

## **Football Linemen, Improve Explosive Football Power at Contact with the "Hulk Up" Technique Presented by Dr. Donald Chu PhD (PT, ATC, CSCS) Sports Performance Enhancement Specialist for the Football Safety Academy**

*Sports Performance Enhancement Specialist Dr. Donald Chu PhD (PT, ATC, CSCS) announces the Football Safety Academy's "Hulk Up" technique enhances a lineman's explosive power at the moment of contact because the "Hulk Up" technique anatomically improves the transfer of the ground based power through the lineman's hands and/or shoulder pads. The "Hulk Up" technique is safe and can be effectively utilized by linemen on both offense and defense to play better and safer football.*

Danville, CA ([PRWEB](#)) July 09, 2013 -- The Football Safety Academy (FootballSafetyAcademy.com) acknowledges the importance of protecting the head and neck during football contact. The "Hulk Up" technique introduced by the Football Safety Academy has proven to dramatically improve a lineman's explosive power at contact with the hands and/or shoulder pads as explained by Dr. Donald Chu PhD (PT, ATC, CSCS) (DonChu.com) an expert and author in the field of explosive power development.

"A lineman's power at contact increases using the "Hulk Up" technique because the muscles of the upper back and shoulders are fully engaged or "turned on" in the stance prior to contact, thus the player is able to make contact with a stronger and more stabilized body core."

"The body core stabilization in the "Hulk Up" technique allows ground based power generated in football to be completely transferred from the legs through the hips, lower back, upper back, shoulders and arms to the hands at contact into the opponent. This concept is NOT currently taught in the offensive and defensive line standard teaching progression; in addition the "Hulk Up" technique stabilizes the head and neck for maximum protection at impact".

Dr. Chu adds "in vision stabilizing a loose arrowhead on the shaft of an arrow with the arrowhead representing the hands or shoulder pads at contact, the stabilized arrowhead will result in a much more solid "hit" on the target as do the hands and shoulder pads in football."

Lee Becker, Director Football Safety Academy <http://footballsafetyacademy.com/> states "linemen from youth through college football using the "Hulk Up" technique recognize the significant improvement in power and control when striking an opponent; in addition to playing safer football".

To read more about Dr. Donald Chu's background in training athletes at every level of competition including youth, high school, collegiate, professional (NFL, NBA, MLB) and Olympic medal winners go to <http://www.DonChu.com>.

For more information about the "Hulk Up" technique visit <http://www.footballsafetyacademy.com> or email [footballsafetyacademy\(at\)aol\(dot\)com](mailto:footballsafetyacademy(at)aol(dot)com).

Football Safety Academy, advocates a proactive approach to finding instructional solutions to improve football head and neck safety. The Football Safety Academy strongly encourages all levels of football to consider utilizing the simple and effective "Hulk Up" technique to not only improve a linemen performance but also



increase safety, making football a safer and better game. ([footballsafetyacademy.com](http://footballsafetyacademy.com))

Contact Information

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