



Hulk Up Technique (HUT)

“An Impact Protection Technique”

Non Disclosure Agreement

The Football Safety Academy (FSA) is requesting that the Recipient in “Good Faith” shall not without prior written approval of the FSA use for the Recipient’s own financial benefit, publish, copy, or permit the use by others for their financial benefit or to the detriment of the Football Safety Academy.

The “Hulk Up” Technique (HUT)

The “Hulk Up” Technique (HUT) involves shrugging the shoulders up and forward with chin back much like a boxer with the clavicle pulled back and protected.

This engages the helmet with the shoulder pads and locks the helmet into the collar of the shoulder pads, transferring the impact of the blow through the helmet directly to the shoulder pads greatly reducing the force of impact to the neck/head.

Regardless of the physical stature of a player the “Hulk Up” Technique (HUT) when properly utilized engages the helmet with the shoulder pads and locks the helmet into the collar of the shoulder pads.

3 Point Stance

Linemen can “Hulk Up” as they get set into their stance or after they are in their stance. Keeping the off hand raised helps maintain the “Hulk Up” Technique while in the stance and when exploding out of the stance.

Holstering

Current football point of contact striking techniques including tackling, defensive striking and offensive blocking has a player draw or “holster” the hands back towards the hips prior to contact.

Holstering without the HUT extends and exposes the head/neck during the initial phase of contact before the shoulder and/or hands make contact.

The HUT when properly utilized prior to and maintained during contact does protect the neck/head even if the hands are “holstered.”

Ball Carriers

Running backs, pass receivers and quarterbacks can ALL benefit from utilizing the “Hulk Up” technique prior to being tackled.

Observations from using the “Hulk Up” Technique

- The “Hulk Up” Technique (HUT) has been taught to more than 200 high school defensive linemen with amazing safety results and NO injuries have been reported to date involving the head, neck, neck, spinal cord, shoulders or to the clavicle.
- Players introduced to the HUT immediately feel safer and state that they play with more confidence.
- When players taught the HUT engage in contact where they are not properly utilizing the HUT they immediately feel the difference for the worse.
- The HUT has been taught the last 3 seasons to defensive linemen as a critical part of tackling with NO injuries reported.
- The HUT has been successfully transferred by defensive linemen to their offensive blocking mechanics with NO injuries reported.
- Film study at all levels of football reveals a limited number of players have discovered the HUT on their own as a means of providing added protection during contact. However the HUT is not currently taught as a “protection technique” prior to and during contact.

Important

The Football Safety Academy acknowledges the aforementioned benefits are observations from actual football practice sessions and games NOT Official Documented Research there is a possibility that this Information could contain mistakes or errors, or be based on assumptions that later prove to be incorrect, the Recipient cannot hold the FSA responsible for the harm caused by the inaccurate information.

Therefore the Football Safety Academy does recognize the need for Official Documented Research with regard to the “Hulk Up” Technique (HUT) and will support efforts to make this research possible.