



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: Do I need to be affiliated with CrossFit to attend this course?

No, this course is open to anyone interested in maximizing personal performance and acquiring skills to be a proficient kettlebell instructor.

#2: As a "CrossFitter," how will this course benefit me?

You will learn how to effectively teach kettlebell exercises, quickly detect and correct common errors, and safely conduct kettlebell training. In addition, it will open up a world of new KB techniques that will enhance your CrossFit programming.

#3: Is there a snatch test?

No, this not a requirement for Level 1.

#4: Is there a written test?

No, this course is strictly performance based.

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

Each participant will receive a free PDF version of the original manual (approx. 100 pgs.). This manual includes detailed exercise descriptions, progressions, photos, training tips, program design, etc.

We strongly recommend Jeff's new book "Kettlebell Rx: The Complete Guide for Athletes and Coaches." This is available for purchase here:

<http://www.tacticalathlete.com/store-front.php>

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

Saturday

- 0830 - 0900 Registration
- 0900 - 1200 Instruction & Practice
- 1200 - 1300 Lunch
- 1300 - 1630 Instruction, Practice & Program Design
- 1630 - 1700 Q & A, Class Photo
- 1800 - Group Dinner (optional)

Sunday

- 0830 - 1200 Review, Instruction & Practice
- 1200 - 1300 Lunch
- 1300 - 1530 Instruction, Practice & Review
- 1530 - 1630 Performance Test
- 1630 - 1700 Conclusion

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

1. Swing and Swing Variations
 - Russian Swing
 - Power Swing
 - American Swing
 - Swing Release (two hands)
 - One-Arm Swing
 - Half Rotation Switch
 - H2H Swing
2. Turkish Get-Up (TGU) and Variations
 - Floor Press
 - Arm-Bar Stretch
 - Tactical Turkish Get-up
3. Clean and Clean Variations
 - One-Arm Clean
 - Bottoms-up Clean
 - Dead Clean
 - Double KB Clean

4. Snatch
5. Front Squat
6. Military Press and variations
 - Military Press
 - Push Press

Note: Joint Mobility Drills will be demonstrated and practiced before each training session, followed by a short stretching routine at the end of each day. In addition, there will be a block of instruction on "how to teach motor skills" Sunday afternoon.

#8: 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 skills on Performance 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.

#9: 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.

#10: 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.

#11: When will I receive my certificate?

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