

Contents

RKC Instructor Certification Requirements	1
Entrance Requirement	3
Hardstyle Pushup.....	3
Snatch Test.....	4
No Count Criteria	4
Snatch Test Requirements:	5
Technique Tests:	6
Teaching Requirements.....	7
The RKC Professional Code of Conduct.....	9
Why the Russian Kettlebell Rules	11
The History of the Modern Kettlebell Movement in the U.S.	12
The Benefits of Kettlebell Training	12
What Makes the Kettlebell Design Unique?.....	12
Why Kettlebells Are Good for Your Back	13
About the RKC™ Certification Program	15
Balance of Relaxation and Tension.....	15
RKC Explores the Extremes of Ballistics and Grinds	16
RKC Ballistics Train Power, Endurance and Burn Fat	17
Safety is Performance	18
Kettlebell Safety 101	19
Check With Your Physician Before Training.....	19
Safety Means Awareness.....	19
Go With Minimalist Shoes or Go Barefoot.....	20
Focus on Quality, Not Quantity.....	20
Build Up Gradually, Listen to Your Body and Be Sensible	21
Manage Fatigue.....	21
Use Your Hips	22
Use Active Rest	22
Do Quick Lifts with Loose Arms.....	22
Pack Your Shoulders	23

Keep Your Elbows Locked	23
Avoid Hyperextending Your Wrists.....	23
Hand Care Matters	23
Keep Your Kettlebells Clean.....	24
Safety First	25
Exercise Good Judgment	25
Mobility Complex.....	27
Three Way Neck.....	28
Fingers and Wrists.....	28
Elbow Circles.....	29
Halo.....	29
Egyptian.....	29
Pelvis Circles.....	30
Knee Circles	30
Ankle Circles.....	31
Downward Dog and Up Dog.....	31
Assisted Squats.....	32
Fundamental RKC Drills.....	33
I. Swing.....	35
a. Hip Hinge.....	36
b. Deadlift	38
c. Hardstyle Plank	41
d. Hardstyle Breathing	42
Why the Why the Biomechanical Breathing Match Matters.....	43
e. Static Stomp Deadlift.....	44
f. Relaxation Drills.....	45
g. Deadlift Drag.....	46
h. Pendulum Swing	46
i. The Dead Swing.....	47
j. Two-Hand Swing	48
Skill-Enhancing Drills.....	52
How to Apply Tough Love in Skill-Enhancing Drills.....	52
k. Single-Arm Swing.....	52

I.	Alternating Swing	55
m.	Double Swing.....	55
II.	Get-Up.....	57
a.	Pick Up to Get-Up Sit-Up.....	59
b.	Tall Sit.....	59
c.	Half Kneel.....	60
A Variation of the Half Kneel: The Tactical Getup.....	61	
d.	Stand Up	61
e.	Get Down.....	61
Shoulder Packing	62	
f.	RKC Arm Bar.....	63
III.	Clean	67
a.	Grip	68
b.	Rack	68
c.	Drop	69
d.	Clean	70
e.	Double Clean.....	73
IV.	Military Press.....	75
a.	Groove.....	76
Active Negative.....	77	
b.	Press	77
c.	Wedge	78
d.	Trigger	79
e.	Supramaximal Attempt.....	80
On Breath Holding and Intra-Abdominal Pressure.....	81	
V.	Front Squat.....	83
a.	Goblet Squat	84
b.	Squat Stance.....	88
c.	Prying	89
d.	Pulling into the Squat Using Your Hip Flexors	89
e.	The RKC Hip Flexor Stretch.....	90
f.	Front Squat.....	90
VI.	Snatch	93

a. Lockout	94
b. Drop	94
c. Hook Grip	95
d. Snatch	95
Non-Tested Exercises	99
a. Suitcase Deadlift	99
b. Single Leg Deadlift	100
c. Kettlebell Carries	101
Farmer's Walk	101
Rack Walk	101
Overhead Walk	102
d. Lunge Variations	102
On Hardstyle, Tension, Strength, and Skill Practice	103
Program Design	105
Continuity.....	105
Waving the Loads.....	106
Load Waving Options	107
Specialized Variety	108
Useful Program Design Tools.....	111
Rep Ladder	112
Weight Ladder:	113
Time Ladder	114
Breathing Ladder	114
Descending Ladder	114
Drop Sets.....	115
Super Sets.....	115
Timed Sets	116
Series	116
Active Recovery Exercises	116
Sample Workouts	117
General Physical Preparedness vs. Sports Specific Training	125
Strength Training for Endurance Athletes	127