

Locomotion, Reciprocal Movement, and Mentioning 'Rotation' in the Cage will get you Kicked Out?

Jeremy Johnson Interview 2020-07-22

Joey Myers 00:06

All right. Hello and welcome to Swing Smarter Monthly Newsletter. This is your host Joey Myers and on with me today, this is take number two, we tried to do this over the phone. But my app that I record phone calls, was not working. I don't know if Jeremy Johnson has a metal plate in his head, like in the movie with Clark Griswold and his brother, every time he walks by a microwave going on, he stops and you wonder what's going on with them. And then he snaps back into life.

Joey Myers 00:33

I don't know, what's going on with Jeremy. But my app didn't work. It worked earlier with Dr. Joe from Rotex Motion, but then it didn't work after anything after Jeremy. Jeremy is for those of you that don't know Jeremy, Jeremy and I've been friends for a while. He's very well researched in hitting instruction. He's sometimes I'll go to him. And if there's somebody that is talking on Twitter or what not, and I want to get the down dirty with them what they're teaching, how they're teaching it. Jeremy typically knows what's going on.

Joey Myers 01:06

He is I would call him a mad scientist. He likes to do all the research and go into not only the hitting side but also into human movement and going down the different rabbit holes that I've gone down like functional muscle screen and Rotex and we'll probably talk about a few others on this call. But I wanted to welcome you Jeremy onto this call and I'm going to enjoy this hitting conversation.

Jeremy Johnson 01:30

Same here, Joey I'm glad to be here, my man.

Joey Myers 01:33

Well, hey, one of the things that came up in our take one was we were talking about pushing the hands versus getting the hands connected. What currently, maybe you can compare it to what you're doing now to help hitters get more connected versus what was done in the past. Any comparison there what has helped? Now versus didn't really help in the past that you've tried?

Pushing the Hands versus Getting the Hands Connected

Jeremy Johnson 02:02

I think that having the proper anchor points of the body understand the mobility and stability model, and how to keep certain things still and there's rules to the body. You know, I thought about our take one. And just to be clear, I think some people we talked about are trying to get the hands moving out to create the back path.

Jeremy Johnson 02:24

Out in front of the body without letting the body speed the hands up and really be connected. And then but also on the other side of that there's a disconnection on the backside, where there's this whole like turning your body and everything gets drugged from behind. I'm glad, we got to take two to talk about that. Those are both real problems. And with proper pressure and loading and in the right spots, you really create a slingshot effect that allows for proper explosive. Let's call it quick hands. Right, everyone wants quick hands. It allows for that explosion and also for adjustability if we need to adjust from there too.

Joey Myers 03:08

Yeah, think about this. The end of the take one, we were talking about the different cues and how they all work. So you can use a swing down, get on top, knob to the ball. Those cues but in certain scenarios, so taking it and connecting the dots to what you just said. If you got a hitter that is very handsy, that is very hand first versus a hitter that goes first and then their hands kind of lag behind in a bad way, not in a good way.

Joey Myers 03:35

What about using a linear hand path for that hitter that goes into more of a racing back elbow where that elbow races past the elbow, I wonder would that work, or take a hitter who is very handsy and get them more into that kind of supination thing where we're dropping the barrel in the zone early so it's almost like you're applying a prescription, almost the weakness of one to become a strength of the other.

Jeremy Johnson 04:01

Yeah, I like that. I still think that the guiding light is the movement principles. And so having the understanding of why the arms got caught behind the body or why the hands were moving out towards, in a more of a pushing action. And then to be honest, I think, people that these kids love, and they trust told them things. And that's where the lesson starts. That's where the relationship starts is listening to where is this coming from? What is your belief, and it really opens up the language and understanding of where to move from that situation. How to move forward.

What is the Greatest of All Time Athletes Way?

Joey Myers 04:47

Yeah, I agree. And we had a little bit of a conversation was interesting, which I would love for you to talk about that case study again where you had I can't remember the place you went again. Started with the G, the training...

Jeremy Johnson 05:01

GOATA. GOATA...

Joey Myers 05:03

G-O-T-A right?

Jeremy Johnson 05:05

G-O-A-T-A. Greatest Of All Time Athletes. I actually set up a meeting on Monday with those guys with a, there's four different people that are involved in that I've got the investor and one of the trainers, and I'm going down, man. And I'm going to speak to those guys about how to create a network in Louisiana and in the region and keep moving even outside, all over to they just identified some movement patterns that I'm very interested in. And how do we then take that into baseball and softball? That's, I guess. That's my journey. That's where I'm at.

Joey Myers 05:40

Talk a little bit about that case study about I don't know if was two hitters or one hitter you had them throwing and you had velocity and you had exit velocity using the GOATA method or methodology.

How did GOATA et al. Methodology Increase Ball Exit Speeds by 7-mph?

Jeremy Johnson 05:51

Yeah, so I don't know. I think not necessarily GOATA, but GOATA has identified movement patterns that I definitely agree with. One of those, and we didn't really talk about this, but they talked about loading the bow, which is more of what you see for like riding the horse. I believe that's what Waldenbrach calls it more of like engaging the posterior and getting how the bat how you torque, setup torque and torsion, between the leg and the hip, and then getting that to snap more into a internal rotation.

Jeremy Johnson 06:30

So this tug of war between the external internal rotation of the trail hip, you know, you hear a lot of people talking about load your hip, but really that whole unit and how it works and how energy and things are reacting against each other creates an explosion, and they call it loading the bow.

Jeremy Johnson 06:51

So we had a kid come in, and I think this is what you're talking about, where he was able to increase seven or eight miles per hour in exit velocity. All of his launch angles really cleaned up, his path got better. And we used Rotex and ropes, a rope system and pipe system from basically an overload under load training called Mach three.

Jeremy Johnson 07:17

And he was able to make these changes, the first session he's ever had with me. And he wasn't the first person. But we went through this 30-40-minute process, came back, all these numbers change, and then the kid that's throwing the ball starts talking to him, and disrupts everything and I found it so interesting that I just sat back and watched. You know, I used to be that guy in the cage, throwing the

ball, given the cue, every pitch and it's like, that's not the way to teach the kid to learn the movements, you know, presenting the movements and giving them the ownership to make a judgement. That's what training is to me. Not just telling them the answer every time, seeing if they can self-organize and correct.

Joey Myers 08:08

And what's interesting about that is if you look at the Mike Trout's, the best in the game, is they tend to do that on their own where they self-correct on their own. And that is probably that should be the first principle reasoning the hitter should be doing that. And I've always been opponent of coaches sitting back and giving less feedback. I think it was in the book, Talent Code, they talked about or interviewed the guy... He was the one that took a lot of the skateboarders... took them, converted them from surfers into the halfpipe...

Teaching Surfers the Skateboarders Halfpipe via Talent Code?

Jeremy Johnson 08:46

And they were in the swimming pools, right?

Joey Myers 08:48

Yeah, the swimming pools. Yeah. And it was interesting to hear his take on how he taught them. And it was, he sat on the edge of the pool, watched him go, and every I don't even know if there was an actual intermittent where he would say something. But it would be something almost like, there you go. And then they'd be doing stuff and it'd be like a couple minutes later, you got it. Something you know he was, a correction. It was an almost a two three-word thing. It was for it. It was you know...

Joey Myers 09:25

And it's funny if you look at John Wooden, same stuff like he was the same way if you got him on the court, basketball when he was coaching, his way of coaching was very similar. It was very short, very, wasn't very long, drawn out. Just short, go get it, reach for it whatever.

Jeremy Johnson 09:46

Talent Code talked about that. Daniel Coyle talks about the instructive being whispers of talent. And that's what that is having those little phrases. You know, there's quite a few things that create talent, but definitely the we don't want them to write an essay on this, we want them to move better. I mean that they feel like every kid you talk to like, they start telling you this long story of what hitting is, and I don't I don't think that's it. It's you set the first domino upright. And you get the loading movement pattern, right? I think it's going to explode. Right where the work is. Like chasing your tail if you're downstream chasing the problem.

Joey Myers 10:30

Yep, I agree. And there's a lot of some of the subjects are a little bit new, whether they're in the last five to 10 years, and some may in the beginning require a little bit of explanation, but your explanation should get shorter shouldn't get longer, right? The first time you teach a movement or what not, or what you want them to do, that should be the longest ever that you would have to explain and long isn't

long, long could be maybe a minute or so that you're explaining, but then it should get shorter, shorter, shorter until eventually you have that one second, two second or three second phrase that you can throw out. And they are, they've already attached and associated, the explanation of what they're supposed to look like or feel, or whatever that now is boiled down to one to three words that you can just say, I got it.

When it comes to Coaching Cues, How Less is More...

Jeremy Johnson 11:21

Yeah, I think a great analogy would be like a bandwidth, right? If you've hit with enough hitters, or done this long enough, you're going to you realize there's, there's this spectrum of movement, right? So if I'm way over here, or I'm way over here, I need to get them into the more narrow bandwidth of the movement pattern and the best just don't fall far from their consistent bandwidth. They're not way over here then way over here. They're able to repeat the process, I really think it's the loading pattern. Better than most.

Joey Myers 11:56

Yeah. You mentioned a few out there. A lot of people that are going to be watching this listening to this or reading this because we'll have the transcription will be interested in a lot of the other rabbit holes you've been through. You mentioned Mach three. And they're in golf. And they have, I think them and Dr. Joe LaCaze and Rotex. I think they've gotten pretty snugly, very similar approaches. You talked about GOATA? Any FMS, although FMS,

Jeremy Johnson 12:28

I think Weck has some good ideas. He has a ton of content. David Weck with the ropes and RMT clubs and Bosu I mean, that's a it's all movement based and trying to once you understand those concepts, you can apply it to baseball, softball, golf, any rotary sport.

Joey Myers 12:51

What would you say to the coach that maybe not even coach, maybe a parent or possibly instructor just starting out which one of those would you say would be the highest priority to go look into? Because I mean, you could spread yourself thin and go out to all of them, although most of them have interweaving they're pretty close to each other. And there's some overlap in there. Which one of those would you say to strike first?

If you were to Choose, which would you pick?

Jeremy Johnson 13:17

Oh, wow. You're not saying we forgot on OnBase University also...yeah TPI with Dr. Greg Rose, and that group of guys you know, on that panel with baseball I believe is like Don Slaught, for me, I think that's what's coming. I could be completely wrong. They seem the most professional, which by the way, I think our profession, we need professionalism. We need some standards, we need science.

Jeremy Johnson 13:48

And they seem to want to attack that. I think that's where, honestly, where a lot of this is a I think they feel the responsibility to do a better job and give us some certifications that actually matter. But man, honestly, in my journey, you were a huge part of that for you to mention fascia, what, like three years ago to me? I'm just now seeing people talk about that or the spinal engine, Doctor Serge Gracovetsky.

Jeremy Johnson 14:18

Man that like, what's interesting is as I would learn this baseball jargon, and coiling and you know, just all these different terms, it would be nice to know what fascia is, what the spinal engine is, I think those are the foundations to a lot of this, stuff starts to make sense. When you watch the movement patterns. And you see how the head being still, and you learn the rules of engagement of the lumbar, of the thoracic, of the cervical, of where the hips even are, I mean it's interesting.

Jeremy Johnson 15:01

There are rules that I have some theories on. I use those in my training. They may not be right. But I think we want to anchor the head and anchor the thoracic-lumbar, and those create... You can't turn everything back and turn everything forward. It doesn't work. I think those rules are what we're after. So, I guess that answers the question that you know, about fascia and the spine.

Joey Myers 15:32

Yeah. And I and I totally agree with you and all those other sources are great. And they all have I, from my understanding, I haven't looked into most of them thoroughly. I know Weck, I know him. He's a big spinal engine, springy fascia guy. I know Joe and who he's studied, talk to and I know him. And the other ones I'm sure are pretty close. If Joe's talking about him, you're talking about him.

