

# GET UP!

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## Snow...winter

Well, if you believe in the Paleolithic paradigm for eating, this is the time of year we all start to live off our “acquired” fat supply we had the opportunity to build up over the spring and summer and fall. That’s my story and I’m sticking to it.

This is my favorite time of year for recovery work. Hottubbing in a snowstorm is one of life’s great moments. It is also a great time to review the past year and strive not to make the same mistakes this next year.

### **Our mission? To teach everyone:**

1. The Body is One Piece
2. There are three kinds of strength training:
  - Putting weight overhead
  - Picking it off the ground
  - Carrying it for time or distance
3. All training is **complementary**.

## Using Clubbells for Rotational Strength



### **Shawn Hanrahan**

*Shawn Hanrahan is the Assistant Director/Co -Owner of Advanced Athletic Performance. A sports conditioning company dedicated to developing the complete athlete. Kettlebells can be purchased from our website at [www.aaptraining.net](http://www.aaptraining.net). Please feel free to contact Shawn at 480-206-4434 or at [aaptraining@lycos.com](mailto:aaptraining@lycos.com) with any questions. Stay tuned for additional article with advanced kettlebell training and the introduction of clubbells.*

One of the hardest areas of the body to strength train and is neglected is the shoulder. Typically the shoulder is trained by overhead presses and incline presses which are great exercises. Upright rows and side(front) laterals are also used which are more geared towards bodybuilding and to an extent rehabilitation. It is hard to train the shoulder in multidirection primarily due to the limited equipment we have access to and the two-dimensional mindset we have been raised in by the bodybuilding community. The shoulder is always trained in an up and down motion with concentric and eccentric movements. The shoulder is a ball and socket joint and has the most range of motion out of all the joints. It is also one the highest areas

of injury because of the high range of motion. I would like to introduce you to an implement that can change your shoulder training regiment and introduce your body to rotational strength. This implement is called a clubbell which has been previously talked about in Issue 13.

Scott Sonnon being a great innovator of strength training for martial arts re-invented the modern day clubbell we use today. He has a resume as long as your arm and has been in the Soviet Union to observe their special forces and Olympic lifting training. And in both arenas he observed some sort of clubbell variation used for performance enhancement. Clubbells have been mostly used in the martial arts arena and really have not broken into the strength training or Olympic lifting community in the US. I have yet to see them in any gyms and at any sports performance training facilities unlike at the turn of the century. Gyms in the US at the turn of the century were filled with clubbells along with a lot of gymnastic equipment that conditioned the general public. This is unlike today’s gyms that are filled with useless and unproductive equipment for people to bodybuild and sit on to talk on their cell phone.

A clubbell is a short rubber bat with the majority of weight at the end, pretty simple. The origins of the clubbell go back to India where it was used as a weapon with the eventual use for strength conditioning. Just like the kettlebell, clubbells are a great implement to assist with Olympic lifting and sports performance. There are several results from clubbell use:

- Rotational Strength
- Grip Strength
- Shoulder Rehabilitation
- Strength Coordination

Every time people say they can’t perform Olympic lifts, especially overhead, is due to some sort of shoulder injury they previously had years ago, JUST AN EXCUSE. Well why not help rehabilitate and strengthen the shoulder and with what better way than with circular strength training. This will result in establishing a

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strength base and a joint mobility foundation for performing Olympic lifts. By no means does it take the place of presses and jerks, but it helps with strengthening the ligaments surrounding the shoulder that help keep it in place. Sometimes you may over pull the weight over your head on a snatch and you may tear a ligament by over compensating the pull of the weight behind the head. Rotational strength will help recover the weight and reduce possible tearing of ligaments. By rotating the arm with weight in an eccentric to concentric motion, the ligaments are introduced to motions that they have not been introduced to in a long time or at all which will help increase proprioception (body's awareness in space).



