

YOUR RKC II CHECKLIST

IMPORTANT DATES & DEADLINES TO REMEMBER

___ RKC II Profile – June 17th

Fill out the online profile at the following address:

http://old.dragondoor.com/rkc_registrant.html

(the line between “rkc” and “registrant” in the website address is an underscore, not a space)

Or FAX the enclosed form or e-mail answers to all questions on the profile to support@dragondoor.com

This Profile serves as confirmation of your attendance at the course. It also helps us to create your personalized materials. Please return by the June 17th deadline. Filling out the online form is the fastest way to get the information back to us.

___ Kettlebell Reserve List – June 17th

Interested in purchasing Kettlebells at the RKC II course to take home with you? We bring kettlebells of all different sizes to the course, but have limited numbers of some of the smaller and larger sizes. To insure that we have what you'd like to purchase and leave with – eliminating the need for us to ship them to you and charge shipping and handling – we require you to send us your requests in advance of the course. Make sure that you get your requests in by June 17th. E-mail support@dragondoor.com with your requests or fill out the Reserve Form in this packet and FAX back to 651-487-3840.

___ RKC II Release Forms – July 8th

Fill out the forms (date them for the first day of the Certification: July 9th) and bring them to the course on Friday morning. We do not need to receive them before that date, so please do not FAX or mail them back to us; we include them in your packets to help expedite your check-in.

PLEASE READ THROUGH THIS ENTIRE PACKET BEFORE ATTENDING THE RKC II AND REMEMBER TO BRING WITH YOU TO THE COURSE

MAKE SURE THAT YOU HAVE READ AND UNDERSTAND THE CURRENT LEVEL I REQUIREMENTS, AS YOU WILL BE EXPECTED TO RETEST ALL OF THE REQUIRED LEVEL I DRILLS AS WELL AS YOUR LEVEL II TESTING



DRAGON DOOR PUBLICATIONS

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Congratulations on registering for Pavel Tsatsouline's Russian Kettlebell Challenge Level II Certification program. You can expect an all-new experience as Pavel and his team of RKC Instructors take your Kettlebell training to the next level.

The information in this mailing includes all the information you need to be prepared for the Certification. We've included the requirements as outlined by Pavel. He will explain his requirements further in-depth at the Certification. If there's anything NOT included in this package that you'd find helpful, please let us know. Included is information on the city of St. Paul, the Certification hotel, the Certification training location, a tentative schedule, a lunch menu and a registrant profile. **If you haven't already done so, please RETURN THE PROFILE NO LATER THAN JUNE 17TH or fill out the online form:**

http://old.dragondoor.com/rkc_registrant.html

We need the profile in advance of the Level II, so please return that information ASAP!

If possible, we recommend you come to town on Thursday and leave on Monday in order to get the most out of your experience. We will have our usual Meet & Greet Party on Thursday evening in the Holiday Inn Cathedral Room (8th Floor) which will give you an opportunity to mingle with Pavel, Dragon Door's John Du Cane, the RKC Master and Senior Instructors, Team Leaders and other RKC in attendance (many of whom you may already know or attended previous trainings with).

The shuttle service will be in operation to and from the training location. The times to catch a Shuttle in the hotel's drop-off area are as:

SHUTTLE SCHEDULE FROM THE HOTEL TO THE TRAINING LOCATION

Friday Shuttle Departures Saturday Shuttle Departures Sunday Shuttle Departures

THE SCHEDULE WILL BE POSTED IN THE HOTEL LOBBY
AND YOU'LL RECEIVE A PAPER COPY IN YOUR GUEST PACKET WHEN YOU CHECK IN

SHUTTLE SCHEDULE FROM THE TRAINING LOCATION TO THE HOTEL

Friday Shuttle Returns Saturday Shuttle Returns Sunday Shuttle Returns

VANS WILL PICK UP ATTENDEES UPON THE CONCLUSION OF THE WORKSHOP EACH DAY
AND MAKE RETURN TRIPS UNTIL ALL ATTENDEES HAVE BEEN RETURNED TO THE HOTEL

It is also possible to walk the two miles to the workshop location (see enclosed map), take a short taxi ride or catch a bus and/or share rides with other participants.

PLEASE NOTE: IMPORTANT TRAINING REQUIREMENTS

Per usual, Pavel requests that you wear flat-soled shoes for the training, bring some type of protective hand wear (Tracy Reifkind Sock Sleeve; Fingerless Knit Gardening Gloves – padded gloves are not allowed – or something similar) AND a bath towel with you, which may be used during the training.

Other things to consider when packing: Sunscreen and/or sun block, sunglasses and a hat for protection for your head from the sun.

Speaking of weather, you are probably wondering what it will be like at the time of year. The sun rises at 5:25 a.m. and sets around 9:00 p.m. The average high temperature is 80° F (27° C) and the average low is 59° F (15° C). The record high for those dates is 93° F (34° C) and the record low is 39° F (4° C). Check online at <http://www.accuweather.com> for a 15-day forecast and input Zip Code 55106.

Most Kettlebell sizes will be available for your use and purchase at the workshop. However, if you plan on purchasing Kettlebells, please e-mail support@dragondoor.com with your proposed order prior to arriving in town to reserve the sizes you'd like to take home with you.

Check-in begins at 9:00 a.m. on Friday morning and we recommend that you **arrive no later than 9:15 a.m.** The training will start at 9:30 a.m. on Friday, 8:00 a.m. on Saturday and 8:00 a.m. on Sunday.

Lastly, Pavel would like to go to dinner as a group on Saturday. This dinner is optional and you are not expected to attend, but he hopes that you will join us (this dinner is NOT covered by your registration fee). However, this is a great opportunity to network with the other attendees and a chance to get to know people away from the Certification in a more relaxed atmosphere. Dinners will range in price from \$20 and up, depending on what you eat or drink. There is no dress code, but business casual attire is recommended (for men that means khakis and a polo or casual dress shirt).

If you have questions, e-mail me at support@dragondoor.com or call 651-487-2180. I look forward to seeing you again soon!

Best wishes for strong and healthy training!

**Dennis M.
Armstrong**

Dennis M. Armstrong
Dragon Door Publications

RKC II CERTIFICATION – TENTATIVE SCHEDULE

July 8-10, 2011 – Chief Instructor: Pavel Tsatsouline

(Times subject to change – please double-check the final schedule in your manuals each day to verify start and end times)

THURSDAY

1900-2100—Meet and Greet Party at the hotel.

FRIDAY

0830-0930—Instructors help the DD staff with the check-in and weigh-in.

0930-0940—Greeting by John Du Cane, Dragon Door CEO.

0940-0955—Introductions.

0955-1000—Expectations.

1000-1010—Joint mobility

1010-1050—C&P and pullup strength tests, repetition snatch test on teams.

1050-1100—Break.

1100-1150—Review, troubleshooting and practice of RKC fundamentals.

1150-1200—Break.

1200-1250—Review, troubleshooting and practice of RKC fundamentals.

1250-1300—Class photo.

1300-1345—Lunch.

1345-1400—The Beast/Bête Challenge.

1400-1450—Pullup.

1450-1500—Break.

1500-1550—Pullup.

1550-1600—Break.

1600-1650—Pistol.

1650-1700—Break.

1700-1750—Pistol.

1750-1830—TBD.

SATURDAY

In teams:

0800-0850—Team join mobility and practice.

0850-0900—Break.

0900-0930—Viking push press.

0930-0950—Workout #1: VO₂ Max VPP.

0950-1000—Break.

1000-1020—Team VPP practice.

1020-1050—Jerk.

1050-1100—Break.

1100-1130—Jerk.

1130-1150—Team jerk practice.

1150-1200—Break.

1200-1230—Troubleshooting VPP and jerk.

1230-1300—Team jerk practice.

1300-1400—Lunch.

1400-1450—Windmill.

1450-1500—Break.

1500-1520—Troubleshooting windmill.

1520-1550—Team windmill practice.

1550-1600—Break.

1600-1650—Bent press and thoracic mobility.

1650-1700—Break.

1700-1730—Troubleshooting the bent press.

1730-1750—Team bent press practice.

1750-1830—TBD.

2000—Group dinner at Downtowner Woodfire Grill

Note: Please arrive begin arriving at 7:45 and be seated no later than 8:30 p.m.

SUNDAY

0900-0950—Team practice of all drills.

0950-1000—Break.

1000-1050—RKC2 freestyle training methodology.

1050-1100—Break.

1100-1150—TBD.

1150-1200—Break.

1200-1300—Technique competition.

1300-1345—Lunch.

1345-1415—Course evaluation.

Team Leaders' meeting lunchroom.

1415-1500—Technique testing in teams.

1500-1530—Panel discussion with all presenters.

1530-1630—Panel discussion with all presenters.

1530-as long as necessary — Team leaders give their teams a break, then evaluate the students' performance and notify them individually whether they passed or failed, and what it would take to earn their Level I or Level II certification, if they did not meet the standards. Students may depart as soon as their Instructor has completed their evaluation.

POWER TO US!

RUSSIAN KETTLEBELL CHALLENGE™

Level II Core Skills Testing Procedures (SUBJECT TO CHANGE)



You will be tested on your understanding of the presented material and your technique in the six Level II Core Skill drills:

- ❑ Pull-up
- ❑ Pistol
- ❑ Windmills
- ❑ Bent Presses
- ❑ Viking Push Press
- ❑ Clean and Jerk

In the **pull-up** you will be required to start from a dead hang, pull up without kipping, and finish by touching the bar with your neck or chest using the thumb-less overhand grip. Women will be tested with their bodyweight only. Men will be required to hang a kettlebell on a foot (a weight belt is not allowed). Kettlebell sizes: 24kg for up to 220 pounds bodyweight; 16kg for over 220 pounds. Men masters (over 50 years old): 16kg up to 220 pounds; bodyweight; 12kg for over 220 pounds.

