

Teaching Athletes How to “Miss” Correctly

- Martial artists are always taught how to fall before they are taught throws, strikes, and other offensive/defensive techniques. That is because while the attacks and good defenses are at the core of those arts, the ability to fall safely is a prerequisite to safe practice. The ultimate objective will always be to make others fall, but martial artists must accept the fact that they will fall and they must learn to do so safely.
- Similarly, weightlifters must strive to eventually never miss a lift. But misses will occur, and often until technique is mastered, so the ability to miss safely must be learned at the outset.



How to Miss a Front Squat or Squat Clean

The lifter should learn how to miss a front squat just in case he she is not able to recover from the full squat position to the standing position. This method applies to missing a squat clean as well. ***If the lifter loses his balance, cannot stand up from the low position, or the bar starts to fall off the lifter's shoulders, the lifter pushes the bar forward with the hands and moves the body, especially the knees, back, so that the bar falls in front of the lifter.***



How to Miss an Overhead Squat or Squat Snatch

One of the keys to a safely missing an overhead squat correctly, as well as actual snatch, ***is to lock the elbows solidly once the bar is overhead and to maintain that lock at all times, even at the outset of a miss. As long as the elbows are locked, the bar cannot hit the lifter's head, neck, or shoulders because the locked arms force the bar to move in an arc around the body.***

If the bar is being lost toward the lifter pushes the bar that is forward even further forward and pulls the knees back to get out from under the bar. If the bar is being lost rearward, the lifter pushes back on fully locked arms and jumps forward out of the way.

How to “Miss” a Front Squat or Clean



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How to “Miss” a Snatch Lift



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for Video to Play



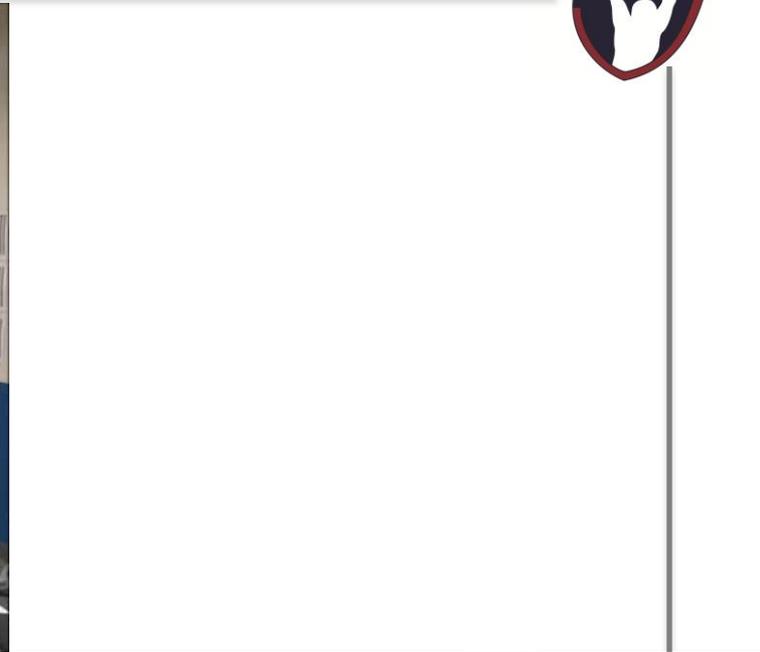
As was the case for the snatch, the first principle of missing a jerk safely is to always lock the elbows solidly when the bar is put overhead. This is true when performing the exercise with the stick, but it becomes much more important when a heavy jerk is being attempted. The lifter must invariably lock the elbows when jerking, even if that places the lifter in a position where the legs are bent so deeply that a recovery from the split becomes challenging. You must always lock the elbows once you decide to attempt a jerk —period.

The locked elbows are actually required under the rules of Weightlifting, but, more importantly, they afford the lifter a crucial safety element. As was noted in discussing the snatch, when the elbows are locked, the barbell cannot hit the head, neck, shoulders, or torso of the lifter because the very length of the arms keeps the bar away from these areas. As soon as the elbows bend, the lifter is not only in a weaker position, but the bar can fall on these areas as rare as that is.

In contrast, if balance or control of the bar overhead is lost, when one is attempting a jerk, but the lifter maintains the arms in a fully locked position, it is a simple matter to push the bar that is forward even further forward and to pull the front foot back out from under the falling bar. If the bar is being lost rearward, the lifter pushes back on fully locked arms, opens the hands to permit the arms to be pulled forward and away from the bar and at the same time pulls the back leg forward out of the falling path of the bar.

The lifter should practice missing with the stick, both forward and back, so that when the athlete begins to lift the bar or heavier weights, he will know exactly what to do in the event of a miss. If this is done for a few workouts, the procedure should be learned well enough so as to be carried out automatically in the future. But if the lifter shows any signs of having forgotten how to miss, this procedure should be practiced again.

How to “Miss” a Jerk



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