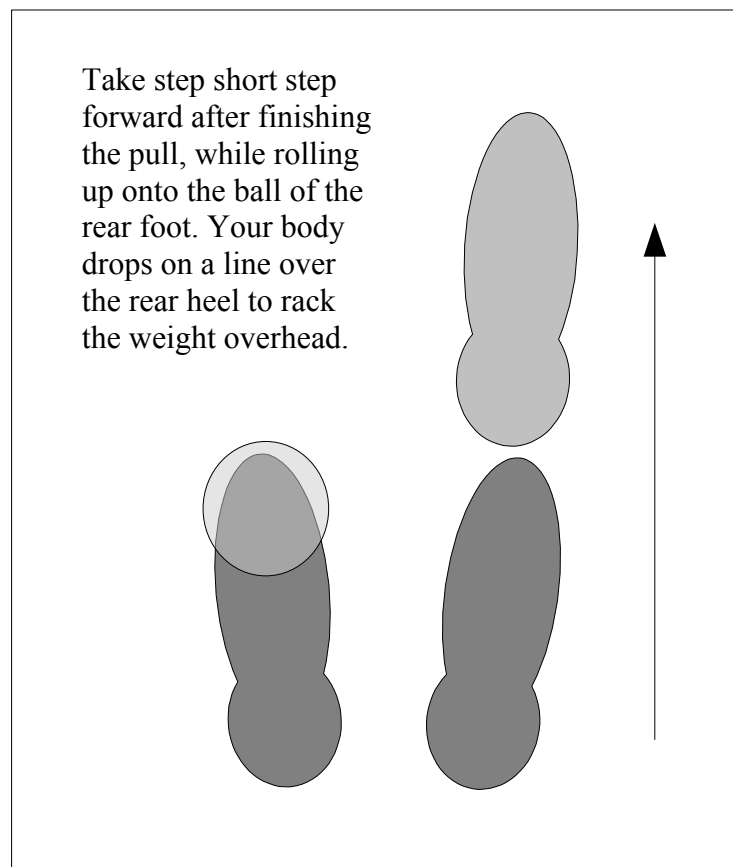


OverHead Lifting with the B-Squat

By Bryce Lane 10-14-05

This is one more way besides a split or squat style that I think uses the advantages of both while avoiding the drawbacks of either style. It is easier to learn, very stable and makes standing with the weight a good deal easier as well. This can be used with the Snatch, The clean, and all other one or two handed overhead lifts. It also makes doing a full drop jerk a bit more possible since the position is more upright and the recovery more forgiving.

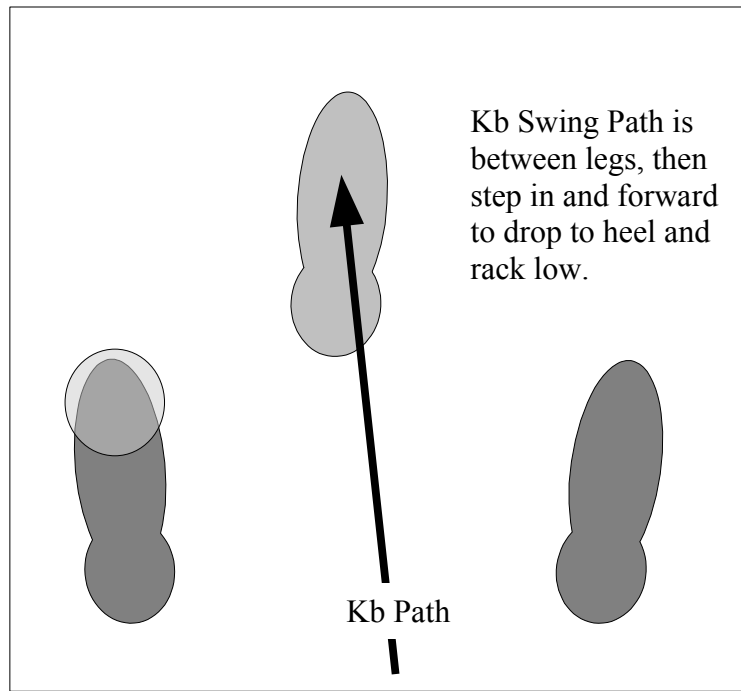
Here is the basic step pattern below. You simply take a step after your pull a foot-length forward, roll up onto the ball of your rear foot and drop directly down over your rear heel. For recovery to standing, the pressure should be on the heel of your front foot and the ball of your rear. For any lift involving a drop to rack the weight, including the jerk, the footwork is the same.



For simple exercise or repetitions lifting, switch legs evenly by some number of reps. For competition training always use the same foot going forward since you want to reinforce that pattern very precisely by consistent practice.

For the two dumbbell or two kettlebell clean, use the stance above, let the kbs or dbs swing well behind you and as they come past your hips, drop onto your heel and rotate your hands to rack them. This is very easy, even with heavy kbs.

For the one arm lifts it works better (at least in my case) to have the stepping foot and the lifting arm on the same side. You might find it useful to experiment but this is what has worked for me in dumbbell, kettlebell and barbell lifts so far. In one arm kettlebell lifts it seems to work best to adopt a wide stance as below and then step in and forward for a low catch. This looks odd, but with a try or two you will see it feels very natural and has a nice rhythm to it.



Here is a picture of the bottom position in a regular barbell snatch, it looks strange at first but is actually very natural and comfortable once you get the feel of it. The drop is fast and recovery easy:

