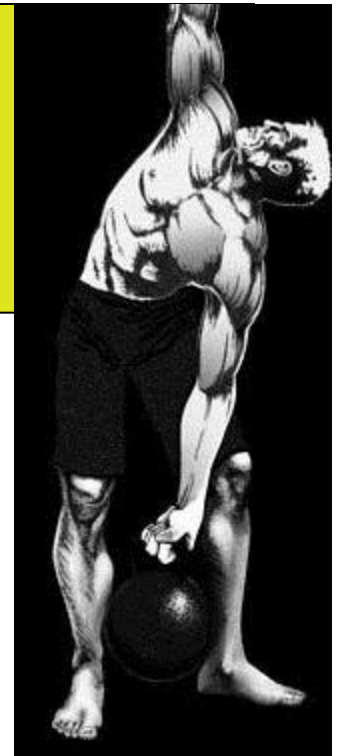




KETTLEBELL CLINIC



WHAT? A clinic teaching the basics of Kettlebell training... During this hands-on training you will learn the proper way to train with a kettlebell. You will learn step by step how to execute core kettlebell lifts & exercises.

WHO? Hardstyle Kettlebell Certified Instructor Isaac Birch... He holds a degree in Physical Education and has undergone the rigorous training and testing required to become a certified kettlebell instructor in Pavel Tsatsouline's H.K.C. program.

WHERE? Gibson Southern High School (Weight Room)

WHEN? 10:00 AM – 12:00 PM, SATURDAY, JUNE 26TH

COST? \$35 (pre-register by June 12th) /OR/ \$45 at the door

- Kettlebells will be provided, but you may bring one if you wish.
- Wear comfortable clothing
- Footwear that has a flat sole is recommended (example: Converse shoes)



Contact Isaac Birch Phone: 753-3307 Email: IByapper@rocketmail.com

www.dragondoors.com/instructor/2473

www.Integrity-Martial-Arts.com

- **What is a 'kettlebell'?**
- A '**kettlebell**' or *girya* (Russ.) is a traditional Russian cast iron weight that looks like a cannonball with a handle. As the 1986 Soviet *Weightlifting Yearbook* put it, "It is hard to find a sport that has deeper roots in the history of our people than kettlebell lifting." So popular were kettlebells in Tsarist Russia that any strongman or weightlifter was referred to as a *girevik*, or 'a kettlebell man.' "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. Yuri Vlasov who defeated mighty Paul Anderson once interrupted an interview he was giving to a Western journalist and proceeded to press a pair of kettlebells. "A wonderful exercise," commented the world champion lifter. ". . . It is hard to find an exercise better suited for developing strength and flexibility simultaneously." 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."
- **Who uses kettlebells in the United States?**
- The extreme kettlebell workout would have remained the exclusive domain of Russian spec ops, had former *Spetsnaz* instructor **Pavel** not immigrated to the U.S. The elite of the U.S. military and law enforcement instantly recognized the power of the Russian kettlebell, ruggedly simple and deadly effective as an AK-47. You can find Pavel's certified kettlebell instructors in outfits such as the **Force Recon Marines**, the **FBI Hostage Rescue Team**, and the **Secret Service Counter Assault Team**. Once the Russian kettlebell became a hit among those whose life depends on their strength and conditioning, it took off among hard people from all walks of life: martial artists, athletes, and regular tough guys. There is no stopping the Russian kettlebell invasion. *Men's Journal* called it '**a workout with balls.**' *Rolling Stone* pronounced Pavel '**The Hot Trainer of the Year**' and his Russian kettlebell '**The Hot Weight of the Year.**' "Resistance is futile. You will be assimilated."
- **Kettlebells deliver xtreme all around 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 Lesgaft 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." Most methods that claim 'all around fitness' deliver no more than compromises. Accept no compromises – choose the Russian kettlebell!

Contact Isaac Birch, Hardstyle Kettlebell Certified Instructor, Today!

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