



Hosts MA STRENGTH Chinese Weightlifting Clinic



Use Chinese weightlifting methods to improve your snatch, clean, and jerk technique under the guidance of expert coaches at Ma Strength: Ma Jianping and Manuel Buitrago. In this unique weightlifting clinic you will:

- ◆ Learn Chinese weightlifting technique using Coach Ma's learning progression for the snatch, clean, and jerk,
- ◆ Have your lifting evaluated individually and within a group setting to learn from others, and
- ◆ Practice this style of lifting with weights attendees feel comfortable with while receiving verbal cues from experienced coaches.

This is a very practical hands-on clinic for experienced athletes who want to improve their ability to perform the lifts and coaches who want to learn an alternative way of approaching the snatch, clean, and jerk. Olympic weightlifters, Cross Fitters, trainers, and coaches are welcomed. We will be drilling A LOT so be prepared to lift and be prepared to learn.

Who: All experience levels, including beginners, are welcome

Dates: November 22nd & 23rd

Time: 9am – 1pm

Rates: \$275+tax per person

Where: Trident Athletics - 5206 S Tacoma Way Tacoma WA 98409

SIGN UP... BEFORE IT'S SOLD OUT!! Go to WWW.TRIDENT-ATHLETICS.COM OR CALL 253-777-9714 TO REGISTER!!