In the **pistol** you must be able to descend at least to parallel and come up exercising control. You may hold a counterweight. Successful performance of the pistol with one leg is sufficient.

Successful performance of the **windmill**, **bent press**, and **Viking push press** with one arm is sufficient.

The **jerk** will be tested with two kettlebells of the size required for the snatch test.

RKC II Preparation Advice

A large percentage of RKC II failures are due to tight shoulder girdles and thoracic spines. The following books and DVDs are recommended for preparation: [Kettlebells from the Ground Up](#), [Resilient](#), [Return of the Kettlebell](#), and [Secrets of the Shoulder](#).

In addition to the technique testing of the Level II exercises you will be tested on your **clean and military press strength**. Men will be required to press the kettlebell closest to 1/2 their bodyweight. Women will be required to press the kettlebell closest to 1/4 their bodyweight. Masters of 50 years of age and older will have a separate list of requirements.

One Arm Kettlebell Clean and Military Press

MEN

Bodyweight, Lbs.	Kettlebell, Lbs.
Up to 117	53
118-132	62
133-150	70
151-168	80
169-185	88
186-203	97
Over 203	106

MEN MASTERS (50+ Years Old)

Bodyweight, Lbs.	Kettlebell, Lbs.
Up to 132	44
133-150	53
151-168	62
169-194	70
Over 194	80

WOMEN

Bodyweight, Lbs.	Kettlebell, Lbs.
Up to 122	26
123-158	35
159-194	44
Over 194	53

WOMEN MASTERS (50+ Years Old)

Bodyweight, Lbs.	Kettlebell, Lbs.
Up to 122	18
123-158	26
159-194	35
Over 194	44

Note that the above numbers are simply — not easily, but simply — achieved by following the Right of Passage plan in [Enter the Kettlebell!](#)

The Strict One-Arm Military Press

Standard

- Performance of the C&P with one arm is sufficient.
- Chalk is allowed.
- The girevik will clean the bell with one hand.
- The girevik must initiate the press with the fist of the working arm below chin level.

- The girevik must press the kettlebell overhead to a full lockout for one repetition.
- The girevik must be standing still during the entire press attempt.
- There must be a distinct pause between the clean and the press, the girevik and the kettlebell motionless.
- The knees must be completely locked during the attempt.
- The girevik must demonstrate full control at the lockout. The girevik and the kettlebell must remain motionless until the head referee's "Down!" command.

What disqualifies an attempt?

- Failing any of the above standards.
- Using the legs in a push press fashion.
- Bouncing the kettlebell off the chest.
- Downward movement of the kettlebell after the pause between the clean and the press.
- Raising one or both heels, moving one or both feet.
- Leaning sideways so the press turns into a side press. Look for the elbow angle: if it increases at any point during the attempt without a simultaneous elevation of the bell, the girevik has leaned away from the kettlebell and thus has turned a strict press into a side press.
- Excessively leaning back during the attempt.
- Rolling the kettlebell onto the shoulder.

The Tactical Dead Hang Pullup

Standard:

- The girevik must perform one strict dead hang pullup with a kettlebell on his foot.
- The bar shall be set high enough not to allow the girevik's feet to touch the ground when hanging with the arms and legs straight.
- The grip must be thumbless overhand. The width is not specified.
- The girevik may use a box or similar object to reach the bar.
- There must be a distinct pause in a dead hang before an attempt is made.
- The elbows must be straight at the start; the legs may be straight or bent.
- The neck or chest—not the underside of the chin— must touch the bar at the top position.

What disqualifies an attempt?

- Failing any of the above standards.
- Kipping, swinging.
- Raising the femurs above parallel.

If you fail any of the above tests, you will be given three months to retest with a Master RKC, Senior RKC, or RKC Team Leader. Your RKC II Instructor certificate will not be issued until you have passed all the tests.

Testing Exemptions

In rare cases a highly accomplished, national or international level, coach or athlete may be exempt from some of the technique and/or performance tests due to a chronic injury. The candidate would need to demonstrate his ability to coach the Level II skills effectively.

IMPORTANT RKC 1 TESTING AND RECERTIFICATION UPDATE

Regardless of how recent your Level I cert is, in addition to the above Level II requirements **you will be retested for Level I:** the technique in the six Level 1 basics and the five-minute snatch test. This will recertify you as a Level I RKC for two more years.

Note: The get-up will be tested according to the [Kettlebells from the Ground Up](#) standard, with a high bridge.

If you fail any of the Level I tests you will not be certified as a Level II instructor, even if you have passed all the Level II tests. You will not be recertified as a Level I instructor either.

If you fail any of the Level I tests, you will be given two months to retest with a Master RKC, Senior RKC or RKC Team Leader.

If you fail any of the Level II tests, you will be given three months to retest with a Master RKC, Senior RKC or RKC Team Leader.

RUSSIAN KETTLEBELL CHALLENGE™

Instructor Certification Requirements (SUBJECT TO CHANGE)



IMPORTANT! **Study thoroughly before attending for the course**

RKC™ is a highly demanding course, mentally and physically. A 25 to 30% failure rate is typical. Do NOT take your preparation lightly.

You will have to meet the following criteria in order to earn your diploma:

1. Exhibit safe and efficient technique in the foundation exercises.
2. Demonstrate good judgment, especially concerning safety.
3. Show a strong spirit.
4. Demonstrate effective teaching skills.
5. Pass the pullup/flexed arm hang test.
6. Pass the kettlebell snatch test.
7. Abide by the RKC Code of Conduct.

Your instructor diploma will be awarded to you only after you have passed the specified requirements. **If you fail any of the above you may retake the course for \$500 and be retested within one year of the conclusion of the certification you attended.** If you were close to meeting the requirements your team leader has the discretion to make alternative retesting arrangements that do not require retaking the course, but must be completed within three months of the completion of the course you attended.

If you are NOT planning on teaching others, you may choose to forego testing. You will be issued a certificate of attendance, instead of an instructor certificate.



The Strength Test

The test is based on the U.S. Marine Corps' pullup requirements. The requirements are 5 pullups or chinups for men and a 15 second flexed-arm hang for women.

Pullup/Chinup

1. Sweatshirts will be removed during the conduct of the pullup/chinup event in order to observe the lockout of the elbows with each repetition.
2. Assistance to the bar with a step up, being lifted up, or jumping up is authorized. Any assistance up to the bar will not be used to continue into the first pullup/chinup.
3. The bar must be grasped with both palms facing either forward or to the rear.
4. The correct starting position begins when the student's arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless.
5. The student's legs may be positioned in a straight or bent position, but may not be raised above the waist.
6. One repetition consists of raising the body with the arms until the chin is above the bar, and then lowering the body until the arms are fully extended; repeat the exercise. At no time during the execution of this event can a student rest his chin on the bar.
7. The intent is to execute a vertical "dead hang" pullup/chinup. A certain amount of inherent body movement will occur as the pullup/chinup is executed. However, the intent is to avoid a pendulum-like motion that enhances the ability to execute the pullup/chinup. Whipping, kicking, kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pullup/chinup is not authorized. If observed, the repetition will not count for score.
8. A repetition will be counted when an accurate and complete pullup is performed.
9. Gloves, chalk, or other grip aids are not allowed.

Flexed-Arm Hang

The goal of the flexed-arm hang event is for a student to hang with the chin above the bar for 15 sec. The procedures are:

1. Assistance to the bar with a step up, being lifted up, or jumping up to the start position is authorized.
2. The bar must be grasped with both palms facing either forward or to the rear.
3. The correct starting position begins when the student's arms are flexed at the elbow, the chin is held above the bar and not touching it, and the body is motionless. At no time during the execution of this event can a student rest her chin on the bar.
4. The clock stops as soon as the student's chin is no longer above the bar.
5. Gloves, chalk, or other grip aids are not allowed.



Kettlebell Snatch Test Rules

Candidates must wear clothing that allows the testing instructor to see whether the elbows and the knees have locked out, e.g. a T-shirt and gym shorts.

The candidate grips the kettlebell handle. Upon the testing instructor's command the clock starts and the candidate swings the kettlebell back between the legs and snatches it overhead in one uninterrupted movement to a straight-arm lockout. (If you have a medical condition that prevents you from fully locking out your elbow you must notify your team leader before the snatch test is administered. Poor flexibility does not qualify as a medical condition.)

The snatch may be performed with or without a knee dip, however the knees must be straight at the lockout. The testing instructor will announce the number of the repetition once the elbow and the knees are fully locked and the kettlebell and the candidate are visibly motionless or he will call a "No count". Only after that the instructor has stopped speaking the candidate may lower the kettlebell between the legs in one uninterrupted motion without touching the chest or shoulder.

An unlimited number of hand switches and back swings are allowed.

The candidate may set the kettlebell down and rest as many times as he or she wishes to.

A repetition is given a "No count" if the candidate has:

- Lowered the kettlebell without waiting for the instructor's count
- Failed to lock out the elbow
- Pressed out the kettlebell to the finish
- Failed to stop all movement (the kettlebell, the body, and the feet) at the lockout
- Touched the chest or the shoulder with the working arm and/or the kettlebell on descent. (The "No count" will be announced on the next repetition, for example, "Fifty... Last rep no count, fifty...")

- Placed the free hand on the knee or thigh

The attempt will be disqualified if the candidate has:

- Three incidents of "No count"
- Touched the kettlebell or the working arm with the non-working arm, except when switching hands
- Reapplied chalk during the test
- Let go of the kettlebell before it has touched the ground (dropped it rather than set it down).

The testing instructor will announce the time elapsed after each minute and then announce when the final 45, 30 and 15 seconds remain until the final 10 seconds, when they'll countdown the final seconds.

Chalk is allowed (but not recommended if you're not used to training with it); belts, gloves, wrist wraps and other supportive equipment are not.