As you will see in the example exercises below, clubbells greatly help with grip strength as well. Strongman exercises like the farmers walk are great ways to help improve grip strength and not by standing in the mirror shrugging 315 lbs with wraps and a belt. Clubbells are just another option to help grip strength that will ultimately help with Olympic lifting, powerlifting, strongman competition, wrestling, grappling, football and the list goes on. When stopping the weight in a forward circular motion, the centripetal force at the ends of the clubs must be stopped from the bottom of the club, where the grip is. Hence increasing grip strength to stop the end of the clubbell from moving. I have been able to hang clean 280 lbs with the help of clubbells from a barely 245 lbs. You are always able to hang clean and hang snatch more than you can actually grip and pull. By increasing your grip strength, you can actually improve your hang clean and snatch speed that will ultimately improve your overall game in whatever arena of battle.

One great event that the club's help with is the Scottish hammer. There is no exercise that directly correlates with the hammer motion except actually performing the hammer motion. The majority of power for throwing the Scottish hammer obviously comes from the torso or the "core". The inner abdominals create the rotational acceleration on the hammer and the shoulders and grip allow for a clean and smooth release. When the hammer feels heavy and there is a lack of flexibility in the torso and shoulder, form is most likely going to suffer and the hammer won't be thrown for great distances. Using clubbells can help improve the shoulder flexibility and strength through rotational weighted motions that resemble the hammer throw.



The Scottish hammer involves a lot of coordination between the shoulder rotation and the hip rotation with great acceleration. Strength coordination is involved with the body moving in different directions in space and at the same time required to produce power and speed. For example a baseball player hitting the ball is required to coordinate their hips to generate power, their arms to guide the bat and their coordination to make contact with the ball. Strength and coordination are involved simultaneously to strike a baseball with success. Basketball is another example where a player is attempting a jump shot. Strength coordination is required to come off of a screen and square up to the basket and shoot the ball. The athlete needs the power to jump off the ground to avoid being blocked and coordinate the release of the basketball into the basket with the arm and wrist. This same strength coordination is needed for throwing the hammer, weight for distance, caber toss, open stone and the idiot stone. I'm just

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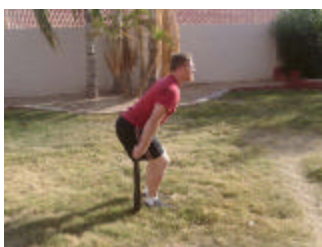
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kidding about the idiot stone. There is a reason it's called an idiot stone and it's not because you have to be an idiot to throw it.....ok, maybe..

Clubbells introduce the body to uneven weighted movements where the body needs to compensate for the weight and coordinate the motion. So when you begin to complicate the movements, you can start recruiting other parts of the body to develop that will overall develop your strength coordination. The motions are to eventually be smooth and fluid. Initially the movements will be choppy and jerky and eventually you will learn to use your body to move the club's rather than your arms. You will learn that the shoulder is not really used to rotate the clubbells but are needed to start and stop the weight. Below are some exercises for circular strength using clubbells:

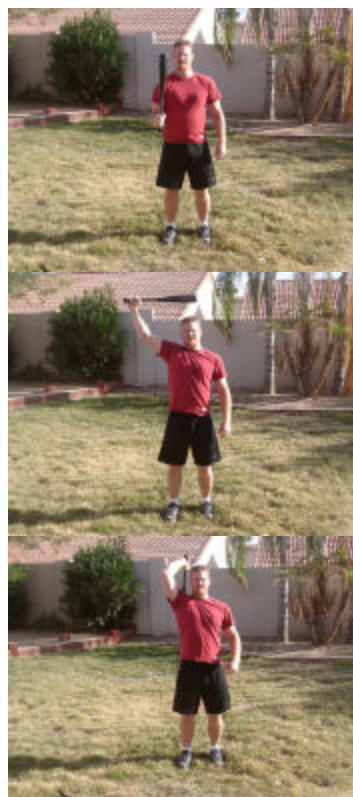
## Clean and cast



Swing the club's back and forth to gain momentum before swinging to the clean position. Keep the clubs close to the body and

squeeze your lats and grip the clubs tight. Once in the clean position, bring the clubs to behind your shoulders as shown. Keeping the shoulders tight to the head, bring the clubs back down to the clean position followed back down to the neutral position. When lifting heavy weight you always take a deep breathe and put pressure on the diaphragm to centralize the abdominals. It is quite the opposite when performing circular strength exercises. With each movement it is important to breathe out to allow the shoulder to rotate more efficiently.

