Q

What are the different ways of cleaning an axle?

A

It really depends on several factors:

1. Does the bar rotate freely?
2. Are you trying to jerk, push jerk or push press more than you clean?
3. Do you have small hands (length from the first crease of your wrist to the tip of your middle finger)? Are your wrists strong?

There are 4 techniques to get the axle racked ready for a press:

1. Squat Clean
2. Power Clean
3. Continental Clean
4. Kershishian Clean

1 and 2 are self explanatory.

Technique 3 involves cleaning weight to your belly, adjusting your hands (if needed), and then finishing a quick power clean movement from there. Technique 3 is usually used when grip and power needed for techniques 1 or 2 are not there.

Technique 4, The Kershishian Clean, involves starting with an alternating grip. Exploding into the 2nd pull phase of a typical power clean, release the bar with the supinated hand and catching the bar in the cradle of your arm at the elbow (zercher position). From there, the zerchered side is front raised until the axle slides into the racked position on your front delts. Then the zerchered side will adjust your hand back onto the bar ready for the press.

Check out Glenn Ross at the 2005 Arnold Classic:

http://www.gripboard.com/uploads/1110272526/gallery_3593_13_1434639.wmv

Key points for above:

* If the bar does not rotate, and is fixed – this increases the difficulty of the clean and subsequent racking on the axle. Limit Strength must be increased for the posterior chain, weightlifting technique must be refined and the support grip component must be brought up.

**If you cannot clean the weight cleanly, techniques 3 or 4 will allow you to get the weight in position to press.

***If your hands are small but your wrists are strong, you could pull the weight without a thumb by wrapping your entire hand under the axle, to increase the surface area under the bar. If you have big, strong hands, your delimiting factor will be your posterior chain, weightlifting technique or starting strength.