Kettlebell Snatch Test Requirements

The sum of both arms is scored. Depending on the gender, age, and bodyweight, the candidate must perform the following number of reps in the specified time:

CLASS	KB SIZE	REPS/MINUTES
Men's Open (over 132 pounds)	24kg	100/5 min.
Men's Open (under 132 pounds)	20kg	100/5 min.
Men's Masters (ages 50-64)	20kg	100/5 min.
Men's Seniors (65-over)	20kg	50/ 3 min.
Women's Open Class (over 123.5 lbs)	16kg	100/5 min.
Women's Open Class (under 123.5 lbs)	12kg	100/5 min.
Women's Masters (ages 50-64)	12kg	100/5 min.
Women's Seniors (65-older)	12kg	50/3 min.

NOTE: There are no private weigh-in facilities. There is no disputing the official scale; be over-prepared in case it is not consistent with your home scale.

If you do not pass the Snatch test at the Certification (you can attempt the test once each day), you may retake the test no later than 90 days after the course. You may retake the test in person with a Master, Senior or RKC Team Leader in your area or send the video to your team leader.

Power to you!

Prerequisite for RKC Students

Reading the [Enter the Kettlebell](#) book and watching the DVD of the same name is required.

Other Recommended Resources

Not required, but recommended learning materials:

- ✓ Pavel's [Return of the Kettlebell](#) book and DVD
- ✓ Gray Cook and Brett Jones' [Kettlebells from the Ground Up](#)
- ✓ Pavel's [Fast & Loose](#) DVD
- ✓ Pavel's [Strength Stretching](#) DVD
- ✓ Pavel's [Beyond Stretching: The Seminar](#) DVDs

Recommended Training for RKC Students

RKC™ is a tough course. Make sure you have been doing a lot of kettlebell swings to withstand the demanding and grueling pace. Men should be able to comfortably press a 24kg kettlebell for multiple sets of 5, women a 12kg kettlebell.

Read the enclosed articles by Kristann Heinz, MD, RKC, and Mark Reifkind, Master RKC, which will teach you how to take care of your skin.

Develop your flexibility:

- in the hamstrings – so you can comfortably assume the low position of the standing jump or deadlift with a flat lower back.
- in the hip flexors – so you may comfortably finish your swings without leaning back and without bending your knees.
- in the upper back and shoulders – so you may comfortably support two kettlebells overhead: the shoulders down, the elbows locked, the neck neutral, the kettlebells almost touching each other, the arms behind the ears and the lower back not hyperextended.

These abilities are not prerequisite for your future clients as you can take your time building them up. We do not have that luxury in a three-day course. Be prepared.

Recommended training exercises:

- ❑ Turkish get-ups
- ❑ Face-the-Wall Squats
- ❑ Walking around with one or two kettlebells locked out overhead
- ❑ Military presses with a forward lean once the kettlebell passes the head
- ❑ Yoga downward dogs or slow and focused Hindu pushups
- ❑ Good Morning Stretches
- ❑ Shoulder Bridges
- ❑ Stretches from the “Strength Stretching” and “Beyond Stretching: The Seminar” DVDs.

Enjoy the pain!



RKC Code of Conduct

The RKC program is not a just trainer certification program but a school of strength. A school proud of what it stands for: the gold standard of instruction, integrity, and quiet professionalism.

I am an RKC therefore I shall:

- 1. Represent my school with honor in my professional and personal life.*
- 2. Treat my 'victims' with respect and tough love.*
- 3. Carry my strength with modesty. Remember that my job is to teach, not to impress.*
- 4. Never overstep the boundaries of my expertise and be humble enough to say, "I don't know."*
- 5. Never stop improving my instructor skills and enhancing my own strength.*
- 6. Conduct myself as a gentleman or a lady in public places, including the Internet. Exhibit restraint, the hallmark of a professional.*

Should I violate the above code my RKC certificate may be revoked.

How to Treat and Prevent Blisters

By Kristann Heinz,
M.D., RKC

I, like many of you, pride myself on my strong hands. Mine are nicely calloused from hours of farm chores and, of course, from my KB training. But, alas, even the most conscientious KB athlete faces a blister from time to time.

What is a blister? A blister is a bubble under the skin that can be filled with a clear liquid, pus or blood. Friction blisters can form when the skin is repeatedly rubbed in one spot. We see this with improperly fitting shoes or a KB rubbing on the palm of our hand. A blood blister is seen when the skin has been pinched or undergone a traumatic insult such as catching it between two KBs. The area around the blister may be red and tender. In general, with proper care a blister should heal within 3 to 5 days.

Step-by-Step Blister Care

1. When you first detect a blister, ***stop your activity***. Do not break or "pop" the blister. The skin that covers the blister helps to protect it from infection.
2. Gently ***wash with soap*** or clean with Betadine if you are not near a sink. If the blister is broken make sure to wash the area as above. If the blister came from KB training, it is important to clean the blister of any paint or medal filings that may have imbedded themselves in the blister area.
3. Next, ***apply antibiotic ointment*** such as Neosporin or Bacitracin to the area.
4. You can ***protect your blister*** by making a blister doughnut. Cut some moleskin to the appropriate size for the blister area. [You can buy moleskin at a drugstore.] Then cut out a circle from the center of the moleskin that is slightly larger than the blister area. Place the ring or doughnut around the blister.
5. ***Cover the blister*** area with gauze and secure with hypoallergenic tape. This should reduce the friction that is applied to the area. Change the blister dressing daily.
6. ***Monitor healing*** to ensure recovery. If you find the blister area is increasingly red, swollen and painful or you notice pus, your blister may be infected. You may also have a fever. Your blister needs to be looked at by medical professional and they may need to give you antibiotics for a skin infection or cellulitis.

Calluses are the build-up of hard skin caused by the uneven distribution of weight. I often get calluses at the base of my index, middle and ring finger on my palm from KB training. If calluses are not properly cared for, they can be torn off and leave one with an open sore like a broken blister. If you have a torn calluses follow the care instructions for a broken blister. To prevent torn calluses, do not let the calluses get too big. After a shower or bath, carefully use a pumice stone or emery board to gently remove excess build-up of tissue.

Blister Prevention is the Best Prescription

1. If you know you have a tendency to get blisters in a certain spot, cover it with hypoallergenic medical tape prior to the activity. I have known folks in my classes, to use duct tape over the area. But please be careful and check to see if you have an allergy to the adhesive of duct tape before you use it, the last thing you need is an allergic reaction to the tape on your hands.
2. You can also wear cotton fingerless gloves on your hands to prevent blister formation. We buy cotton gloves from the hardware store and cut off the fingers.
3. Assess your KB handle. John, my blacksmithing husband, also an RKC, files down the handles of our KB to help prevent blisters (see box on next page for instructions).
4. Keep a first aid kit handy with the appropriate medical supplies to care for a blister. I suggest Betadine or hydrogen peroxide, moleskin, antibiotic ointment, gauze, hypoallergenic medical tape and scissors.



THE TRACY RIF SOCK SLEEVE FOR HIGH REP SNATCH AND SWING TRAINING

By Mark Reifkind,
Senior RKC

Perhaps the most troublesome aspect of high repetition snatch and swing training, especially for Comrades Ladies, is the wear and tear on the hands. Women clients, most particularly, are loath to develop calluses much less deal with tearing those calluses. While proper hand care; consisting of shaving and filing large callus pads down regularly, is vital, many trainees like to use some kind of hand protection during rigorous training. One can use gymnastics grips (sometime poor feedback from the bell), make grips from athletic tape (hard to do if you train alone) or, you can use an innovative solution my wife came up with - the Sock Sleeve.

This is a very simple solution to a vexing problem. The gymnastics grips and the athletic tape work by reducing friction between the hand and the bell.

Holding the bell in the hook grip and NOT deep in the palm is another key component to not tearing calluses and this solution actually encourages the correct hand and grip position on the bell.

All one has to do is find a pair of medium thickness socks and cut the top, elastic portion of the sock off. A two-inch section is best, although one can cut three inches if they have very large hands. We have found crew socks, as opposed to tube socks, to work best although feel free to experiment. New socks works best as the fresh elastic helps to keep the sleeve in the right part of the hand.

Simply slide the sleeve over the top of the hand covering the lower portion of the fingers and the top section of the palm of the hand. Just where the bell should sit if properly held!

That's it! Pick up the kettlebell and start snatching or swinging and you will find there is considerably less friction in the hand right from the start, but with almost no extra bulk to tax the strength of the grip. The sleeve doesn't roll up as you swing and encourages you to hold the bell in the correct part of the hand. You can use this all the time or just when you feel tender or hot spots on the calluses.

A very simple but effective solution for keeping the hands in tip top shape and keeping your training on track. There is nothing worse than wanting to train but having to make adaptations because the hands are trashed. Enjoy!



DRAGON DOOR PUBLICATIONS

- 5 East County Road B, Suite 3
- Little Canada, MN 55117
- Phone: 651-487-2180
- FAX: 651-487-3840
- E-mail: support@dragondoor.com

Russian Kettlebell Challenge Certification Workout Location & Hotel Information

Thank you for registering for the Russian Kettlebell Challenge Certification. Below you will find information on the training facility and the seminar hotel (this is the only hotel we are recommending for attendees).

