



Odd Lifts

The Trainer

Adam Stanecki has trained in the martial arts since he was 10 years old and has experience in various striking and grappling styles. He operates his own health and fitness training business called Fluid Fitness and, as one of only a handful of certified instructors in the CrossFit system in the country, Adam's focus is developing an elite level of fitness for all of his athletes. To do so, he utilises short, intense and varied workouts coupled with sound nutritional advice. He trains in and around Richmond, Victoria.

The Drill: Odd-object Lifts

Lifting weights in the gym is one way to develop strength, but it cannot mimic the reality of lifting a person or an odd-shaped object. In the martial arts it's important

that one understands the complexity and inherent difficulty of lifting objects with an odd centre of gravity.

For the purposes of this exercise, we will be lifting a training partner of similar size, but one could lift any everyday object that is heavy enough to require maximal effort (a punching bag or sandbag are good alternatives).

Posture is the most important consideration when attempting these exercises. You must have a straight back at all times. If the load is too great, then scale it back and try again. Don't lift too heavy too early.

Start the drill with your feet just beyond shoulder-width apart, toes turned out at about 30 degrees. Position your partner across the back of your shoulders in a 'fireman's carry' position. Once you have

centred your partner's weight, stand up straight, being mindful of your posture. Look forward at a stationary object and begin your descent. Your goal is to squat your torso between your feet, not behind your feet. The movement should begin with your bottom moving slightly backward and downward. When your thighs are parallel to the floor, commence the ascent by driving your hips forward and upward. Your weight should always be through your heels.

A variation of this drill is to have your partner on your back in a piggyback position. The weight distribution in this case is slightly more behind you and as such you may have to tilt forward at the hips to compensate. Otherwise, the movement is identical.

The Result

Hip-strength and flexibility are paramount for effective performance in all martial arts, from Xing-yi to Muay Thai, to Brazilian Jiu-Jitsu. Without adequate driving strength and range of movement in the hip area, techniques are unnecessarily compromised. Exercising this area is one way to improve functional strength.

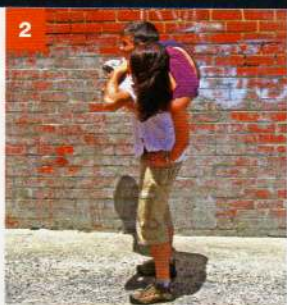
The grappling arts require much work on these elements to effect explosive, powerful takedowns and to allow the martial artist to maintain an effective guard. Similarly, strikers — especially kickboxers — benefit from the ability to drive the hip into the kicking movement, in turn allowing for maximum speed, power and ultimately impact. Other martial artists such as boxers and karate-ka will benefit by developing a solid, grounded base from which to defend or attack.

This drill shows one of many methods available for developing the area around the hips. It develops strength in the gluteals, quadriceps, hamstrings, hip flexors and spinal erectors among other muscles, thus forming a strong core. It develops power throughout the full range of movement during both flexion and extension and develops flexibility and balance. Each of these physical capabilities is very important to the martial artist, regardless of experience. **BLITZ**

The Drill: Odd-object lift – fireman's carry



1 Adam begins the drill by holding Erica in the fireman's carry position.



2 (Side view of the starting position)



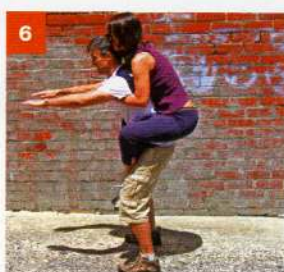
3 Adam commences the movement by moving his hips downward and slightly backward.



4 Adam completes the descent when the front of his thighs are parallel with the ground.



5 (Side view of the lowest position – notice that the weight is centred)



6 Piggyback variation: the hands are used as a counter-balance.