Joey Myers 15:55

But what's interesting when you start digging into hitting instruction you start getting into the specifics of what people teach. Once you understand locomotion, that's all we're talking about. Hitting is locomotion, it's walking mechanics, we've all walked from age year one all the way on so we all know what that looks like and how the right arm and the left leg come forward at the same time so you know you have shoulders that are doing opposite of the pelvis that's how you get that motion you don't walk with the right...

Locomotion, Reciprocal Movement, and Mentioning 'Rotation' in the Cage will get you Kicked Out?

Jeremy Johnson 16:25

Reciprocal movement, right? Like isn't that's how I understand that reciprocal movements

Joey Myers 16:30

Reciprocal movement and if you understand reciprocal movement, you then you have to look at it from a sideways perspective as a hitter or pitcher who are going to end up going sideways yeah pitcher in the in the wind up is going to start with their chest facing the hitter but they're going to turn sideways at some point and then they got to be able to go.

Joey Myers 16:50

You look at locomotion from now we change it from a front to back like a running or walking to a sideways move. You have to be able to apply that, and then once you got the principles now you can look at something hitting instruction that deviates from that, whether the focus is the barrel snapping, right the barrel moves the body, not the body moves the barrel...

Jeremy Johnson 17:14

Yeah, that's the don't rotate crowd like don't rotate.

Joey Myers 17:20

If I hear you talking about rotation in the cage, I'm going to kick you out, get out of the cage, get out of the cage. And all the guys that we mentioned the guys in the group, so we mentioned there's rotation. I think Joe on the call we talked, interview, I asked him Is there really any motion that we do that doesn't involve some sort of rotation? And rotation isn't just the shoulders and just the hips, I mean, rotation is taking the hand from a neutral position and rotating it. That's rotation, right?

Jeremy Johnson 17:48

In a joint right?

Joey Myers 17:50

And keep the hand in place and I can rotate the elbow and create torque in the shoulder. Joe talked about I think six or eight different ways the shoulder can rotate, the hips the same. There's really no movement, almost no movement that we can do that's not rotation. To say, don't rotate in the cage. If you rotate, get out of the cage... that's a very ignorant comment to make, because, and again, maybe they're thinking in terms of a hitter that's over rotating, which hitters can over rotate...

Jeremy Johnson 18:22

Rotating in the wrong plane. I think the plane of rotation is what we're after.

Joey Myers 18:28

Yeah, exactly.

Jeremy Johnson 18:30

And its tough man to create an understanding of what, that could work for some people you say, don't rotate, and now the direction gets a whole lot better. Again, that swing down, swing up and, you know, just understanding the bandwidth of where the information is and where the kid ends up on the spectrum of that. That could work for some people.

Joey Myers 18:52

Yeah, yeah. And I always explain it, I take three different examples... In hitting, we have or if you're on a baseball softball field, you got 90-degrees of fair territory to work with. If we're talking about golf, if we just have to hit it into one line, the best way to win at golf, is the least number of strokes possible to get the ball in one line in one direction. And of course, you got to deal in all this different stuff. I say that you've got one degree of fair territory in golf and you have 359 degrees of foul territory, right?

Joey Myers 19:21

So you want to get straight there. In Bowling you have I think it's a three foot or three-and-a-half-foot lane of fair territory. Outside of that you got the gutter, you got other lanes, you got foul territory, right? If you look at golfers, do a good job of under rotating their pelvis especially at a higher level because if you over rotate at the pelvis, they're going to be hooking balls and all kinds of stuff.

Joey Myers 19:44

In bowling you watch the PBA professional bowlers Association, every single one of those bowlers does a scissor...Yeah, because it's it, that foot becomes an anchor for the hip, the hip can't rotate, try and scissor like a bowler and then try and rotate your pelvis as a righty try and rotate it counterclockwise. You can't do it because it's all batten down.