DRAGON DOOR KETTLEBELL TRAINING LOCATION



Dayton's Bluff Recreation Center

800 Conway Ave.
St. Paul, MN 55106
651-793-3885

Website: <http://www.stpaul.gov/depts/parks/recprograms/daytonsbluff.htm>

Directions to the Recreation Center from the airport (approximately 13 miles): When leaving the Airport, take MN-5 East ramp towards MN-55 St. Paul/Minneapolis. Merge onto MN-5 going east. Take the MN 55 W/MN 55 E exit towards Minneapolis/Fort Snelling/Mendota Bridge. Keep right at the fork in the road and merge onto MN-55 E. Stay straight to go onto MN-110 E. MN-110 E becomes West 7Th Street. Take that to I-35E. Take the ramp to I-35E going North. Look for the I-95 exit and merge onto I-94 going East. Continue East until the Mounds Boulevard exit (exit number 243). Turn right at the light off the exit onto Mounds Blvd (U.S. 61 South). Go one block to 3rd Street, take a left at the light onto 3rd Street. Continue up 3rd Street until you've reached Maple (just before the curve and the top of the hill) and turn right onto Maple Street. Go one block and turn right onto Conway Street and park in the upper parking lot. Before exiting your car, stop for a second, breath and then mentally prepare for the pain. Exit the car and go inside the building. Welcome, Comrades!

(OVER)

Directions from the West (or Minneapolis) via I-94: Take I-94 eastbound to the Mounds Boulevard exit (exit number 243). Turn right at the light off the exit onto Mounds Blvd (U.S. 61 South). Go one block to 3rd Street, take a left at the light onto 3rd Street. Continue up 3rd Street until you've reached Maple (just before the curve and the top of the hill) and turn right onto Maple Street. Go one block and turn right onto Conway Street and park in the upper parking lot.

Directions from the East via I-94: Take I-94 westbound and merge onto the Mounds Boulevard/U.S. 61 North exit (exit number 243). Turn right onto 3rd Street E. Continue up 3rd Street until you've reached Maple (just before the curve and the top of the hill) and turn right onto Maple Street. Go one block and turn right onto Conway Street and park in the upper parking lot.

DRAGON DOOR SEMINAR HOTEL (SPECIAL RATE SECURED)



The **Holiday Inn St. Paul-RiverCentre** is taking reservations for the RKC Certification. When booking your room, identify yourself as a **RKC or KETTLEBELL WORKSHOP** registrant and ask for our guaranteed special rate for the RKC WORKSHOP. **Our rate is guaranteed until March 16th** or until the room block sells out, so be sure to reserve your rooms immediately to guarantee yourself a room at our special rate:

Rates: Single \$109.00 - Double \$109.00 - Triple \$119.00 - Quad \$129.00

Parking: \$14 plus tax per day, per vehicle (not included in the room rate)

Holiday Inn St. Paul-RiverCentre: <http://www.holidayinn.com/stpaulmn>

(\$109 plus tax, RKC Workshop Special Rate)

175 W. 7th St.

St. Paul, MN 55102

651-225-1515 or 1-888-465-4329 (1-888-HOLIDAY)

The Holiday Inn Hotel St. Paul-RiverCentre, located on West 7th Street, offers free high speed wireless internet and local phone calls and is located directly across the street from the Xcel Energy Center (<http://www.xcelenergycenter.com/>) – one of the nation's premier entertainment and sports complexes), St. Paul's RiverCentre Convention Center (<http://www.rivercentre.org/>) and is within close proximity to many bars and restaurants.

If you are planning on attending with family or friends, the Holiday Inn Hotel St. Paul-RiverCentre is just one block from the Science Museum of MN (<http://www.smm.org/>) and four blocks from the Minnesota History Center (<http://www.mnhs.org/index.htm>), Minnesota Children's Museum (<http://www.mcm.org/>) and the Ordway Center for the Performing Arts (<http://www.ordway.org/>).

The Holiday Inn St. Paul-RiverCentre will be our base hotel and the only hotel we are recommending for the upcoming seminar.

Map and Driving Directions: http://maps.google.com/maps?hl=en&safe=off&client=firefox-a&rls=org.mozilla:en-US:official&hs=Gid&q=175+7th+St+W,+St+Paul,+MN+55102,+USA&um=1&ie=UTF-8&sa=X&oi=geocode_result&resnum=1&ct=title

From the North: Take 35E South towards Saint Paul. Follow to I-94 West. Take the Marion St. exit (241A), which merges into Saint Anthony. Turn left onto Marion St. Marion will turn onto Kellogg Blvd. West. At the bottom of the hill, turn right into our parking ramp, just beyond Smith Ave.

From the South: Take 35E to the Kellogg Boulevard exit (106B). Turn right onto Kellogg Boulevard. Turn right into our parking ramp, just beyond Smith Avenue.

From the East: Take I-94 West to the Marion Street exit. (241A). Marion turns into Saint Anthony. Turn left onto Marion Street. Marion Street turns into Kellogg Boulevard. At the bottom of the hill, turn right into our parking ramp, just beyond Smith Avenue.

From the West: Take I-94 East to Marion Street/Kellogg Blvd./State Capitol exit (241A). Merge onto Concordia Avenue. Take a right onto Kellogg Boulevard. At the bottom of the hill, turn right into our parking ramp, just beyond Smith Avenue.

From the Airport: Leaving the airport, stay to the left side of the road, and follow “to Saint Paul” on Highway 5. Highway 5 turns into West 7th Street. Follow West 7th Street for approximately 5 miles. Turn left onto Chestnut Street. Go one block and turn right onto Smith Avenue. Go one block and turn right onto Kellogg Boulevard. Take an immediate right into our parking ramp.

TRAVEL/AIRPORT INFORMATION

For those of you able to accommodate your schedules, we recommend flying into the Twin Cities on Thursday and leaving town on Monday, that way you will be able to get settled in when you arrive and also relax and clean up after the Certification on Sunday (there are no showers available at the training center, so if you leave from there, you may have an uncomfortable flight or drive home). The Certification is scheduled to end at 4:30 p.m.

You'll be flying into the Minneapolis/Saint Paul International Airport (<http://www.mspairport.com/MSP/>). The Minneapolis-St. Paul International Airport (MSP) is located approximately 9 miles from downtown Saint Paul.

As a hub, the Twin Cities benefits from non-stop service to nearly 130 domestic destinations, nine Canadian cities, four European cities, two Asian cities and 10 destinations in Mexico, the Caribbean and Latin America. MSP offers more non-stop service than many other U.S. cities with larger populations.

Northwest Airlines, the fourth largest airline in the United States, is headquartered in the Twin Cities. Along with Northwest, travelers have their choice of major domestic airlines including America West, American, Continental, Delta, Frontier, Trans World Airlines, United and US Airways.

With 12 domestic airlines, three international and four regional airlines, travelers can connect to every major city in six continents. Arriving and departing flights of seven charter airlines also keep the Lindbergh and Humphrey Terminals buzzing.

TRANSPORTATION INFORMATION

The Holiday Inn RiverCentre does NOT have a shuttle from the airport, but there is an Airport Super Shuttle (\$14 one way and \$23 round-trip; costs are approximate and may vary slightly), which you can find at the Shuttle & Taxi area. Advance reservations can be made online at www.supershuttle.com or by calling 1-800-BLUE-VAN (1-800-258-3826).

The Hotel offers shuttle service in a 3.0 mile radius around the St. Paul downtown area and will be made available for drop-offs and pickups to and from the training location throughout the weekend, so a rental car is only necessary if you plan on arriving in the Twin Cities early or leaving late and are interested in doing some sightseeing, shopping or exploring of the Twin Cities. Information about shuttle times, pickup and drop-off locations will be available in the hotel lobby area upon your arrival.

Airport Shuttle service is available in the Transportation Center at MSP in the Lindbergh Terminal building. Follow the signs located in the baggage claim area.

SuperShuttle: 800-258-3826 / <http://www.supershuttle.com>

Car Rentals: Car rental companies have phone banks on the Baggage Claim Level opposite carousels 2, 5 and 10. Rental car counters are located in the new parking and rental car facility called the Hub Building or on the lower level of the Blue and Red parking ramps. The Hub Tram takes passengers to and from the Hub Building to the Lindbergh Terminal. The free tram is located on the Tunnel Level. Information is courtesy of the Metropolitan Airports Commission.

Taxis: Cab and Taxi service is available from MSP. From the Lindbergh Terminal building, follow signs to the Tunnel level and go up one level. Downtown Saint Paul is 10 miles, and fares average \$18. Cab and taxi service for people with disabilities is available on the Baggage Claim Level. Taxis are readily available throughout the city also, although it is often easiest to get a cab at one of our many hotels. You'll find Saint Paulites to be very friendly and any store, attraction or restaurant would be happy to contact a taxi company for you.

Airport Taxi: 952.928.0000 / <http://www.taxicabusa.com>



Serving the Minneapolis/
St. Paul Metro Area

The least expensive method for reaching the hotel from the airport is to take the local bus service:

Metro Transit Bus: Catch the Route 54 at the Lindbergh Terminal, which you'll find in the Airport Transit Plaza (follow signs throughout the airport). Take Route 54 (the buses destination should be listed as "St. Paul", not "Mall of Amer.") which leaves from Gate 4. The cost is \$1.75 (\$2.25 during rush hour – 6 a.m.-9 a.m. or 3 p.m.-6:30 p.m.). Take the Route 54 bus to W. 7th Street and Chestnut. Get off at the Chestnut exit and walk one block in the same direction the bus continues to head on West 7th Street to the corner of W. 7th and Kellogg, where you'll find the Holiday Inn.

PREMIUM SERVICES

Chauffeured transportation services for groups of all sizes with luxury sedans, limousines, limo coaches and luxury vans. On-site coordination of meet/greet, shuttles, tours and large group activity with tenured, uniformed staff:

Eclipse Transportation: 651.293.1111 / <http://www.eclipsecars.com>

Corporate Car and Coach: 651.696.9029 / <http://www.corpcarandcoach.com>

Premier Transportation: 800.899.RIDE / <http://www.premiertrans.com>

Questions or concerns?

