

John Godina



BACK OF THE RING

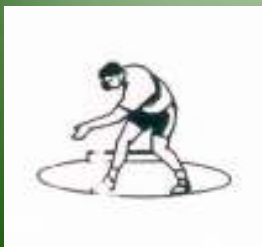
FEET SHOULDER WIDTH APART, STRADLE CENTER LINE



- HOLD RT. ELBOW HIGH.
- 60% OF WT. ON LEFT LEG.
- LEFT ARM SHOULDER LEVEL, EXTENDED & RELAXED.
- SHOULDERS LEVEL
- **ADVANCED;** SLIGHT DIP IN THE RT. SHOULDER.

DOUBLE SUPPORT

WIND-UP = MODERATE TORSO ROTATION



- 1/4 TORSO TURN
- RT. FOOT KEPT FLAT
- PIVOT INSIDE BALL OF LFT. FOOT.
- TURN LFT. KNEE INWARD SLIGHTLY
- **ADVANCED;** SHIFT WT. ONTO LEFT LEG.

SINGLE SUPPORT (PART 1)

ROTATE THE UPPER & LOWER BODY AS A UNIT



- LONG LEFT ARM
- ARMPIT OVER KNEES & TOES (STEEL ROD)
- ROTATE ON INSIDE BALL OF LEFT FOOT.
- LEFT KNEE LEADS INTO THE RING.
- RIGHT FOOT OFF GROUND ASAP!
- ADVANCE; WIDE LOW LEFT ARM.

SINGLE SUPPORT (PART 2)

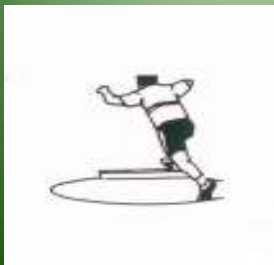
LEFT SIDE IS THE HINGE OF THE DOOR



- RIGHT LEG SWEEPS LOW TO THE GROUND.
- KNEE'S STAY APART.
- LEFT FOOT POINTS DOWN RT. SECTOR.
- RIGHT LEG DRIVES TO MIDDLE OF THE RING.
- LEFT KNEE SHOULD BE BENT & LEG LOADED.
- RIGHT GOES AROUND LEFT.

NON SUPPORT PHASE

MAINTAIN UPPER BODY & HIP SEPERATION



- RELAXED UPPER BODY, ACTIVE LOWER BODY.
- DRIVE RT. THIGH PAST LFT. THIGH.
- RT. FOOT IS DORSI-FLEXED BELOW KNEE.
- LET THE GROUND COME TO YOU.
- GET LFT. FOOT OUT OF THE BACK QUICKLY

ROTATION PHASE

BODYWEIGHT OVER RT. LEG

SHOT IS PLACED "BEHIND" RT. SIDE



- RT. FOOT HITS AROUND 9 O'CLOCK.
- WORK THE RT. FOOT
- RT. HEEL CANNOT TOUCH.
- RT. KNEE BENT UNTIL LEFT HITS.
- SQUEEZE THE KNEE'S
- ADVANCE; LOWER LFT. SHOULDER.

DELIVERY PHASE (PART 1)

DO NOT STRIKE UNTIL THE LEFT FOOT HITS



- HEEL TOE NARROW BASE.
- DOUBLE PIVOT UPWARD.
- HEAD THRUST BACK.
- LEFT ARM THROWN HIGHER THAN THE SHOULDER PLAIN.
- WORK THE RT. FOOT!

DELIVERY PHASE (PART 2)

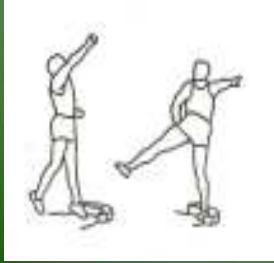
DRIVE THE BALL OFF YOUR SHOULDER



- EXTEND BOTH LEGS, THINK "CLEAN".
- KNEE'S FULLY EXTENDED.
- LFT. ARM BENDS & BLOCKS.
- RT. ARM STRIKES
- THUMB DOWN, PALM OUT.

REVERSE PHASE

RT. FOOT REPLACES LEFT FOOT



- RT. FOOT LANDS AT 90 DEGREES TO SECTOR.
- LAND FLAT FOOTED.
- AFTER SHOT LEAVES HAND LOOK TO 9 O'CLOCK.
- LFT. ARM & LEG EXTENDED.

Double Pivot Hands on Hips

Drill Videos , Courtesy Don Babbitt



Half-turn with Hands on Hips



Half-turn with Med Ball



Step Back



Step-in with Med Ball



South African with Stick



360-degree Drill



Full Turn to Power Position



Full Turn to Power Position with Shot at Chest



Windows Movie Maker



Right Leg Sweep - Hoffa's sweep is much more pronounced. A wide sweep adds lower body acceleration. Also notice the dip of your shoulders & left arm compared to Hoffa's

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