Joey Myers 20:08

But in hitting for whatever reason you got a lot of people out there that are explode the hips explode, rotate, rotate, rotate, and then you get these hitters... I have an online lesson I was telling you about before this, she's 11 year old softball. I think they're out kind of out your way. And that's what we're working on with her. We're working on shifting foot pressure and trying to get her to under rotate her lower half and she's doing better, like four out of six, I think swings that she sent...

Jeremy Johnson 20:33

That had a pass that energy off to the upper body, instead of continuing to turn and drag the upper body through. Yeah, I get it.

Joey Myers 20:40

Perfect, perfect analogy, you're passing it off. It's like a relay race. And you're right. The hips get to a certain point, they pass the baton to the shoulders and the shoulders get to a point and they pass it on to the hands and then to the barrel. Yeah, exactly. That's a great, great analogy. Okay, so I want to be respectful your time you got you got your kiddo over there next you. She's probably done with her ice cream now. So where can we find you?

Where can we find out more about Jeremy Johnson?

Jeremy Johnson 21:06

Where can you find me? I'm on Twitter @JeremyinLA, on Facebook, my facilities name Next Level Academy. You can find me there. And that presence is going to get stronger and stronger as we continue to create content to share with everyone.

Joey Myers 21:24

And where in Louisiana are you?

Jeremy Johnson 21:27

I'm in Pineville, Louisiana, which is in the middle of the state.

Joey Myers 21:31

Okay. Yeah, because some people probably want to know that. I know. I get a lot of questions from people. Hey, who else out there is teaching what you teach and things like that? So that's a good, good thing out there. And I know Shawn Accardo and so we've been working pretty well and I guess you guys had a camp and stuff and so Tyler's been pretty busy for like a week just hitting it hard.

Jeremy Johnson 21:54

Yeah, it's pretty interesting. Tyler got cut twice. Man at 11 years old. He had already been told you're not good enough. Twice. On his little elementary team and he's and that's the reality. The reality is he's lucky really, I say that all the time when we get kids like him. He loves the sport and he got told he wasn't good enough. So usually that happens on the back end of your career and you're done. He got it to happen. And it wakes him up. He got a second life. Most guys don't have that opportunity.

Joey Myers 22:25

Right? Yeah, you're totally right. I remember having guys. I was pretty good younger and then I fell into a slump for about four years while I was reading everything about hitting, screwed me up right? And then I had I had buddies that ended up playing D2, D3 in college that they were okay in Little League and they sat and they sat the bench for a little bit, but then they blossomed a little bit high school and ended up playing college ball.

Joey Myers 22:52

And just like with Tyler. My buddy was told that early and it lit a fire under his butt and for me, I wasn't told that until college. Yeah. And you know, you get away... It's almost like you get away with it for a while and then you got to deal with it in college when you got everybody there is getting to the field early, and everybody there is staying longer. And so how do you differentiate yourself when everybody else is working just as hard as you are? And that's where all this stuff we just talked about today comes in or the resources of David Weck, and Rotex motion and spinal engine, all that kind of stuff. So hey, I appreciate your time, brother. This time, it's recorded and it is on. And we got it.

Jeremy Johnson 23:36

Yeah, it's awesome. But hey, real quick, just Eugene Bleeker. Absolutely solid dude put out...honestly, some of the best content I've seen with... he did pitching and hitting I don't know anyone that's done that yet. And he all he based it all off science. And he's done a lot of research and then also Matt Pierce have been a huge part of, of the journey for me and then I got to give a shout out where I started with Jeff Edwards, who's a scout with the Rockies.

Jeremy Johnson 24:04

Jeff has been behind the scenes for a long time really solid guy. And hey man, I'ma shoot out my boy teacherman. Because he gave me a perspective. And I think he's got a lot, right. There's some things I don't agree with, but he's a really good person too. And so that's part of my journey. So now I appreciate you, man. I really do. And I hope to do this again soon. I got a lot of other things we could talk about, but...

Joey Myers 24:33

We got part twos and part threes. All right, brother...

Jeremy Johnson 24:37

Well, hit me up.

Joey Myers 24:38

Thanks for your time again and keep up the great work out there. And we'll keep in touch.

Jeremy Johnson 24:43

Thanks, man.