E-mail support@dragondoor.com
or call 651-487-2180



DRIVING DIRECTIONS

MINNEAPOLIS-ST. PAUL INTERNATIONAL AIRPORT (MSP) TO THE HOLIDAY INN ST. PAUL-DOWNTOWN (RIVERCENTRE)

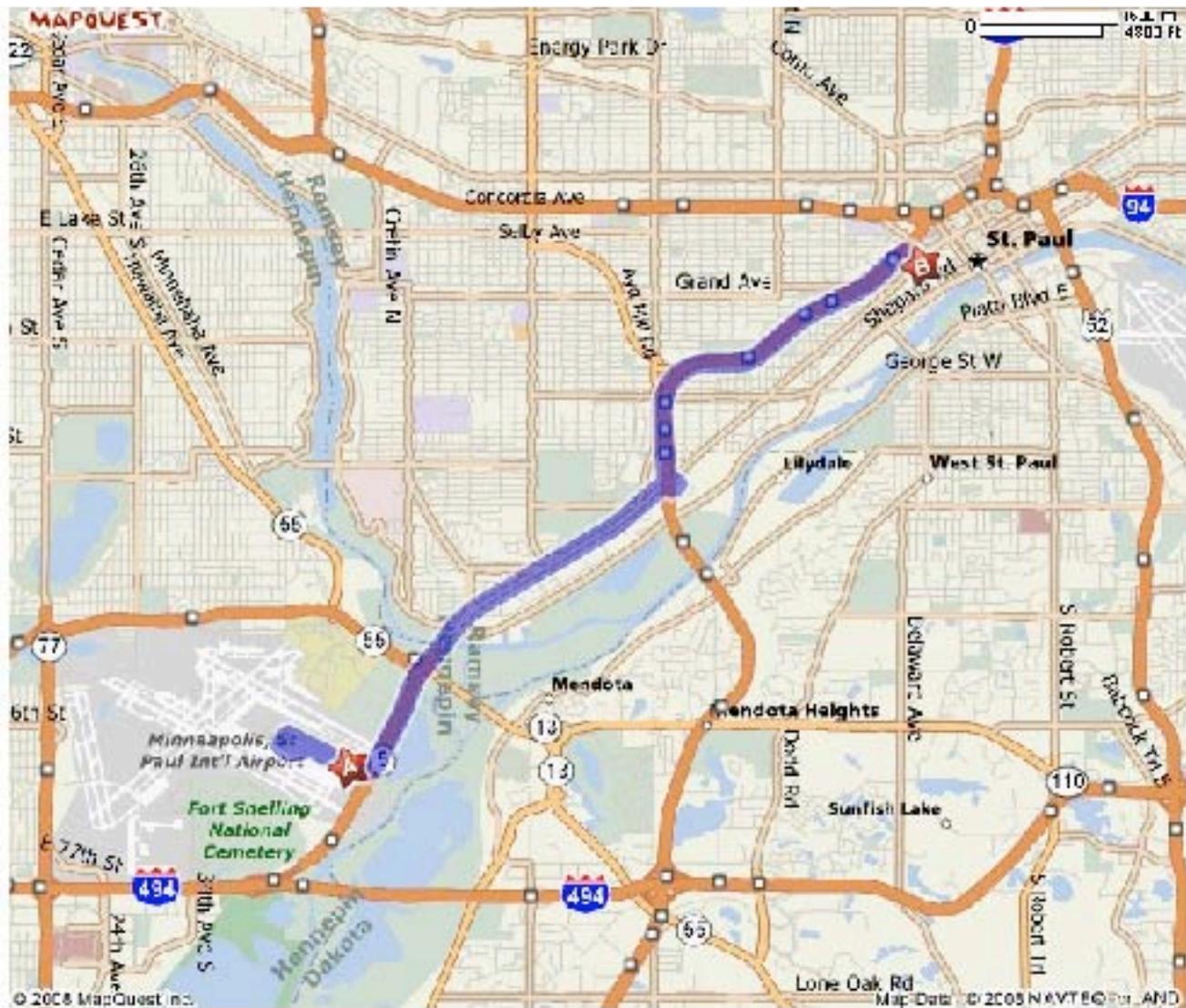
A: Minneapolis-Saint Paul International Airport (MSP): 4300 Glumack Dr, St Paul, MN 55111, (612)726-5555

- | | | |
|---|---|--------|
|  | 1: Start out going NORTHWEST on GLUMACK DR. | 0.2 mi |
|  | 2: Turn SLIGHT LEFT toward PARKING. | 0.0 mi |
|  | 3: Stay STRAIGHT to go onto GLUMACK DR. | 0.2 mi |
|  | 4: Merge onto MN-5 E toward MIN-55/ST PAUL/MINNEAPOLIS. | 4.0 mi |
|  | 5: Merge onto I-35E N. | 3.3 mi |
|  | 6: Take the KELLOGG BLVD exit, EXIT 106B. | 0.2 mi |
|  | 7: Turn RIGHT onto KELLOGG BLVD W. | 0.1 mi |
|  | 8: End at 175 W 7th St St Paul, MN 55102 | |

Estimated Time: 17 minutes Estimated Distance: 8.74 miles

B: Holiday Inn St. Paul-Downtown(Rivercentre): 175 W 7th St, St. Paul, MN 55102

Total Time: 17 minutes Total Distance: 8.74 miles



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DRIVING DIRECTIONS

HOLIDAY INN ST. PAUL-DOWNTOWN (RIVERCENTRE) TO DAYTON'S BLUFF RECREATION CENTER

A: Holiday Inn St. Paul-Downtown(Rivercentre): 175 W 7th St, St. Paul, MN 55102



1: Start out going NORTHEAST on KELLOGG BLVD W toward 7TH ST W/MN-5 E/FORT RD. 1.8 mi



