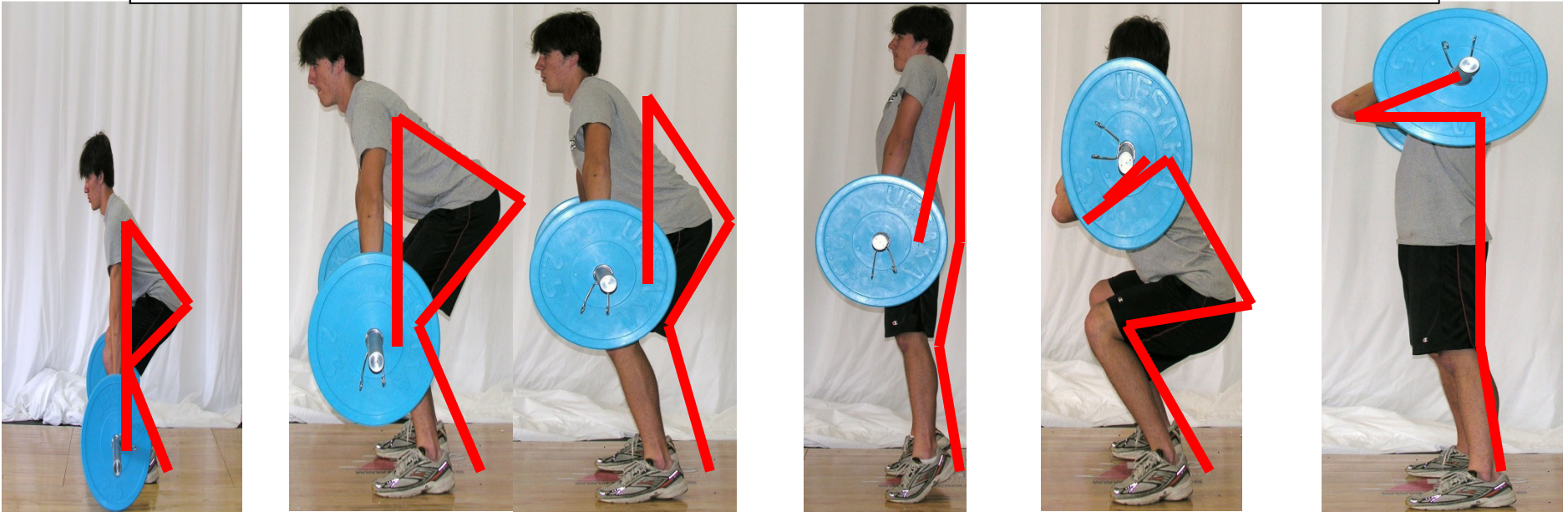


## Performing the Power Clean (PC)

Beginning	Progressing	Proficient	Advanced
<p>Knows the phases of the lift            Get into ready position            Moves from the start to the first pull            Moves from first pull to second pull            Moves from second pull to upright row</p>	<p>Knows the phases of the lift            Get into starting position            Moves from the start to the first pull            Moves from first pull to second pull            Moves from second pull to upright row            Catches bar</p>	<p><b>Getting Ready:</b>            Feet hip width            Bar across middle of foot            Hands outside of knees            Back / hips locked and straight</p> <p><b>1<sup>st</sup> pull:</b>            Hips and knees raise in unison            The legs are the primary mover            Head is up            Elbows remain straight</p> <p><b>2<sup>nd</sup> pull:</b>            Arms long            Triple joint extension at ankle, knee, hip            Shrug shoulders</p> <p><b>Catch:</b>            Rotate at shoulders            Bar close to the torso            Elbows high            Parallel squat position            Finish with the bar resting on shoulders, balanced, with elbows held high</p>	<p>Finishes the clean and performs a push press / jerk / Sabercat</p>

## POWER CLEAN Evaluation Rubric



### START

- Back Flat
- Shoulders above bar
- Hands outside of knee
- Feet hip width apart
- Bar across mid foot
- Arms long

### 1<sup>st</sup> PULL

- Back flat
- Arms straight
- Hips and knees raise in unison
- Head up
- Legs are primary mover

### 2<sup>nd</sup> PULL

- Arms long
- Triple joint extension at ankle, knee, hip
- Shrug shoulders

### RECEIVING & SQUAT

- Quickly drop under the bar
- Keep bar close to body
- Rotate at shoulders not elbows
- Move feet low above ground

### FINISH

- Elbows up
- feet shoulder width apart
- stable squat