

Upcoming Workshops

Kettlebells for Combat Fitness - Sat 31 July

On Saturday 31 July we are hosting an open "Kettlebells for Combat Fitness" workout session with Andrew Read, Australia's leading RKC instructor.

This intensive Harsdyle Kettlebell workout is open for everyone! Please contact Andrew Read on the details below (bottom of the HKC information) to register your interest. You MUST register directly with Andrew as we are only hosting this event.

HardStyle Kettlebell Certified (HKC) Instructor Course

We are proud to announce that we are hosting Australia's second HKC Instructor course! The HKC is the entry-level certification to Pavel Tsatsouline's elite RKC (Russian Kettlebell Challenge) System. Join forces with the world's premier kettlebell instructor training this August in Brisbane! Those who are successful in passing the HKC can fully deduct the course cost from the "Black Belt" of kettle bell courses, the famous RKC, if taking the RKC within 12-months.

In conjunction with Dragondoor Australia, Shaun Cairns (Senior RKC) will be coming to Brisbane for this special event. As a participant on the first ever HKC course in Australia, I will personally vouch that the course and instruction are second to none.

In the course you will achieve:

- A deep understanding of the true benefits of kettlebell training—for both yourself and your clients
- A solid knowledge of vital kettlebell training safety procedures
- A workmanlike grasp of the fundamentals of biomechanics—to ensure your clients move with perfect form and avoid injury
- A grasp of the key HardStyle skills and principles of strength
- The ability to competently perform the three foundational kettlebell exercises (the Swing, the Get-Up, and the Goblet Squat)
- The confidence you can now correctly teach the three essential kettlebell exercises—and troubleshoot common technique problems
- The unique HKC template for designing an unlimited number of effective kettlebell workouts.

Through this course you will also discover:

- Why you should never swing the kettlebell above the shoulders
- Understand why mastery of the kettlebell swing is fundamental to high-level HardStyle practice
- How to develop power through compensatory acceleration and overspeed eccentrics
- The strength and health benefits of the get-up
- How to correctly perform the get-up and teach corrective drills
- How to move from mobility to stability, then from stability to strength—and why this progression is crucial for truly effective kettlebell work
- The get-up, shoulder mobility and stability exercises. The role of the lat in shoulder stability and strength—and advanced lat facilitation techniques
- How to perform the goblet squat and corrective drills
- How to most effectively stretch the hip flexors to dramatically improve athletic performance, back health, and posture
- How to modify the squat stance for a client with back problems
- An alternative squat exercise for overweight clients
- Why "sport specific training" is inappropriate for 99% of the coaches and athletes—and a powerful alternative
- ... and so much more!!

Please visit Dragondoor Australia for this and even more information on what you will gain through taking this course.

Date

Sat 21 Aug 2010

Cost

\$599 USD*

(\$499USD if paid by 30 Jul)

Location

Krav Maga Training Academy Level 4, 20 Wharf Street
Brisbane City

Contact

Andrew Read

Dragon Door Australia

<http://www.dragondooraustralia.com/>

Ph: 0412 658 434

IMPORTANT NOTE: There is a course strength test that each participant must pass at the start of the course. Test requirements can be found on Dragondoor Australia's website

Don't miss out on your chance to join the ranks of HKC Instructor in the world's leading Kettlebell training system!

* Registration deadline is 09 Aug 2010, \$50USD fee for cancellation or transfer (no exceptions), and no refunds on cancellations after 14 Aug 2010.

We currently have no other dates for public workshops in 2010, though there are some closed-door specialist workshops currently being planned. Krav Maga public workshops we plan on holding in 2010 include:

- Women's Rape Prevention
- Couples self defence and security planning
- Fighting Tactics
- Advanced Fighting Tactics
- Aviation Security (restricted to currently active aircrew)

If you have any suggestions on a Krav Maga workshop you would like to see, or if you would like to register interest in attending any of these, please contact us with your details or ideas.