



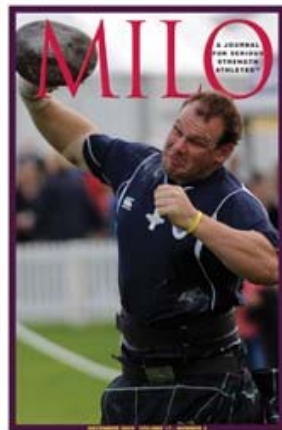
Power by Pavel Newsletter
Issue 193, 12/15/09

Congratulations to Com. Alexander Gustafsson on winning the Nov 14 UFC 105 fight by knocking out Jared Hamman in 41 seconds!

Speaks his kettlebell coach Com. Tommy Blom, RKCII: "Alexander has been training with me once a week in the preparations for the fight. He's been doing RKC hardstyle training with basic kettlebell exercises and special training including kettlebells and fight work... He's the third Swede in the UFC ever and he loves the kettlebells."



Comrade, if you can't wait to add double kettlebell drills—jerks, snatches, presses, and front squats—to your workout but are not ready for the advanced and brutal [Return of the Kettlebell](#) regimen, buy the latest, Dec 09, issue of *MILO: A Journal for Serious Strength Athletes*. In the article titled "Enter the Kettlebell Plus" I explain how to fit these exercises into an ETK like plan, which will leave you with plenty of time and energy for your sport or martial art. I have made some of my best gains following a version of this template and I wish you the same. Kettlebell power to you!



[MILO, Dec 09 issue](#)



[Enter the Kettlebell!](#)

[Return of the Kettlebell](#)

Power by Pavel: How to Snatch for a Bigger Press and Bigger Shoulders

"Is there any advantage to doing the one-arm snatch on the same day as one-arm presses? Does it matter?"

If snatches are kept at a low volume, they facilitate your presses, make them stronger, right afterwards. Also, for building shoulders it is good to do both in the same workout. Try this workout, based on a 32kgx5 max press:

1. Snatch 24kgx10, 32kgx10
2. Press 24kg x 5, 32kg x 1/2 (reps/sets); 40kg x 1/2, 32kg x 1,2,3 for as many ladders as you can handle
3. Snatch drop set 32kg x max to 24kg x max

Work both arms, obviously. Do this workout once a week, work the press and other types of workouts an additional 2-3 times a week, the snatch 1-2 times a week.

Workshops by Pavel



SAN DIEGO, CA

Return of the Kettlebell workshop. Jan 16, 2010. Contact Com. Franz Snideman, RKC Team Leader, franzsnideman@earthlink.net



SAN JOSE, CA

[RKC kettlebell instructor certification course.](#)
Feb 19-21, 2010.



SAN JOSE, CA

[RKC Level II kettlebell instructor certification course.](#)
Feb 26-28, 2010.



ST. PAUL, MN

[RKC kettlebell instructor certification course.](#)
Apr 23-25, 2010.



COPENHAGEN, DENMARK

[RKC kettlebell instructor certification course.](#)
May 28-30, 2010.

Articles for the Party, from the Party

The Beast Month

By Tommy Blom, RKC II

This article will be about a protocol that helped me a lot in increasing strength, work capacity, and general athletic ability, I feel that it has carryover to any sport that you can think of where you have to generate explosive power over time and need a good way to recover fast between bursts of power. I call it THE BEAST MONTH... [Read the complete article](#)

How to Military Press 140 Pounds with One Arm

By Michael Bunting

It is not until the last few years that my lifts have started to really excel, with my favorite records to date including a pullup with additional 72 lbs at 240 pounds of bodyweight, a one-arm handstand hold with bw + 40 lbs for 30 seconds, standard handstand pushup for a double with bw + 40 lbs. And a 145-pound press that you see in the photo. As for my current training, it mainly focuses around the [Enter the Kettlebell!](#) Program Minimum... [Read the complete article](#)



Russian Kettlebell Invasion



LAKE FOREST, CA



[HKC kettlebell instructor certification course](#). Jan 30.

Coms. Will Williams, Senior RKC, Doug Nepodal, Senior RKC, Paul Daniels, RKC Team Leader. Contact Com. Paul, pad@thebodywarehouse.com

SANTA BARBARA, CA



[HKC kettlebell instructor certification course](#). Jan 23.

Com. Doug Nepodal, Senior RKC. Contact Com. Laura Sacks, RKC, laura.m.sacks@gmail.com

SAN FRANCISCO, CA

Hardstyle kettlebell workshop. Jan 17. Com. Sara Cheatham, Senior

RKC and Patrick Jernigan, RKCII, saracheatham@hotmail.com,
patrick@nobleironfitness.com

WASHINGTON, DC



[HKC kettlebell instructor certification course](#). Jan 30.
Com. Andrea D Cane, Master RKC. Contact Com. Kate Lavanga,
RKC, klavanga@verizon.net

ATLANTA, GA



[HKC kettlebell instructor certification course](#). Jan 10.
Com. David Whitley, Senior RKC. Contact Com. Delaine Ross,
RKC II, delaine@gymcondition.com

HICKORY, NC



[HKC kettlebell instructor certification course](#). Jan 16.
Com. Geoff Neupert, Senior RKC. Contact Com. Steve Matthews,
stevehmathews@gmail.com

SANTA FE, NM



[HKC kettlebell instructor certification course](#). Jan 16.
Com. Andrea D Cane, Master RKC. Contact Com. Keira Newton,
RKCII, keiranewton@gmail.com

HUNTINGTON, NY

Long Island Kettlebell Club workouts. Dec 12. Com. Christian
Lombardo, RKCII. christian@fortitodefittness.com

STATEN ISLAND, NY

Ongoing KB classes and private instruction with Com. Anton
Iskerskiy, RKC, CK-FMS, iskerskiy@hotmail.com

WOODBURY, MN

Kettlebell plus workshop. Coms. Brad Nelson, Senior RKC and
Adam T Glass, RKC II, CK-FMS. Feb 6. adamtglass@yahoo.com

LUBBOCK, TX



[HKC kettlebell instructor certification course](#). Jan 23.
Com. Jeff O'Connor, Senior RKC. Contact Com. Jason Marshall,
RKCII, CK-FMS, jason@lonestarkettlebell.com

SEATTLE, WA

HKC intensive prep class starting Jan 17. Com. Andrea Chang,
RKC, CK-FMS, andrea@kettlebility.com



ADELAIDE, AUSTRALIA

2/13/2010

Gmail - Fwd: Power by Pavel Newslett...

Kettlebell and FMS workshop. Jan 23-24. Com. Dr. Mark Cheng,
RKC Team Leader. Contact info@ninopilla.com



[HKC schedule for North America, Europe, and Africa](#)

Power to you!

Comrade Pavel
www.PowerbyPavel.com

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