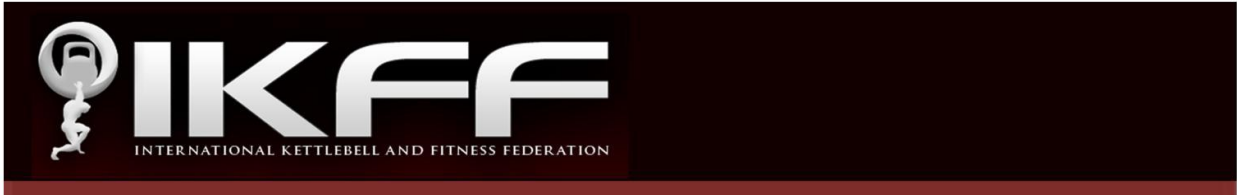


Technique Checklist For CKT Course





SWING TECHNIQUE CHECKLIST- ONE, TWO ARM, HAND TO HAND

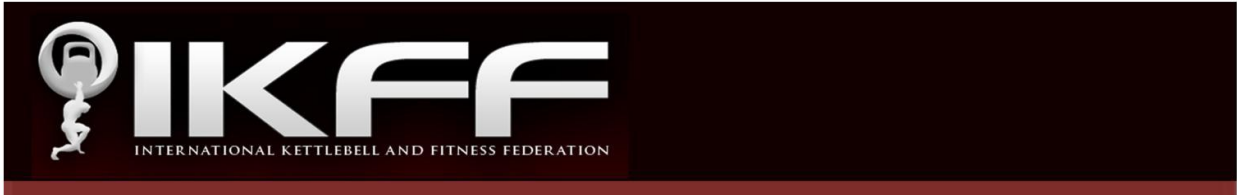
NAME: _____

Phases of Swing	Good	OK	Poor
Start position/Stance			
Backswing			
Upward Trajectory			
Arm on Torso (Connection)			
Use of free-hand			
Deflection at top			
Foot Drive and Heel raise			
Breathing Pattern			
Hip and knee mechanics			

General Comments:

Suggested Corrections:

Technique Drills:



CLEAN TECHNIQUE CHECKLIST

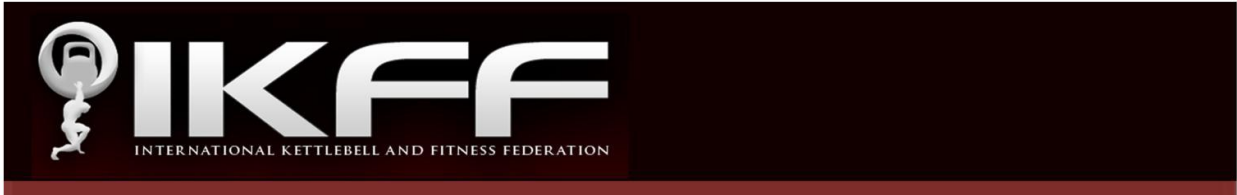
NAME: _____

Phases of Clean	Good	OK	Poor
Start position/Stance			
Backswing			
Upward Trajectory			
Arm on Torso (Connection)			
Use of free-hand			
Hand insertion			
Rack Position			
Hand/Bell Positioning			
Drop from Rack Position (Deflection)			
Breathing Pattern			
Hip and Knee Mechanics			

General Comments:

Suggested Corrections:

Technique Drills:



PRESSING/PUSH PRESSING TECHNIQUE CHECKLIST

NAME: _____

Phases of Press	Good	OK	Poor
Start Position/Stance			
Clean/Rack			
Upward Trajectory			
Half Squat (Push Press)			
Torso Mechanics (Bump)			
Lockout Position			
Hand/Bell Positioning			
Drop from Lockout (Deflection)			
Breathing Pattern			
Absorption in Rack			

General Comments:

Suggested Corrections:

Technique Drills:



SNATCH TECHNIQUE CHECKLIST

NAME: _____

Phases of Snatch	Good	OK	Poor
Start Position/Stance			
Backswing			
Upward Trajectory			
Arm on Torso (Connection)			
Acceleration Pull and Hand Insertion			
Use of Free Hand			
Lockout Position			
Hand/Bell Positioning			
Drop From Lockout (Deflection)			
Breathing Pattern			
Hip and Knee Mechanics			

General Comments:

Suggested Corrections:

Technique Drills:



JERK TECHNIQUE CHECKLIST

NAME: _____

Phases of Jerk	Good	OK	Poor
Stance			
Rack Position			
Half Squat			
Bump			
Under-Squat (second dip)			
Lockout Position			
Hand/Bell Positioning			
Drop From Lockout (Deflection)			
Shock absorption in Rack			
Breathing Pattern			

General Comments:

Suggested Corrections:

Technique Drills:



FRONT SQUAT TECHNIQUE CHECKLIST

NAME: _____

Phases of Squat	Good	OK	Poor
Stance/Start Position			
Bell Position (Racked, By Handles etc)			
Descent into Squat			
Depth of Squat			
Ascent			
Lockout			
Breathing Pattern			

General Comments:

Suggested Corrections:

Technique Drills: