



Advanced CrossFit Kettlebell Trainers Course

Developed by Jeff Martone, owner of [Tactical Athlete Training Systems](#). Jeff was one of the first certified senior kettlebell instructors in the United States. Jeff has achieved the rank of CMS (Candidate Master of Sports) in Kettlebell Sport, and is the North American record holder in the Long Cycle event. He is best known as the creator of "Hand-to-Hand" Kettlebell Juggling, SHOT training, and the T.A.P.S. pull-up system. He is also the author of seven training DVDs and best selling book [Kettlebell Rx](#). He was the first to implement kettlebell training in a federal law enforcement agency and has offered instructor-level certifications since 2004. He has over 20 years of experience as a defensive tactics, firearms, and special response-team instructor.

Frequently Asked Questions

#1: Is there a pre-requisite to attend this course?

Yes, you must have successfully passed the CrossFit Level 1 and CrossFit Kettlebell Trainers Course (Level-1). If your Kettlebell Trainers Course certificate was earned prior to 2011, we strongly recommend re-taking it again at a 50% discount off tuition.

#2: As a CrossFit Kettlebell coach, how will the Advanced course benefit me?

"Advanced Kettlebell Trainer Course" is a 2-day comprehensive course that reinforces and builds upon the principles taught in the CrossFit KBTC-Level 1. The teaching methods and progressions from Level 1 will be analyzed and refined. In addition, you will learn more essential and effective kettlebell exercises (to include kettlebell sport technique) that will round out your training arsenal and enhance your strength, power, athleticism, explosiveness, and work capacity. General and specific physical preparation for kettlebell sport will be addressed, focusing on optimizing technique (virtuosity) and maximizing results.

#3: Is there a written test?

No, this course is strictly performance based.

#4: Is there an “Instructor Assessment Test?”

Yes, on Saturday morning, the students will teach 1 or more of the 20 foundational kettlebell exercises from the CrossFit KBTC-level 1 curriculum. We suggest you review your Level-1 notes in regards to the teaching progressions, correcting common errors, and the lesson on how to teach motor skills.

#5: Is there a snatch test?

Yes, on Sunday afternoon.

Men: Snatch one 20 kg x 30/30 (150 lbs +)

16 kg x 30/30 (<150 lbs and/or over 55 years of age)

Women: Snatch one 12 kg x 25/25 (120 lbs +)

8 kg x 25/25 (<120 lbs and/or over 55 years of age)

*Only one hand switch is allowed.

#6: What course materials, if any, come with this course?

- Each participant will receive a free PDF version of the “Advanced Kettlebell Manual”.
- The “Kettlebell Rx: The Complete Guide for Athletes and Coaches” is needed and can be purchased in advance at www.tacticalathlete.com.

#7: What is the sequence of events for this weekend?

Saturday

0830 - 0900 Registration

0900 - 1100 Instructor Teach Assessment Test

1100 - 1200 Instruction and Practice

1200 - 1300 Lunch

1300 - 1630 Instruction, Practice & Program Design

1630 - 1700 Q & A, Class Photo

Sunday

0830 - 1200 Review, Instruction & Practice

1200 - 1300 Lunch

1300 - 1500 Instruction, Practice & Review

1500 - 1600 Performance Test

1600 - 1630 Snatch Test

1630 - 1700 Conclusion

#8: What techniques will be covered over the weekend?

1. Detailed review of the 20 foundational kettlebell exercises from CrossFit KBTC-Level 1.
2. Wall Ball Substitute
3. Wind Mill
4. Side Press
5. Bent Press
6. Dead Lift variations
7. Classic (Competition) Kettlebell Lifts
 - Jerk
 - Snatch
 - Long Cycle
8. Assistance and special endurance exercises
9. Sport specific flexibility
10. Program Design

#9: What are the course requirements?

The requirements for this course are stringent, primarily for your protection and the safety of those you train. They are:

- Attendance 100%
- Participation 100%
- Pass all criteria on the Instructor Assessment Test
- Pass all skills on Performance Test
- Pass Snatch Test

Due to the importance of the material presented in this course, there will be no exceptions to the above criteria.

If, for any reason, you do not fulfill all the above requirements, you will be permitted to attend another course of the same level for completion at half price. All required criteria must be met before Instructor Certificates are issued. Otherwise a certificate of attendance will be issued.

Note: 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.

#10: What happens if I fail the performance test?

The student is graded on a pass/fail basis on their ability to correctly perform the physical techniques. The demonstrated techniques are done at the appropriate

speed and amount of weight with the emphasis on precise form. This evaluation is conducted on the last day of the course. Students will test one at a time or as a group and will perform the exercises called out by the instructor.

If a student fails to perform an exercise to standard, the instructor will note it and continue the evaluation. At the end of the evaluation, the student will be informed on which exercise(s) failed to meet the standard. If time allows, the instructor may offer remedial training, and the student may receive the opportunity to retest. The retest consists of only the exercises that were identified, not the entire list of exercises. If the student corrects the technical deficiencies, then he will receive a passing score. If he fails the retest, he will not receive an Instructor Certificate.

#11: What happens if I fail to meet the standard during the retest?

You will be required to submit a videotape of yourself correctly demonstrating the identified techniques within two months after the date of your Course. Upon review of the video, the Chief Instructors will either issue your Instructor Course certificate or suggest that you to retake the course.

#12: When will I receive my certificate?

You will receive your certificate at the completion of the seminar.