

With (Figure 8) Against (Windmill)

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The purpose of this document is to define the power source for both Figure 8 and Windmill leverage. In [previous documents I have defined Figure 8 as a pulling motion and Windmill as a pushing motion](#). Whether hitting or throwing or whatever, we pull with something and we push against something. Since pulling and pushing are obviously opposites, the source for power is also opposite; but the key to all this power is in one place: the footwork. Since we naturally use both pulling and pushing footwork while fielding each position, that opposite footwork should be easy to learn. Problems occur though when we try to combine them, or fail to use inside-out arm extension. Like the source of fulcrum or pivot type leverage power, first I will describe what we push against when we Windmill. Then, like the source of gear or transmission type leverage power, I will describe the Figure 8 as two circles that pull “with” each other.

Pivot type Power – Pushing “against” Something

The power source or fulcrum for Windmill leverage is the front foot, and because we are pushing, it is the inside of the front foot. By pushing against the front foot, we pull the trigger on the whip. This footwork will result in the front shoulder staying in, but the cause of the power or pivot is in the footwork. Pivot type power is one step or quick.

Transmission type Power – Pulling “with” Something

The power source or gears for Figure 8 leverage are the two circles. Like a transmission, first the horizontal circle goes to work; then, the power of that circle is transmitted to the vertical circle. Then, whether hitting or throwing that power is extended out through the fingers. Here again the source of the power is in the footwork. That first horizontal circle is powered by the heel and the outside of the foot. Anytime in sports we want turning power we want our butt down, so that pulling power comes from a low body position. The secret in transmission type power is the timing of the transmission. In other words, finish the first circle before you start the second, and finish the second before you extend. Transmission type power takes time

Summary: With (Figure 8) Against (Windmill)

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