

Heels and Hips

The purpose of this document is to define the relationship between heel and hip in throwing, pitching and hitting. This heel and hip relationship produces the power that is then distributed by the toes out to the hands. As I have been emphasizing in previous documents, the power comes from inside out, and is contrary to power generated in the smaller muscles and bones as they contract in towards the body. I believe once this direction of power is understood, then the balance and timing of this distribution is natural. It is natural when the focus is on the heels and hips, and not the ball or bat in the hands. Focus on heels and hips for natural distribution, timing and balance of power.

Toes and Hands

In this document the relationship between the heel and hip is compared to the relationship between toes and hands. To get the biggest muscles involved in the throwing or hitting motion, the hips rotate the body around a vertical axis. The muscles in the heels rotate the hips and the muscles in the toes extend them and every other bone in your body out to your hands.

Transfer Power Naturally with Toe Hand Extension

The big muscles and bones are on the inside and the small muscles and bones are on the outside. To transfer power inside out, rotate then extend. Balance and rotate on the heel, then transfer that power to the outside by extending towards a target from the toe through the hips to the hands. So, heels are for rotation and toes are for extension. The power comes from the heels and is then transferred by the toes out to the hands. This transfer is natural as long as the toes wait their turn.

Summary: Heels and Hips

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