A History of the Pull in Olympic Weightlifting
(based on film and video analysis)

by John Garhammer, Ph.D.
Phases of the Snatch pull in Weightlifting

1st Pull

Transition
Shift
Scoop
Stretch !
(ends in the Power Position)

2nd Pull (jump shrug or triple extension)

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Al Hood: 107.5 KG Snatch
Mack Truck Meet
1-15-83

Note the curved line connecting the hip position during the 1st pull (upward movement), transition (forward and downward movement), and second pull (upward movement).
FIGURE 1B: Stick Figure Representation
Lee James 142.5 Kg Snatch
1975 U.S. Senior Nationals
Bar and Hip Positions
Manually Connected
Rusev 1978 WWC
4CL – 180 K (world record)

Rusev 1982 RM3
2CL – 200 K

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Top Pull Positions
Snatch Lift
Record Makers III
Atlantic City 1982

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Manolov 171 C WR  Michels 210 C  Pervy 210 C  Pisarenko 225 C  Schake 177 C

Sots 215 C  Zlatev 215 C

**Top Pull Positions**  
**Clean Lift**  
**Record Makers III**  
**Atlantic City 1982**

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Jeff Michels
3rd SN – 182.5 Kg
Record Makers III
Atlantic City 1982
(American Record
# 3 for the day!
171.5, 177.5, 182.5 Kg)

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SEE VIDEO!

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Figure 2 — Barbell velocities for the first attempt snatch of SW with 120 Kg and the second attempt snatch of DL with 172.5 Kg.
Robin Byrd 3rd SN 62.5 Kg (48 Kg Class) 1st Women’s WWC 1987
Xiaoyu 3rd SN – 75 Kg (48 Kg Class) 1st Women’s WWC 1987
World Champion 1987 – 88 - 89
Doren 117.5 Kg Split Clean

2003 Nationals

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Pete Kelly – 167.5 Snatch
American Open, Savannah, December 8, 2002
Jodi Wilhite 70 Kg SN - 2003 USAW Nationals

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Hamman 190 SN Attempt – 2003 USAW Nationals
Haworth 128 SN – 2003 USAW Nationals

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Ingrid Marcum: 90 Kg Snatch (3rd attempt)  
American Open, Savannah, December 2002
World Record C&J Attempt 272.5 Kg (600 lbs.) Sydney Olympics, 2000

The **POWER POSITION**, after the “scoop” at the beginning of the 2nd pull. Note the straight arms, knees re-bent, shoulders over the bar - starting to jump with the barbell!