2: Stay STRAIGHT to go onto 3RD ST E. 0.3 mi



3: Turn RIGHT onto MAPLE ST. 0.1 mi



4: MAPLE ST becomes CONWAY ST. 0.1 mi

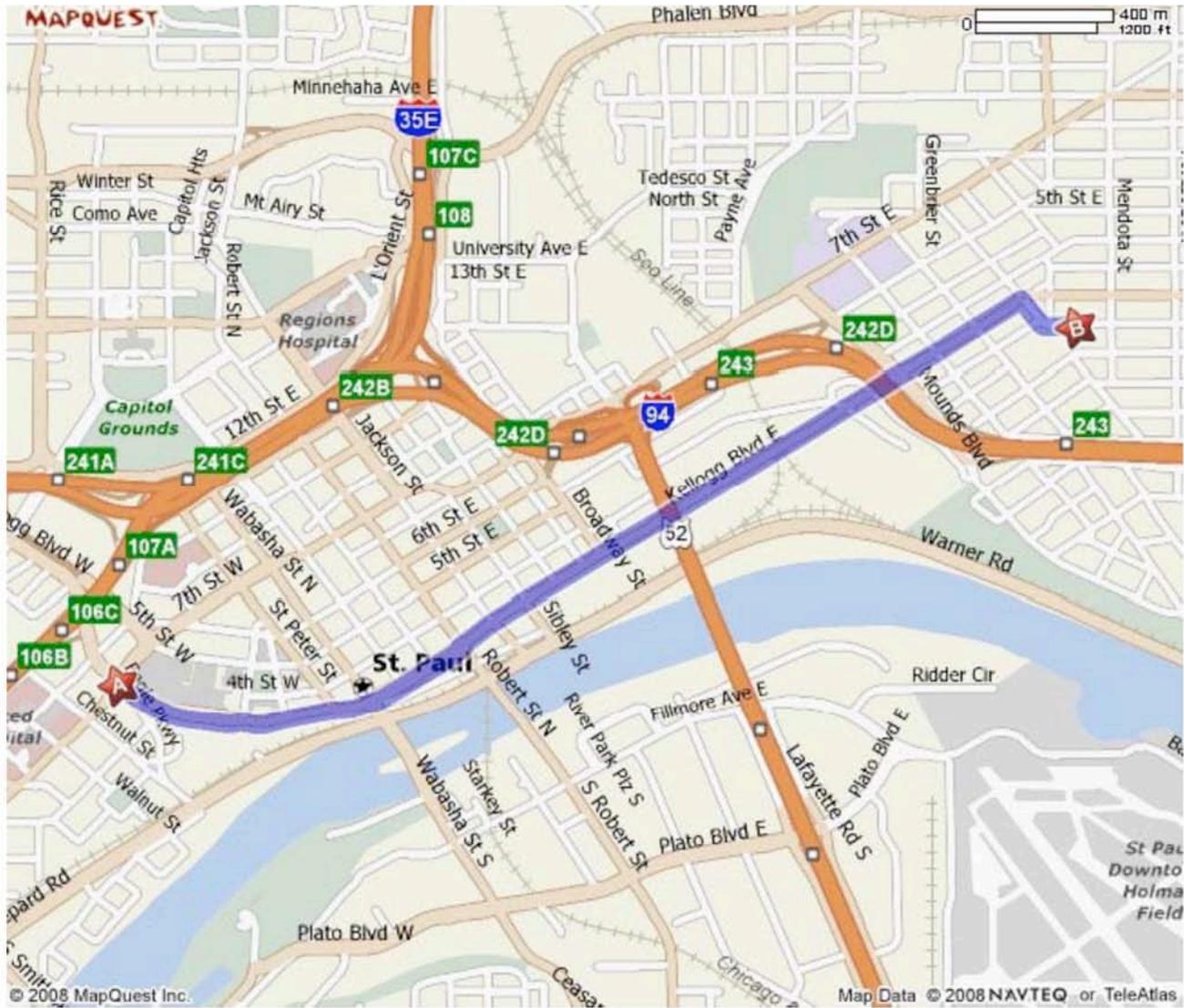


5: End at 800 Conway St St Paul, MN 55106

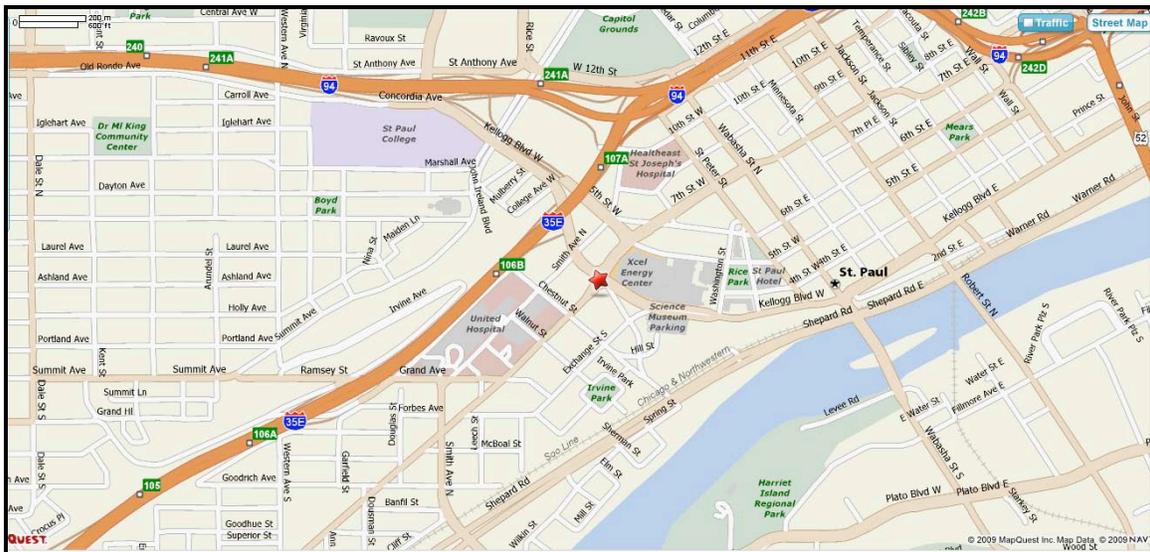
Estimated Time: 6 minutes Estimated Distance: 2.20 miles

B: Dayton's Bluff Recreation Ctr: 800 Conway St, St Paul, MN 55106

Total Time: 6 minutes Total Distance: 2.20 miles



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Directions to Holiday Inn RiverCentre 175 W. 7th Street, St. Paul, MN 55102 – (651) 225-1515

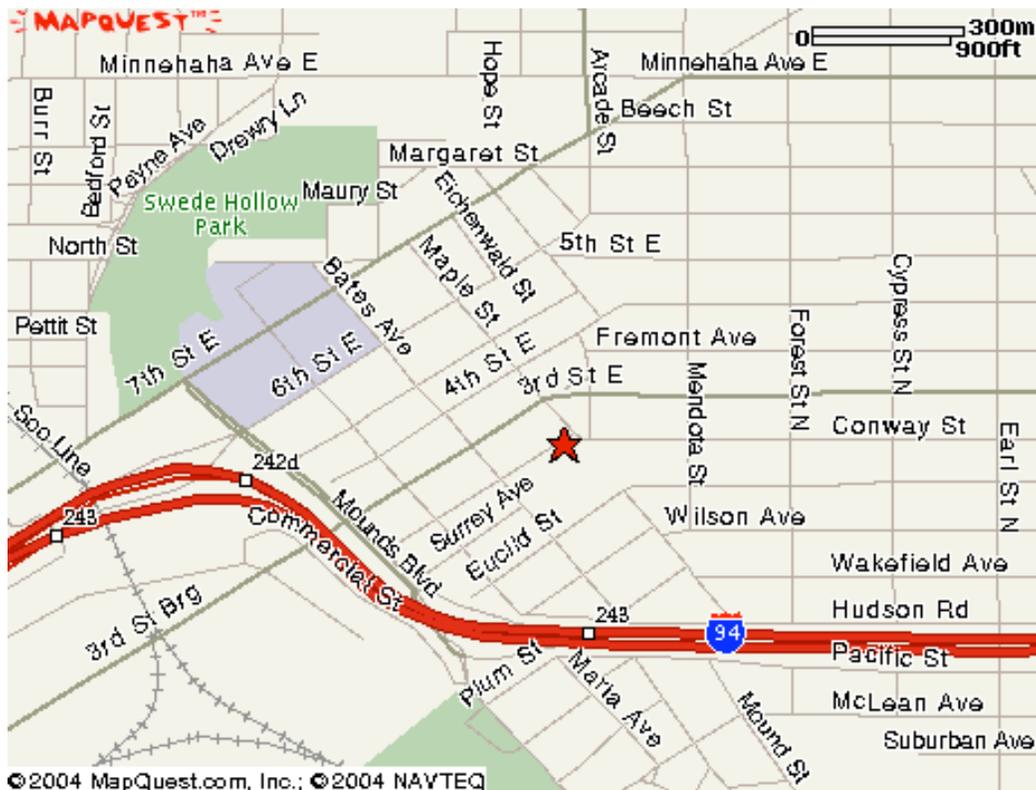
Driving from the North: Take 35E South towards Saint Paul. Follow to I-94 West. Take the Marion Street exit (241A), which merges into Saint Anthony. Turn left onto Marion Street. Marion will turn onto Kellogg Boulevard West. At the bottom of the hill, turn right into our parking ramp, just beyond Smith Avenue.

From the South: Take 35E to the Kellogg Boulevard exit (106B). Turn right onto Kellogg Boulevard. Turn right into our parking ramp, just beyond Smith Avenue.

From the East: Take I-94 West to the Marion Street exit. (241A). Marion turns into Saint Anthony. Turn left onto Marion Street. Marion Street turns into Kellogg Boulevard. At the bottom of the hill, turn right into our parking ramp, just beyond Smith Avenue.

From the West: Take I-94 East to Marion Street/Kellogg Blvd./State Capitol exit (241A). Merge onto Concordia Avenue. Take a right onto Kellogg Boulevard. At the bottom of the hill, turn right into our parking ramp, just beyond Smith Avenue.

From the Airport: Leaving the airport, stay to the left side of the road, and follow "to Saint Paul" on Highway 5. Highway 5 turns into West 7th Street. Follow West 7th Street for approximately 5 miles. Turn left onto Chestnut Street. Go one block and turn right onto Smith Avenue. Go one block and turn right onto Kellogg Boulevard. Take an immediate right into our parking ramp.



Directions to Dayton's Bluff Recreation Center **800 Conway Street, St. Paul, MN 55106 – (651) 793-3885**

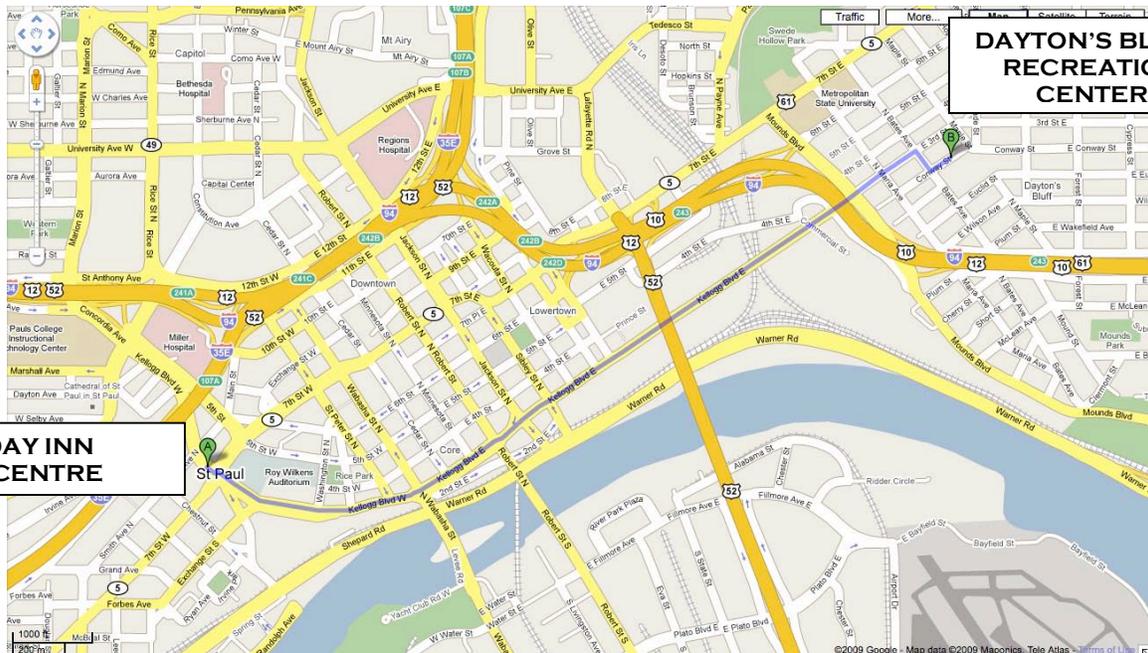
Driving from the East via I-94 West: Take I-94 West to the Mounds Boulevard/U.S. 1/Kellogg Boulevard exit (Exit #243). Continue towards Mounds Boulevard North (0.1 miles). Continue on Mound Boulevard (0.1 miles). Turn right on 3rd St. E (0.3 miles). Turn right on Maple St. (0.1 miles). Continue on Conway St. (0.1 miles). Arrive at Dayton's Bluff Community Center; park in the upper parking lot.

Driving from the West via I-94 East: Take I-94 East to the Mounds Boulevard exit (Exit #243) (0.3 miles). Turn right on Mounds Boulevard (0.2 miles). Turn left on 3rd St. E. (0.3 miles). Turn right on Maple St. (0.1 miles). Continue on Conway St. (0.1 miles). Arrive at Dayton's Bluff Community Center; park in the upper parking lot.