## Shield and Cast



It's tough to see this movement from the pictures.

From the clean position bring the club above the head and rotate the club over and then behind the head into a cast position. Limit the movement of the body and allow for the rotation of the shoulder.

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## Parry



Start with the clubbell to the side of your body. Keeping the weight close to your side, bring your elbow in and rotate the weight around the head and body, breathing out as you go around the head.

By no means is this a substitute to shoulder strength exercises with overhead lifting. Just like the kettlebells, they are another tool to help performance and assist with core lifts. They can be used as part of a density training program and/or be used between sets of your core lifts. They are a good compliment with clubbells, below is an example:

KB Swings 6 reps  
CB Clean and Cast 8 reps  
1 min jump rope

KB Clean and Press 5 reps (each arm)  
CB Shield 8 reps  
1 minute jump rope

KB Snatches 5 reps (each arm)  
CB Parry 8 reps  
1 min jump rope

Complete this program for 5 rounds as fast as you can. This will complement the strength conditioning you will get from kettlebells. There are many variations and different exercises that will be covered in future articles. Remember to lift correctly, fast and hard.

## Witt and Wisdom



*As a high school thrower, David ended up third in Kentucky's State Meet under the coaching of Marty Mayer and Pep Stidham (God rest his soul, he died young in his 40's of heart problems). Going to college that **didn't** have a track program, David has competed as an open and*

*unattached thrower for years in and around the Kentucky area. Married to Pam with two children, David teaches high school math.*

Take your down time or wasted time and do a simple drill. I have two small dogs that I let out in our backyard to do their business. While I was waiting for them to come in, I noticed I was standing on the little 2'x4' concrete pad outside our basement door. I started doing 360 drills on that pad while the dogs were out. Now if I let the dogs out 3 times a day and do 10 repetitions of that drill, that's 30 reps a day. 365 days a year means 10,950 reps a year. 10 reps is a low number, in 5 or 10 minutes I can do a lot more. In just a few days I got really good doing these empty handed, so I started taking an old discus with me for something to hold in my hand. My backyard is sloped, so last night I started doing some turns up the hill while I waited. This can really save you some time in your workouts if you do smaller drills like these during those minutes of the day when you aren't doing something else. (David has offered to do a column for each issue of Get Up! David has been a regular contributor to Get Up! for the past year.

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## Juan Diego Catholic High School Strength Program

*My daughters will be attending Juan Diego Catholic High School much sooner than I think and I am only going to demand one thing: they take weight lifting! **Bishop Dolegiewicz**, a former Canadian "superstar" who threw the shot over 70 feet and competed in the earliest "World's Strongest Man" Games, is the head strength coach at the school.*

*Bishop is famous for his long term approach to training and a patient approach to getting the "big lifts."*

*Bish's people lift three days a week, basically benching three times, squatting three times and cleaning twice.*

*I off the first week and the last week of the training cycle for your enlightenment.*

### **Workout #1**

Power Clean Test for 4 Reps  
Bench Press Test for 6 Reps  
Squat Test for 6 Reps

### **Workout #2**

Power Clean None  
Bench Press 4 Sets of 10 Reps at 65% of Best 6  
Squat 4 Sets of 10 Reps at 65% of Best 6

### **Workout #3**

Power Clean 4 Sets of 4 Reps at 70% of Best 4  
Bench Press 4 Sets of 8 Reps at 80% of Best 6  
Squat 4 Sets of 8 Reps at 80% of Best 6

### **Workout #78**

Power Clean Pyramid Up to Best for 1 Rep  
Bench 4 Sets of 8 Reps at Warm Up Weight  
Squat 4 Sets of 8 Reps at Warm Up Weight

### **Workout #79**

Power Clean None  
Bench Pyramid Up to Best for 2 Reps  
Squat 4 Sets of 4 Reps at 70% of Best for 2 Reps

### **Workout #80**

Power Clean 4 Sets of 2 Reps at 70% of Best for 2  
Bench 4 Sets of 8 Reps at Warm Up Weight  
Squat Pyramid Up to Best for 2 Reps



*Train hard!*

Published by Daniel John

Daniel John, Editor

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