

New Way (or Other Way) for Hip Power

The purpose of this document is to define a new way or the other way to use the hips in baseball and softball. The old way or the most common way is to twist or turn or rotate with the butt down. The new way or other way is to work with the butt up and bend at the waist. Tennis players are a good example of the new or other way. You don't see them often dropping their butt to hit the ball. Catchers also use the new or other way. They learn that way naturally because they have to come up to throw. Going back down would be too slow. Mule skimmers also used it to whip their bullwhips. Very powerful and accurate and quick. Many of the most famous baseball hitters and throwers used it. Ichiro, Ken Griffey Jr. Vlad Gurro, Babe Ruth, Stan Musial, Bob Feller, Eddie Feigner and all the great fastpitch pitchers, all the catchers, I can go on and on.

So, in hitting the new or other way, we hit like a tennis player.

So, in throwing the new or other way, we throw like a catcher.

When using hips the other way, things happen in a different order. You set up either open or closed to the target, then everything happens at once. You explode from the hips. The follow through happens all at once.

You explode, from the hips, with either a bucking (like bucking a hay bale up) or whipping motion (like the mule skinner whipping his bullwhip down (forward from a sitting position). The follow through is relaxed and light and able to fine tune the accuracy.

If you are twisting like the old way, everything is opposite, for example the twirl of the arm happens at the end, along with all your power input. You get things going then you twirl at contact or release.

So, the catcher's snap looks like it is done from the wrists, but it is actually done like the muleskinner's whip with the follow through (relaxed wrists) happening instantly.

Also, the hitters roll the wrists before contact. So, the follow through happens before contact. At contact the whole body can then firm up the contact so you feel it in your toes. The explosion doesn't happen till about 4 inches before the ball gets to the contact point, no matter how fast the ball is moving. That is because the explosion is way faster than the ball.

In summary, the purpose of this document is to define a new way or the other way to use the hips in baseball and softball. The old way or the most common way is to twist or turn or rotate with the butt down. The new way or other way is to work with the butt up and bend at the waist. Tennis players are a good example of the new or other way. You don't see them often dropping their butt to hit the ball. Catchers also use the new or other way. They learn that way naturally because they have to come up to throw. Going back down would be too slow. Mule skimmers also used it to whip their bullwhips. Very powerful and accurate and quick. Many of the most famous baseball hitters and throwers used it. Ichiro, Ken Griffey Jr. Vlad Gurro, Babe Ruth, Stan Musial, Bob Feller, Eddie Feigner and all the great fastpitch pitchers, all the catchers, I can go on and on.

For example, Babe Ruth was a great pitcher and hitter. Did you ever see his butt down?