Driving from the North via I-35E South: Take I-35E South to the 10th Street/Wacouta Street/I-94 East/US-10 Exit (Exit 107A). Continue on ramp and merge on I-94 East (0.5 miles). Take the Mounds Blvd. exit (Exit #243) (0.3 miles). Turn right on Mounds Boulevard (0.2 miles). Turn left on 3rd St. E. (0.3 miles). Turn right on Maple St. (0.1 miles). Continue on Conway St. (0.1 miles). Arrive at Dayton's Bluff Community Center; park in the upper parking lot.

Driving from the South via I-35E North: Take I-35E North to I-94 East. Take the Mounds Blvd. exit (Exit #243) (0.3 miles). Turn right on Mounds Boulevard (0.2 miles). Turn left on 3rd St. E. (0.3 miles). Turn right on Maple St. (0.1 miles). Continue on Conway St. (0.1 miles). Arrive at Dayton's Bluff Community Center; park in the upper parking lot.

Driving from the Airport: Take MN-62 East (1.6 miles). Continue on MN-55 East (1 mile). Take MN-5 East towards St. Paul. MN-5 turns into West 7th Street. Stay on West 7th Street for 2.8 miles. Bear right on I-35 North (3.9 miles). Continue onto I-94 East (0.8 miles). Take the Mounds Blvd. exit (Exit #243) (0.3 miles). Turn right on Mounds Boulevard (0.2 miles). Turn left on 3rd St. E. (0.3 miles). Turn right on Maple St. (0.1 miles). Continue on Conway St. (0.1 miles). Arrive at Dayton's Bluff Community Center; park in the upper parking lot.



Walking / Driving Directions to Training Location from the Holiday Inn RiverCentre

START: Holiday Inn RiverCentre, 175 W. 7th St., St. Paul, 55102

The Holiday Inn RiverCentre is located approximately 2.1 miles from the training location.

If driving, ask for the easiest directions to Kellogg Boulevard from your parking location.

If walking, turn left out of the front doors on 7th Street and take a left and head toward the Xcel Energy Center and the intersection of 7th Street and Kellogg Boulevard. Turn right at Kellogg Blvd. West. and walk past the Xcel Energy Center and The River Centre (on your right). Walk past the Science Museum (on your left) and continue 1.8 miles toward the 3rd Street Bridge. Kellogg Boulevard turns into 3rd Street at the 3rd Street Bridge.

Continue up 3rd Street until you've reached Bates Ave. or Maple Street (just before the curve and the top of the hill) and turn right.

Go one block and turn left onto Conway Street off of Bates or turn right onto Conway Street off of Maple Street. **Park in the Upper Parking Lot** of Dayton's Bluff Recreation Center.

End: Dayton's Bluff Community Center, 800 Conway Ave., St. Paul, 55106



RKC Certification Ordering Instructions

In an effort to make the Training Store operate more smoothly, please help us by following these ordering instructions:

**PLACE YOUR ORDERS IN THE MORNING, DURING TRAINING BREAKS OR AT LUNCH
FRIDAY & SATURDAY – PICKUP YOUR PRODUCT AT THE END OF EACH DAY!**

ALL ORDERS MUST BE TURNED IN BY THE END OF DAY SATURDAY!

KETTLEBELL ORDERS cannot be picked up until after the training on Sunday!

RKC INSTRUCTOR SHIRTS cannot be purchased until AFTER you are Certified on Sunday. A separate order form will need to be filled out (see attached)!

To place orders at the training, please fill out the attached order form(s) and turn it into one of the Dragon Door staff members each morning **before training** begins or **during lunch or during breaks in the training** at the On-Site Store on Friday and Saturday. We will organize your orders and have them ready for you to **pickup at the end of training** both days.

Please try and make your decisions and turn in your forms at the start of each day's training, during lunch or training breaks, that way we can provide you with a Receipt, along with your product, before the end of each day.

Most items are available to attendees at 20% off the regular price. Purchase 10 or more books and videos (video sets count as one item) and receive a 50% discount on your purchase.

How to fill out the Order Form:

1. Fill out the Quantity (QTY.) field with the number of the item(s) you would like to purchase (1, 2, 3, etc.)
2. Denote whether you will be taking the product or having Dragon Door ship the item(s) by placing the correct quantity in the appropriate column (TAKE OR SHIP) in the Quantity field.
3. **IMPORTANT: Fill out the bottom of the order form completely** with your shipping and payment information, regardless of whether we are shipping you any items. We need this information to verify that we have the correct and most current contact information on file for you.
4. There is no need to fill in any dollar amounts. All of that will be calculated automatically when we input the orders into our computer system.
5. Lastly, if you are paying by credit card, be sure to show your credit card to us at the training store, so we can verify the card number against the number supplied on the bottom of your order form.

In advance, thanks for your assistance!

RUSSIAN KETTLEBELL CHALLENGE™ LEVEL II

Kettlebell Reserve List

If you want to order Kettlebells to take home with you from the Certification, in order to insure that we bring the proper quantities and sizes, we require advance reservations.

Please e-mail support@dragondoor.com with your requests or FAX this form to 651-487-3954 by Friday, June 17th.

Kettlebells will be sold on a first-come, first-served basis. If we sell out of a size, you can still order, but you will be responsible for the appropriate shipping and handling charges.

Classic Black Military-Grade RKC Kettlebells E-Coated – Made in China

QUANTITY - KETTLEBELL SIZE

_____ P10N - 10 pounds
_____ P10P - 14 pounds
_____ P10M - 18 pounds
_____ P10T - 10kg
_____ P10G - 12kg
_____ P10U - 14kg
_____ P10A - 16kg
_____ P10S - Thin-Handle 16kg

QUANTITY - KETTLEBELL SIZE

_____ P10H - 20kg
_____ P10B - 24kg
_____ P10J - 28kg
_____ P10C - 32kg
_____ P10Q - 36kg
_____ P10F - 40kg
_____ P10R - 44kg
_____ P10L - 48kg

Russian Red Kettlebells (discontinued - limited quantities available)

Epoxy coated - Made in India

QUANTITY - KETTLEBELL SIZE

_____ RR004 - 32kg

YOUR NAME & E-MAIL ADDRESS:

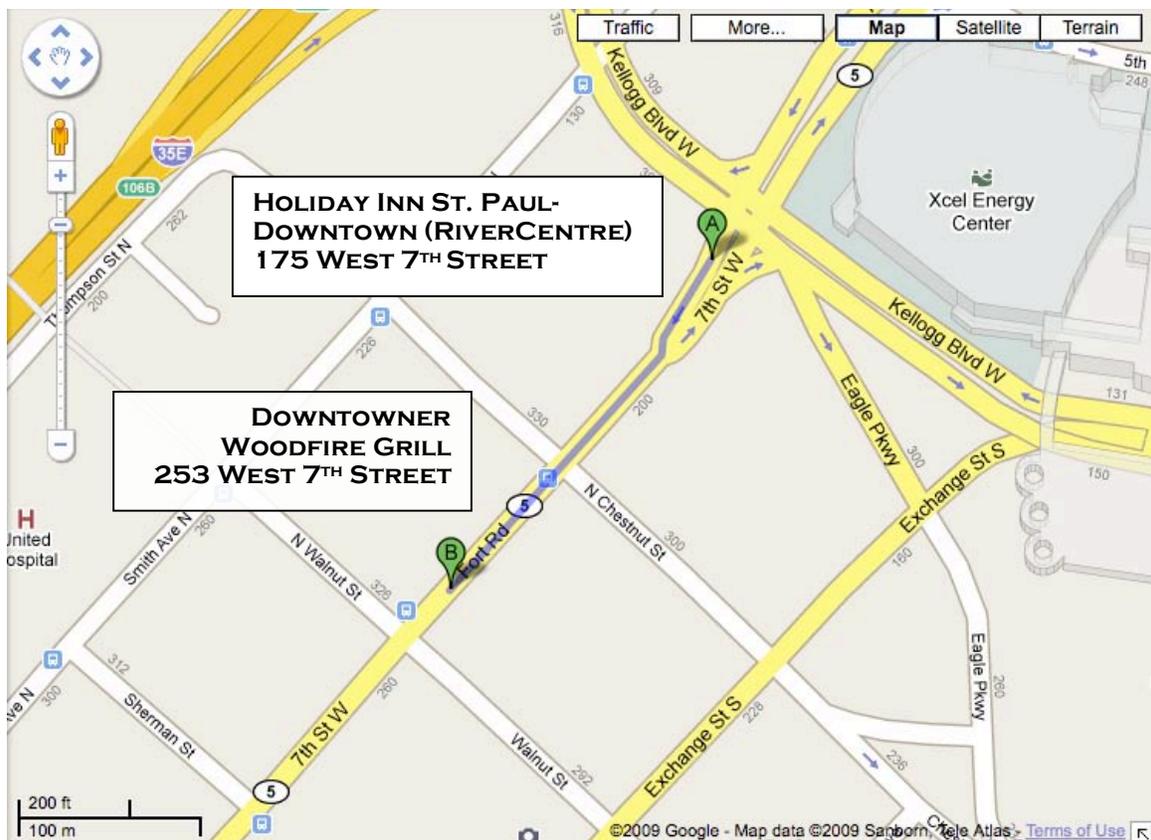
Saturday Dinner: Arrive between 7:30 and 8:30 p.m.

Downtowner Woodfire Grill 253 West 7th Street

Online Menu: <http://www.downtownerwoodfire.com/dmenu.htm>

*"... simply beyond the ordinary" "*****" - - Kathie Jenkins, St. Paul Pioneer Press*

The Downtowner Woodfire Grill specializes in Persian fire roasted meats, grilled steaks and chops, and gourmet wood-fired pizzas. The atmosphere is warm & lively offering two fireplaces, a full bar with three fountains and live jazz.



Directions: Located a block and a half from the Holiday Inn St. Paul-Downtown (RiverCentre). Head southwest on West 7th Street/MN-5 toward Chestnut Street.. Cross Chestnut Street and the Downtowner Woodfire Grill will be on your right, two-thirds the way down the block, between Chestnut & Walnut Streets.

