



# Level 1 Russian Kettlebell Workshop and Refresher Course with Matt Beecroft RKC, CK-FMS



Is your trainer certified to teach kettlebell lifting?

Learning how to lift kettlebells by reading books and watching DVD's isn't enough.

**This workshop is a must if you are currently using a kettlebell or if you are a trainer or strength and conditioning coach who is teaching or using kettlebells with clients.**

Whilst becoming popular with martial artists, personal trainers and strength and conditioning coaches around Australia as an exceptional tool to torch fat, lose weight and gain superior mobility, cardiovascular stamina and strength there are actually very few people who have formally learnt how to use the kettlebell, or who have trained and certified under a legitimate coach.

In this Level 1 workshop we will be covering three of the most fundamental lifts in the world's leading kettlebell system and certification course for kettlebells, the RKC (Russian Kettlebell Challenge). For more information go to [www.dragondoors.com](http://www.dragondoors.com). These three movements will be the Kettlebell Swing, Goblet Squat and Turkish Get Up or TGU. These three lifts are not only essential to martial artists and fighters from both a striking and grappling standpoint to enhance performance they also are used to injury proof practitioners and serve as a tool to assess, screen and correct poor movement and dysfunctional movement patterns to increase efficiency in movement and enhance overall performance.

Mastering these lifts is crucial in developing a solid foundation for subsequent lifts such as the clean, clean and military press, clean and jerk and snatch that will be covered in the Level 2 workshop.

**In this 3 hour work shop you will learn:**

- 1. Joint health and mobility exercises that will help prime and prepare the body for using this tool and decompress the body as a cool down**
- 2. Breathing, alignment and structure**
- 3. Preliminary movement drills to create correct movement patterns**
- 4. How to perform and teach the techniques effectively and efficiently**
- 5. How to identify and trouble shoot dysfunctional movement patterns and technical errors**
- 6. How to correct those concerns using specific exercises and strategies**

Previous participants had this to say:

*"It has really opened my eyes" "It kicked me up the butt as a trainer"*

*"RSDC has improved my posture, confidence and technique in kettlebells and bodyweight exercises"*

*"It helped me understand the fundamentals of proper kettlebell work"*

*"Matt is an awesome trainer, he had me swinging with perfect technique in no time after I had never even heard of a kettlebell. Excellent trainer, all trainers should aspire to be as well educated, knowledge full and skillful as Matt"*



## Course Details

Location: KMDI, Level 3/11-17 Buckingham St, Surry Hills, NSW 2010

Date: Saturday November 6<sup>th</sup>, 2010

Time: 1.30pm till 4.30pm (3 hours duration)

Bring: Water, snack, towel, notebook and pen and the kettlebell you currently train with.

Cost: \$200.00

Bookings: The course will be limited to 30 participants only.

Payment: Payment must be made prior to the course to reserve your spot.

Payment can be made at [www.realitysdc.com.au](http://www.realitysdc.com.au)

Note: If you do not currently own a kettlebell and would like to purchase one, contact Coach Matt prior to the event to arrange one delivered to your door. There will be very few kettlebells available to complete the course on the day.



## About your Presenter-a short bio

Coach Matt Beecroft is a G5 Krav Maga instructor and Muay Thai fight coach with over a decades experience as a personal trainer, chief instructor and fitness director of martial arts clubs, gyms and the Zest and Goodlife Health Clubs in SA. He is the current PT co-coordinator for the World Gym in Adelaide and a CST (Circular Strength Training) instructor, Crossfit Level 1, and NCAS Level 1 Sports Power and Boxing coach and is the Senior National Fitness Presenter for Thump Training Systems in Sydney.

He is the leading authority and only qualified coach in kettlebell training in Adelaide, South Australia having completed the RKC in Hungary in 2008, recertifying in 2010 and completing the CK-FMS (Certified Kettlebell-Functional Movement Screen) in May 2010 in St Paul, Minneapolis in the US.

You can contact him via his website at [www.realitysdc.com.au](http://www.realitysdc.com.au) or on mob: 0413880099



**Coach Matt (left) with Master of Sports Pavel Tstatsouline and Krav Maga Expert Level Instructors of KMG, Tommy Bloom and Amnon Dharsa on the RKC, Budapest, Hungary in 2008.**

# “Russian Special Forces Strength & Conditioning Secret is out!”



## **What is a 'kettlebell'?**

A 'kettlebell' or girya (Russ.) is a traditional Russian cast iron weight that looks like a cannonball with a handle. "Not a single sport develops our muscular strength and bodies as well as kettlebell athletics," wrote Ludvig Chaplinskiy in Russian magazine Hercules in 1913. In the Soviet times weightlifting legends such as Vlasov, Zhabotinskiy, and Alexeyev, started their Olympic careers with kettlebells. The Russian Special Forces personnel owe much of their wiry strength, lethal agility, and never-quitting stamina to kettlebells. Soldier, Be Strong!, the official Soviet armed forces strength training manual pronounced kettlebell drills to be "one of the most effective means of strength development" representing "a new era in the development of human strength-potential."

## **Kettlebells deliver all round extreme fitness**

Voropayev (1983) observed two groups of subjects over a period of a few years and tested them with a standard battery of armed forces PT tests: pullups, a standing broad jump, a 100m sprint, and a 1k run. The control group followed a typical university physical education program that emphasized the above. The experimental group just lifted kettlebells. In spite of the lack of practice on the tested exercises, the kettlebell group showed better scores in every one of them! Researchers at the Lesgaff Physical Culture Institute in Leningrad (Vinogradov & Lukyanov, 1986) found a very high correlation between the results posted in a kettlebell lifting competition and a great range of dissimilar tests: strength, measured with the three powerlifts and grip strength; strength endurance, measured with pullups and parallel bar dips; general endurance, determined by a 1000 meter run; and work capacity and balance, measured with special tests! Shevtsova (1993) discovered that kettlebell training lowers the heart rate and the blood pressure. Gomonov (1998) concluded that "Exercises with kettlebells enable one to quickly build strength, endurance, achieve a balanced development of all muscle groups, fix particular deficiencies of build, and they also promote health."

## **Who uses kettlebells?**

The list is many and varied and includes hard-living comrades from all over the world. It's growing rapidly as more and more people hear about kettlebells and want to experience this phenomenon, and achieve amazing physical and fitness results. This diverse group includes:

- The elite of the US military and law enforcement including the Force Recon Marines, Department of Energy Nuclear Security Teams, the FBI's Hostage Rescue Team, the Secret Service Counter Assault Team etc
- Boxing champions like Kostya Tszyu and MMA fighters worldwide including Keith Jardine
- Australian Army and Navy
- AFL clubs such as Port Adelaide Football Club
- Australian Institute of Sport
- Physiotherapists throughout the country to help rehabilitate patients
- Various Rugby League teams, powerlifting and bodybuilding champions