

Five Key Points

We asked our crew of elite coaches from different disciplines to list the five points they'd like to get across during the upcoming [CrossFit Training Seminar](#) in San Diego on July 15 – 16.

Mike Burgener

Olympic-Style Weightlifting

1. Jump the barbell through a range of motion, creating momentum and elevation on the bar.
2. Jumping position is feet under the hips. Landing position is about 2 inches wider.
3. Get aggressive.
4. Pull yourself under the bar, and meet the bar where it is (don't let it crash onto you).
5. Don't add weight unless the form is great.

Mark Rippetoe

Slow Lifts

1. **Squats** - Learn how to coach and perform the most important exercise in the gym the easy way, by getting in the correct bottom position before the bar even gets on the back.
2. **Bench Press** - This method virtually guarantees a correct bench press the first time it is used, with any trainee of any ability.
3. **Deadlift** - The most basic of all barbell exercises, the deadlift can be performed safely and effectively by anyone, with two simple cues.
4. **Press** - The most neglected exercise in the modern weight room, learn why the press MUST be a part of your program, and how to do it right the first time you try.
5. **Power Clean** - The easiest way to get started with the Olympic lifts, learn the one thing you need to know to successfully perform the power clean, and why this is the key to the snatch and clean and jerk.

Roger Harrell

Gymnastics

1. Development of kinesthetic awareness and proper body mechanics in a wide variety of movements.
2. Learning how to fall properly. Rolls, maintaining or stopping momentum while minimizing impacts and joint strain.
3. Bodyweight conditioning. Developing tremendous strength with little or no equipment.
4. Body tensioning. Maximizing useful power output through proper tensioning and mechanics.
5. Handstands and overhead work.

Jeff Martone – Kettlebells

1. Proper form: "The difference is in the details"
2. Proven KB teaching progressions; Maximum results in minimum time.
3. Program Design: Putting the basics together
4. Generating strength; Getting stronger at the lowest possible bodyweight
5. H2H Basics; enhancing sport performance

Jim Cawley (Dynamax)

Medicine Balls

1. Maximum horse power is generated at 1/3 torque (strength is just one component of power).
2. Train all three energy cycles.
3. Train exercises that require a summation of forces generated through multiple joint functions.
4. Don't oversimplify the complex; don't complicate the simple
5. Understand neural strategy and reflex role in athletic movement.

Jeff Martin – Krav Maga

1. How to improve martial arts drills with the use of CrossFit.
2. Krav Maga is designed around principles not techniques.
3. In Krav Maga, one defense can be used against many different attacks
4. Krav Maga defines winning as going home safely.
5. Like CrossFit, anybody can do Krav Maga.

Mikki Martin – Kids' CrossFit

1. You can find scaled daily workouts for kids at www.CrossFitkids.com
2. With kids classes and workouts need to be short and fun and heavy on basics.
3. Begin by building on the child's strengths. Find what a child is good at, emphasize it, begin working on their weaknesses slowly.
4. Repetition of concepts and movements is important
5. Playfulness; CrossFit Kids games help kids have fun while they learn the basic movements.

Jesse Woody – Parkour

1. Parkour isn't about copying predefined movements but about finding the best way your own body can move through the environment
2. Learn to jump, land and roll before you attempt to climb
3. By understanding the proper progressions, any relatively fit person can begin to learn Parkour.
4. An intimate knowledge of the nature of your environment, and the ability to move through it with grace and ease is a profound state.
5. With some basic gymnastics equipment, Parkour techniques can be easily applied to a gym setting for a safe way to increase motor skill or a fun new twist on the common interval training protocol.

Karl Geissler – Sprint Mechanics

1. How to simply teach running mechanics to any client
2. How to improve stride length
3. What exactly is a coaching/teaching philosophy and why is it important?
4. How to design sprint workouts and sprint training into a Crossfit program
5. What kind of tools can I use to teach and improve my client's running ability?

Steve Kenyon & Dan Bunz

SST/Chapman Installations

1. Emphasize technical skill: "Better right and light than wrong and heavy."
2. Embrace yes, yes, yes principles: major in free-weight, multijoint, standing position exercises.
3. Develop high density, high intensity training sessions.
4. Design variation and multidimensionality into the daily training session.
5. Maximize efficiency in a minimum amount of space.

Tony Blauer

Combatives/Personal Defense Readiness

1. How to address the close quarter counter-ambush.
2. How to use your body's hard-wired survival reflexes for self-defense.
3. How to use reflexive reactions & natural biomechanics to strengthen your tactics during close quarter clinching.
4. How to ID pre-contact cues so you decrease your reaction time.
5. Performance enhancement strategies and fear management skills

Rob Miller – Climbing

1. Untapped resource for new clientele- the indoor climbing gym.
2. Improved kinesthetic awareness.
3. CrossFit and climbing: interchangeable benefits.
4. Try a new sport: learn basic to advanced climbing movements.
5. Training suggestions for clients who climb.

Chris Robinson – Tactical Options

1. Why you want to be in a shooting, not in a gunfight.
2. How Situational Awareness (SA) gives you the edge.
3. How the OODA loop works and why fewer choices make you faster.
4. How to find your front sight under pressure.
5. Why and how to set "action triggers."

Tyler Hass – Rings

1. How to incorporate ring training into CrossFit.
2. Scaling ring exercises for beginners or advanced trainees.
3. Learn how to design progressions to bridge the gaps between skills.
4. How to use rings for metabolic conditioning or pure strength.
5. Try unique exercises to add variety to your training.

Darby Darrow

Elements of Gunfighting

1. Train like you want to fight
2. Ingrain the techniques to allow your subconscious to take over in a gun fight. Conscious thought will be too slow.
3. Learn to trust your eyes and allow your eyes to decide when to take the shot
4. Have a physical link to trigger you shift in focus
5. Smooth is fast

Ryan Atkins – CrossFit

1. Functional movement: why it matters.
2. Adapting functional exercise for varying populations.
3. Programming - how to make your workouts fun and varied.
4. Intensity/Safety - insurance for longevity in training.
5. Technique Development - different tools for honing skills.