

the
CrossFit
JOURNAL ARTICLES

Turkish Get-Up: Part 2

Jeff Martone



I hope that Part 1 of this series, in last month's *Journal*, motivated you to practice and experience the benefits of the Turkish get-up (TGU). Now let's build on that foundation. Last month you learned the "arm-bar" stretch

and the tactical TGU. In this issue, we will move on to the gladiator and explore implement alternatives for when kettlebells aren't readily available.

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Turkish Get-Up: Part 2 (continued...)

The gladiator

This move is a tremendous core and stabilizer strengthening exercise that seamlessly blends into the tactical Turkish get-up. To begin, grab a kettlebell and perform the sit-up portion of the tactical TGU.

Then, from the sit-up position:

1. Press the shoulder of your support hand (the hand that is on the ground) away from your ear. This is an important but often overlooked step. It puts your shoulder in a strong position. It keeps the shoulder "active," as when you are performing dips on parallel bars.
2. Simultaneously press off that support hand and your posted foot, lifting your hips off the floor. This will create the space necessary to slowly extend your left leg in front of you. The side of your foot is pressed firmly against the ground, and the knee on that leg is straight.
3. Once you are stable in this position, move your right foot on top of your left. Keep your torso rigid, and hold this position for three to five seconds.
4. To complete the gladiator, extend your right leg into the air and hold for another three to five seconds.



Turkish Get-Up: Part 2 (continued...)



To transition to kneeling:

5. Slowly bring your right foot down in front of your left leg.
6. Bend your left leg, bringing your knee under your body, and establish the three-point kneeling position.
7. Slowly straighten your torso and pull your left arm up off the ground so that you are in a two-point kneeling position. Keep your eyes on the

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kettlebell, and actively press the kettlebell straight up toward the ceiling throughout this step.

8. Stand up as described last month.
9. Slowly descend and return to the starting position, minus the gladiator pose in the middle. I find that it's best to perform the gladiator on the upward movement of the TGU only.

Keep your movements slow and controlled, and take the time to find solid balance points at each step.

Turkish Get-Up: Part 2 (continued...)



Implement variations

If you travel a lot, there is a chance you may find yourself one day without your kettlebell. (Oh no!) If this happens, do not fear. With a little imagination, you can to adapt and overcome. TGUs are beneficial regardless of the implement you practice with. Dumbbells are economical and plentiful, and they will work in a pinch. Unfortunately, a dumbbell doesn't have the benefit of an offset center of gravity, but it's better than doing nothing. Short, thick-handled barbells and full-sized Olympic barbells also lack the offset center of gravity but make up for it by the requirement of having to balance longer

and/or thicker bar. (Old-time strongman and stunt man Joe Bonomo demonstrates the use of the barbell for this exercise in his classic book *Barbell Training Routines*.) Sandbags and rucksacks are great options, especially in austere training environments. They both have an offset center of gravity, which strengthens and stretches the shoulder throughout the entire exercise. Whatever you "get up" with, be sure to keep your wrist straight.



Turkish Get-Up: Part 2 (continued...)

Last but not least, a family man (or woman) is never without a training implement—kids! Unlike steel weights or sandbags, kids are dynamic and their lack of handles makes them challenging weights. But they're also breakable! Be careful. Before attempting to lift children, be sure your technique is flawless and your strength levels are well beyond the weight of the child. My kids love it. I've been practicing TGUs with my daughter and son since they weighed only 50 pounds. By God's grace, perfect practice, and continuous prayer, I can still lift them at ages 12 and 14. Michael's a wiry 118 pounds. At the rate of their growth, the next few years are going to be quite a challenge! (But I'm going to give it a go, Milo-like.)

My advice is to heartily go forth and have fun. Training doesn't have to be all serious and dour. Practice the gladiator and Turkish get-ups. Experiment with different resistance implements. You're limited only by your imagination.



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