



# Level 1 Russian Kettlebell Workshop and HKC/RKC Prep Course with Matt Beecroft RKC, CK-FMS, CST February 18<sup>th</sup> 2012



Do you want to know how to use your kettlebell without injuring yourself and getting the maximum benefit from your workouts?

Are you “YouTube certified?” 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 and Crossfit gyms around Australia as an exceptional tool to torch fat, 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 in detail 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.dragondoor.com](http://www.dragondoor.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 from both a striking and grappling standpoint to enhance performance they also are used to injury proof any athlete 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 with any athlete in any given sport.

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 intelligently, 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:**

*"Matt Beecroft from Reality Self Defence offers a superior training experience. His depth of knowledge and credentials combined with the integrity of teaching the importance of quality movement and safety before reps and sets. Gives clients exactly what they need to learn and apply quality outcomes in the personal health and performance at any level. I can't recommend his services highly enough. Get along to one of Matt's workshops or classes and experience his standards of excellence yourself."*

*"Matt demonstrated good, solid knowledge about kettlebells and beyond which he shares enthusiastically and freely. Well worth my time"*

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

*"The Kettlebell courses that Matt has delivered have been one word, EXCEPTIONAL! Not only in the delivery, course content but also for my clients. What I have been able to pass on to my clients has almost been a godsend for some in regards to back health. Matt is really good in breaking down all the components necessary to understand the how and the why when it comes to using Kettlebells. I really think that the detailed instruction that Matt gives through his course, makes learning and understanding Kettlebells a lot easier than watching it off a DVD".*

*"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"*

*"Excellent instruction. Easy to follow teaching methods"*

*"Matt is a consummate professional in his knowledge and instruction. His workshop provides a strong awareness and development solution for anybody at any age"*

*"A fantastic toolkit for developing functional exercise"*

*"Opened me up to a new approach to movement appraisal and technique instruction"*

*"Provided me with a safe, solid foundation of knowledge and teaching of the KB swing, goblet squat and TGU-will feel confident in taking clients through the breakdown of movement"*

*"Clear and confident presenter. Simple and logical teaching progressions and corrections. Fantastic session, thanks!"*

*"Matt is a fantastic coach"*

*"Every time I walk in the door of RSDC I learn something new and improve"*

*"It's brought me into the world of kettlebells and opened up a whole new universe of mobility health and fitness"*

*"Made me understand the finer points of technique to improve safety, enjoyment, performance and my ability to teach and correct with confidence"*

*"Matt is exceptional at what he does. He is easy to understand and has great teaching technique. Would recommend anything he is teaching"*



## Course Details

Location: Mandurah Ocean Club-Old Mandurah Sailing and Yacht club 1a Halls Head Parade Mandurah, Perth 6210  
Date: Saturday February 18<sup>th</sup> 2012  
Time: Registration at 8.15pm. Workshop commences 8.30am sharp and runs till 12.30pm (extended duration for Perth participants!)  
Bring: Water, snack, towel, notebook and pen and the kettlebell you currently train with. I.e. you must have your own kettlebell/s.  
Cost: \$250.00 Early Bird offer-Register and pay by Monday 6<sup>th</sup> of February and pay \$225.00. Save 10%.  
Bookings: The course will be limited to 15 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.



## About your Presenter-a short bio

Coach Matt Beecroft is a G5 Krav Maga instructor (KMG) and Muay Thai fight coach with over 12 years 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 and GF co-coordinator for 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, completing the CK-FMS (Certified Kettlebell-Functional Movement Screen) in May 2010 in St Paul, Minneapolis and in 2011 completed the RKC Level 2 in Hungary.  
You can contact him via his website at [www.realitysdc.com.au](http://www.realitysdc.com.au) or on mob: 0413880099



**Coach Matt (far left) with Master of Sports Pavel Tsatsouline and the High Level Expert Instructors of Krav Maga Global and the IKMF, 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 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.”

## **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 most MMA fighters worldwide
- 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