

2017

PERSONAL TRAINERS

CONFERENCE

OCTOBER 27 – 29 | ANAHEIM, CA



POWER YOUR POTENTIAL



Conflict of Interest Statement

- I currently have, or I have had in the past 2 years an affiliation or financial interest with **[Functional Movement Systems]** around this presentation, including:
 - Consulting
 - Honoraria
 - Employment



Indian Club Drills for the Hip and Ankle

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FMS Advisory Board

Director of Education for StrongFirst

Classical Patterns

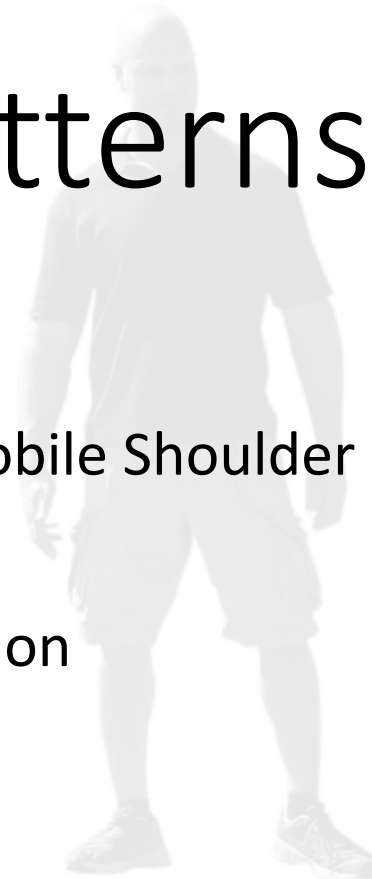
Ancient Art

Integrated, Efficient and Mobile Shoulder

Coordination

Moving Meditation

Fun



CLASSIC PATTERNS





IC Correctives for Hip and Ankle

Easy to Access

Unique Pulsing Movements

Integrating Upper and Lower

Low Load

Tall Kneeling

- Shins at 45 degrees
- Toes together – ankles “roll out” not in
- Tucked or Pointed
- T-spine opening – side bend then turn
- Breathe
- Chop with ICs

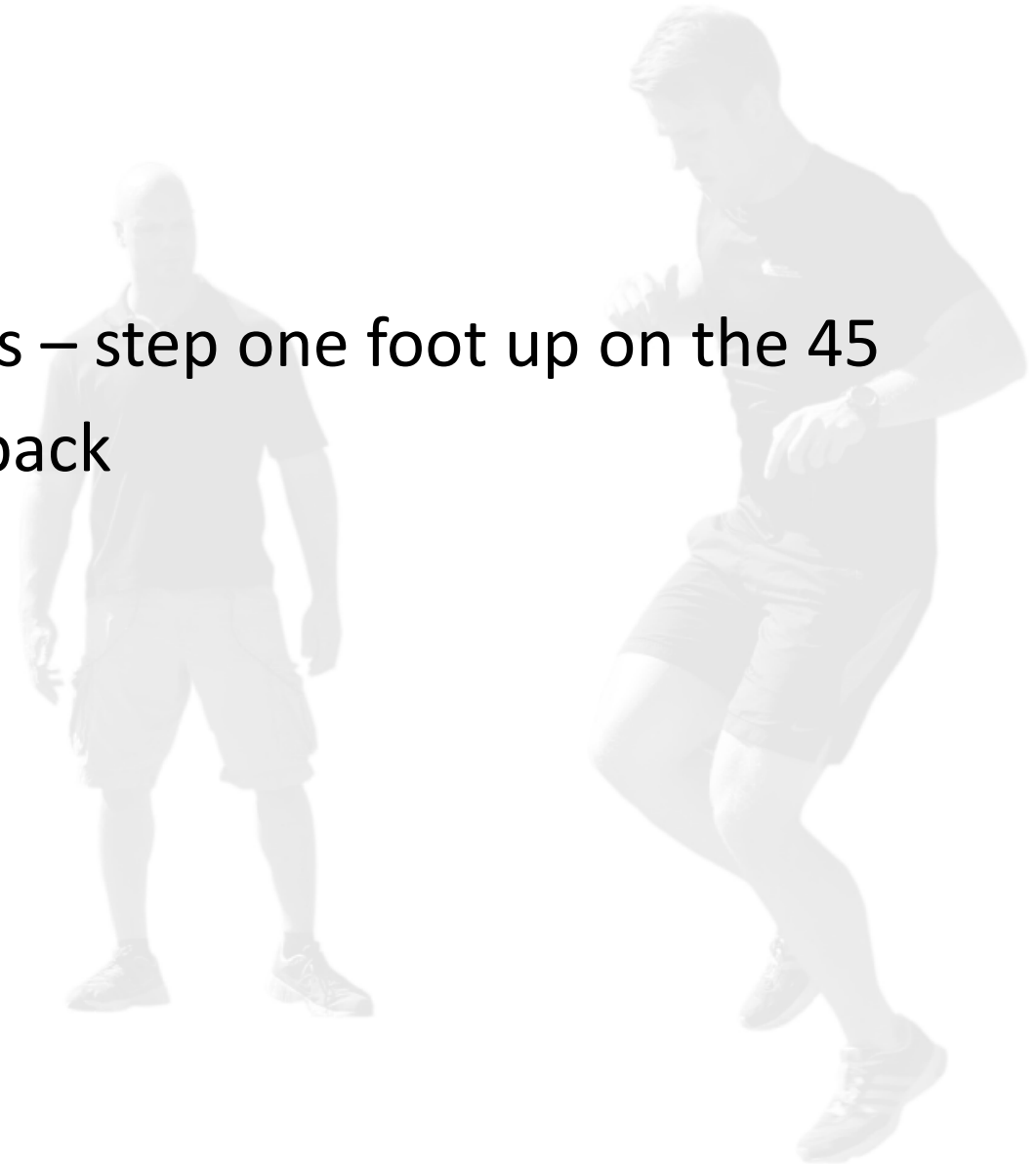


Tall Kneeling IC



Double 45 IC drills

- From your Tall Kneeling 45 degree angles – step one foot up on the 45
- If the leg is up – that arm is behind the back
- Low Throw
- High Toss
- Chop
- Ankle focus
- Hip focus



Double 45 IC drills

- Insert



Double 45 Half Kneeling Chop/Lift



Double 45 Half Kneeling Low Throw



Double 45 Half Kneeling High Throw



Programming

- Movement Prep
- Targeted to weak links
- Active Recovery



Thank You

- You the Attendees
- NSCA
- FMS
- Dr. Ed Thomas



Resources

- On-line Indian Club Course on the FMS website
- Club Swinging Essentials DVD and Manual – Classical Patterns

