-pull the bar. The jump generates the upward movement of the bar, and later when your form is good the jump will be thought of as an explosion at the top of the pull, that will also produce the shrug inherent in cleaning the weight.

Put the bar back down to the jumping position and try it several more times. Each time be sure that 1.) you start from the jumping position with the bar *touching* the thigh and your elbows