Russian Kettlebell Challenge Certification

RKC Code of Conduct

IF THE PARTY IS 18 years old or older, complete the following down to the Consent section; otherwise, the parent or legal guardian must also sign (reverse side of document).

The RKC program is not a just trainer certification program but a school of strength. A school proud of what it stands for: the gold standard of instruction, integrity, and quiet professionalism.

I am an RKC therefore I shall:

1. **Represent my school with honor** in my professional and personal life.
2. **Treat my clients with respect** and tough love.
3. **Carry my strength with modesty.** Remember that my job is to teach, not to impress.
4. **Never overstep the boundaries of my expertise** and be humble enough to say, "I don't know."
5. **Never stop improving my instructor skills** and enhancing my own strength.
6. **Conduct myself as a gentleman or a lady** in public places, including the Internet. Exhibit restraint, the hallmark of a professional.
7. **Not offer/lead kettlebell instructor certification workshops**, unless authorized to do so, in writing, by Dragon Door Publications, Inc. and Tactical Strength, Inc.
8. **Not offer RKC marketing or business support systems** in any country where the management of the RKC certification system in that country has been licensed to a company so recognized by Dragon Door Publications, Inc and Tactical Strength, Inc.
9. **Be clear that should I violate the above code my RKC certificate may be revoked.**

The RKC certificate must be renewed in two years. It does not authorize its holder to train and certify other kettlebell training instructors.

Dragon Door Publications, Inc., and Tactical Strength, Inc., their employees and agents are not liable for any injuries or damage resulting from kettlebell use.

Certified instructors are required to obtain adequate liability insurance. Certified instructors must explain to their potential clients that kettlebell training may result in injury, health problems, or death and is not appropriate for all individuals. Certified instructors must make it clear to their clients that the latter should get a doctor's clearance (cardiovascular and orthopedic examination must be emphasized) before undertaking a kettlebell or any other fitness regimen.

I UNDERSTAND AND AGREE WITH THE CONTENTS OF THIS DOCUMENT. ANY QUESTIONS I MAY HAVE HAD ABOUT THIS DOCUMENT WERE ANSWERED TO MY SATISFACTION.

DATE: _____

Participant's Printed Name

Participant's Signature

(OVER)

Participant's Phone Number

Participant's Address (please include city, state and zip code)

Participant's E-mail

Witness' Printed Name (Dragon Door Representative)

Witness' Signature

CONSENT

If student is under the age of 18, his or her parent or legal guardian must also sign.

I, **PRINT YOUR NAME HERE**, am the parent or legal guardian of the student who has signed above. I have read and understand the provisions of this document and agree to the all of the above provisions of this Code of Conduct.

Parent or Legal Guardian's Printed Name

Parent or Legal Guardians' Signature

Parent or Legal Guardians' Phone Number

Parent or Legal Guardian's Address (please include city, state and zip code)

Parent or Legal Guardian's E-mail Address

Russian Kettlebell Challenge Certification Medical Release, & Liability Waiver Form

*IF THE PARTY IS 18 years old or older, complete the following down to the Consent section;
otherwise, the parent or legal guardian must also sign (reverse side of document).*

Voluntary – My participation in this Russian Kettlebell Challenge Certification is voluntary. I agree to fully participate in the training and I will fully disclose any pre-existing conditions or injuries in advance of the training to the organizers and instructors that may limit or hinder my participation.

Assumption of Risk – I realize that during this Russian Kettlebell Challenge Certification there are several ways that I could potentially hurt myself if I am not careful and pay close attention to my Instructors and the proper safety techniques I am taught. I realize that my participation in any of these activities is strictly voluntary and that I assume the risks associated with these activities. I could: (a) receive blisters, cuts and abrasions, and (b) suffer serious bodily injury.

Waiver – I release Dragon Door Publications, Inc., Tactical Strength, Inc., Pavel Tsatsouline, the sponsors, organizers, instructors, volunteers, and site property owners (as well as all of their affiliates, directors, officers, trustees, employees, representatives, or agents) from all actions or claims of any kind that relate to my participation in this Russian Kettlebell Challenge Certification. I understand and acknowledge that this waiver binds my heirs, administrators, executors, personal representatives, and assignees.

Hold Harmless – I hold Dragon Door Publications, Inc., Tactical Strength, Inc., Pavel Tsatsouline, the sponsors, organizers, instructors, volunteers, and site owners harmless and indemnify them against all actions or claims (including reasonable attorneys' fees, judgments and costs) with respect to any injuries, death, or other damages or losses, resulting from my participation in this Russian Kettlebell Challenge Certification.

Medical Treatment - If I am injured during this Russian Kettlebell Challenge Certification, Dragon Door Publications, Inc., Tactical Strength, Inc., Pavel Tsatsouline, the organizers, instructors or volunteers of this Russian Kettlebell Challenge Certification may render medical services to me, or request that others provide such services. By taking such action, Dragon Door Publications, Inc., Tactical Strength, Inc., Pavel Tsatsouline, the organizers and volunteers are not admitting any liability to provide or to continue to provide any such services and that such action is not a waiver by the organizers or volunteers of any rights under this release and waiver. Should I require transport to a medical facility as a result of an injury, I am financially responsible for such transportation and medical treatment costs. If I am injured during this Russian Kettlebell Challenge Certification it is my responsibility to seek appropriate medical care and to notify the RKC organizers. I understand that this waiver will have no bearing on any workers compensation claims that I may make as a result of my participation in this event.

I UNDERSTAND AND AGREE WITH THE CONTENTS OF THIS DOCUMENT. ANY QUESTIONS I MAY HAVE HAD ABOUT THIS DOCUMENT WERE ANSWERED TO MY SATISFACTION.

DATE: _____

Participant's Printed Name

Participant's Signature

(OVER)

Participant's Phone Number

Participant's Address (please include city, state and zip code)

Participant's E-mail

Emergency Contact person

Emergency Contact's phone number

Witness' Printed Name (Dragon Door Representative)

Witness' Signature

CONSENT

If student is under the age of 18, his or her parent or legal guardian must also sign.

I, PRINT YOUR NAME HERE, am the parent or legal guardian of the student who has signed above. I have read and understand the provisions of this document, I consent to the student participating as described above, and I fully enter into and agree to the above Release and Waiver and forever waive any rights therefrom.

Parent or Legal Guardian's Printed Name

Parent or Legal Guardians' Signature

Parent or Legal Guardians' Phone Number

Parent or Legal Guardian's Address (please include city, state and zip code)

Parent or Legal Guardian's E-mail Address

Russian Kettlebell Challenge Certification Talent / Model Release

*IF THE PARTY IS 18 years old or older, complete the following down to the Consent section;
otherwise, the parent or legal guardian must also sign.*

I, **PRINT YOUR NAME HERE**, hereby forever grant to Dragon Door Publications, Inc. or his/her/its legal representatives, successors, assigns, licensees, advertising agencies, and all person or corporations acting with his/her/its permission, the irrevocable and unrestricted right to use, re-use, publish and re-publish, and copyright my performance, likeness, picture, portrait, photograph, sound and/or voice recording, including the negatives, transparencies, prints, film, video, tapes, digital or other information pertaining to them in all forms of media now or hereafter known and in all manner, including electronic media, in still, single, multiple, moving or video format, in whole or part and/or composite representations, in conjunction with my own of a fictitious name, including alteration, modifications, derivations and composites thereof, throughout the world and universe for advertising, promotion, trade or any lawful purposes

This right shall include, but not be limited to, the right to combine my likeness with others and to alter my likeness, by digital means or otherwise, for the purposes set forth herein.

I waive my right to inspect or approve the finished product, including written copy that may be created in connection therewith or the use to which it may be applied.

I acknowledge that the photography session and/or film or video production was conducted in a proper and professional manner, and this release was willingly signed at its termination.

I am fully able to contract in my own name without breach of any prior agreement or applicable law, including but not limited to prior agreements with modeling or talent agencies or any other person, company or entity.

I have had sufficient time to review and seek explanation of the provisions contained above, have carefully read and understand them, and agree to be bound by them. I voluntarily and irrevocably give my consent and agree to this Release and Waiver.

DATE: _____

Signature of person whose printed name appears above.

Participant's Signature

Witness' Printed Name (Dragon Door Representative)

Witness' Signature

(OVER)

CONSENT

If student is under the age of 18, his or her parent or legal guardian must also sign.

I, PRINT YOUR NAME HERE, am the parent or legal guardian of the student who has signed above. I have read and understand the provisions of this document, I consent to the student participating as described above, and I fully enter into and agree to the above Release and Waiver and forever waive any rights therefrom.

Signature of person whose printed name appears above.

Parent or Legal Guardians' Signature

Russian Kettlebell Challenge Certification Media Policy

Film or digital photography, video photography, and/or audio recordings of any kind of the **instruction and training** at the Russian Kettlebell Challenge Certification course are strictly prohibited without the express permission of John Du Cane and Dragon Door Publications, Inc.

All film, digital or video imagery and audio recordings are copyright protected. Any person found to have infringed such copyright would be liable to immediate legal action.

I, PRINT YOUR NAME HERE, have had sufficient time to review and seek explanation of the provisions contained above, have carefully read and understand them, and agree to be bound by them. I voluntarily and irrevocably give my consent and agree to abide by this policy.

DATE: _____

Signature of person whose printed name appears above.

Participant's Signature

Witness' Printed Name (Dragon Door Representative)

Witness' Signature

(OVER)

CONSENT

If student is under the age of 18, his or her parent or legal guardian must also sign.

I, PRINT YOUR NAME HERE, am the parent or legal guardian of the student who has signed above. I have read and understand the provisions of this document, and I fully enter into and agree to the above Media Policy.

Signature of person whose printed name appears above.

Parent or Legal Guardians' Signature