



Power by Pavel Newsletter
Issue 196, 01/13/10

Congratulations to Com. Emily Bearden, HKC, who successfully defended her World Kickboxing Association World Muay Thai Title on December 12, 2009!

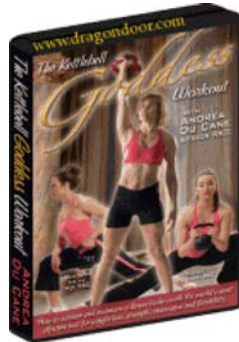


Trained by Com. Steve Milles, RKC II at Five Points Academy in

New York City, Emily remained Bantamweight Muay Thai World Champion by defeating Holland's Petra Van Doorn.

Power by Pavel: The Kettlebell Goddess

Comrades ladies, if you are not kettlebelling yet, what are you waiting for?



Com. Andrea Du Cane, Master RKC speaks:

When originally making [The Kettlebell Goddess DVD](#), I tried to create a nearly interactive tool. I wanted to give people a DVD that was almost as good as having an RKC in their living room. I think I succeeded. But, there is still one thing that EVERYONE has to do THEMSELVES, and that is find or keep their MOTIVATION.

The New Year is here and let's put the cookies and mince pies down and get back to work. I hope you are truly motivated to get your training back on track. One way to do that is have a GOAL, or pick an area where you'd like to see an increase in strength, endurance or flexibility. Or maybe it's just to lose those 10 pounds you gained over the holidays. Well... I'm here to help you set your goals and achieve them.

I'm going to start by making some assumptions. Whether or not you relate to them, if you follow my tips you'll get RESULTS. We're going to focus on the lower core, the hips and legs. No I'm not talking "Thigh Master", but REAL HARDCORE TRAINING that will get you the results you're looking for.

You may have heard that the swing is the FOUNDATION of Hardstyle Kettlebells. It is, and for good reason. Working the hips, butt, and legs dynamically with explosive power burns the fat and gives you an unparalleled cardio workout. Swings, simple and brutal should be your basic program. The swing workouts can be done on alternating days to really hit it hard or after your strength training. There is so much information out there on working your swings, take your pick but DO them.

KEEP IT SIMPLE, sets, ladders, time, whatever works, but make sure you get them done EACH week.

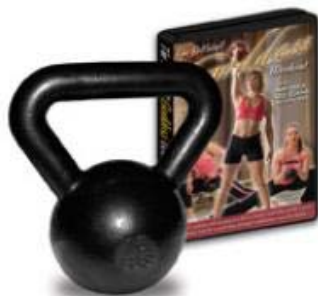
Now on to the other good stuff, lower body strength training. I'm going to focus on a superset of lower body drills. Here is a quick

and simple lower body killer that doesn't take very long. Move from one exercise to the next with as little rest as possible.

Goblet or Front Squat 8-10 reps One- Legged Dead Lift (Right-side only) 8-10 reps Goblet or Front Squat 8-10 reps One- Legged DL (Left-side only) 8-10 reps Rest and repeat for a total of 2-3 super sets. Finish with 10 Good Mornings (done very slow and tight)

This is just one example of a simple complex set of layering 2 drills to really target certain muscle groups. Moving from single leg to both legs gives the body a sense of a rest without really resting. You can use 1 kettlebell or 2 for either drill. If you're starting to fatigue, you can drop a rep from each set as you go.

Of course if you have the [Goddess DVD](#), follow the Goddess workout Callipygos for a great leg and butt workout!



[Women's 18lb
Russian
Kettlebell Quick-
Start Kit](#)

[Here is what the Party has to say about the Goddess Kettlebell Starter Kit:](#)

Greatest workout ever!!!

Rated 10 out of 10

I started the Goddess workouts and within a week I noticed a difference in my body, particularly the hips and legs...my arms are starting to show some definition too...buying the kettlebell and this DVD is the best choice I have ever made, all the other exercise machines can go down the drain!

—Annabel, Malaysia

Andrea, thank you so much...

Rated 10 out of 10

I started swinging KB's in March and started faithfully the Goddess DVD in the middle of May...the results are awesome. Let me say I was 45 years old, and totally out of shape when I first picked up the KB in the spring. Now in the fall, 48 pounds lighter with tone and definition in my legs that I have never had, and the middle age chicken flab under the arms is almost gone, and loving each and every workout...Andrea you challenge me everyday, you inspire me everyday and have helped my with increased health and fitness...

—**Michele**, Terre Haute, IN

Awesome video!

Rated 10 out of 10

This video is challenging, exhilarating and definitely worth purchasing. The proper positions and form are carefully explained and demonstrated...and the fact that you can mix and match the exercises for your own personal workout is wonderful...After just 3 weeks, I've moved up to a heavier kettlebell, and have lost inches around my waist and hips. All hail the Goddess (workout)!

—**Linda Del**, Wayne, PA

Best Workout Ever!

Rated 10 out of 10

I've been doing the "The Kettlebell Goddess Workout" for about 3 weeks now, and I absolutely love it! My thighs and buttocks have gotten noticeably firmer, my husband keeps commenting how good I'm looking, and I feel strong and sexy!

...Andrea is an inspiration to all women, showing how terrific you can look, and how strong you can be at any age.

—**Tracey Grentz**, Andover, MN



Order [the Goddess Kettlebell Starter Kit](#) today
and become a better woman!

Workshops by Pavel



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.

**BUDAPEST, HUNGARY**

[RKC kettlebell instructor certification course.](#)

August 6-8, 2010.

**PHILADELPHIA, PA**

[RKC kettlebell instructor certification course.](#)

September 17-19, 2010.

**ORLANDA, FL**

[RKC kettlebell instructor certification course.](#)

October 15-17, 2010.

Articles for the Party, from the Party**The Pull-up Problem**

By Jay Armstrong, RKC Team Leader

Many people cannot do even one pull-up. However, the ratio of strength to body weight is one measure of fitness. Gymnasts and rock climbers are among the elite in this area and they have the enviable physiques to show for it. Once you can do one pull-up you will be able to add weight or reps and increase your pull-up abilities. But, what if you cannot do even one pull-up? The lat pull down machine does not prepare you for the balance requirements of a pull-up. The best way to learn to do pull-ups is to do pull-ups! ... [Read the complete article](#)

How Hard is Hardstyle in Relation to the Kettlebell Swing?

By Delaine Ross, RKC II

When I attended the RKC II certification, I had a discussion with some of the participants. We noticed that a good many attendees were extremely tense throughout their entire body in their swings. We also recognized how great we felt after Senior RKC Jeff O'Connor's movement based section that included a piece on "taking the brakes off", which we did while swinging. So the question seemed to be "How "hard" is "Hardstyle" in relation to the kettlebell swing?"... [Read the complete article](#)

Russian Kettlebell Invasion

Wall Street Journal sports section mentions the Turkish Get Up and kettlebells in an article for golfers.

Zsar magazine(Hungary).

**HEALDSBURG, CA**

Kettlebell intro workshop. Jan. 3. Com. Gayle Hunter, RKC II, gayle@russianriverkettlebells.com

SAN FRANCISCO, CA

Hardstyle kettlebell workshop, Jan 17. Coms. Sara Cheatham, Senior RKC and Patrick Jernigan, RKCII, saracheatham@hotmail.com, patrick@nobleironfitness.com

AURORA, CO

Beginner-level kettlebell series starts Jan 25. Com Brian Copeland, RKC, brian@bccorefitness.com

TAMPA, FL

Ongoing kettlebell classes with Com. Carrie A. Kukuda, RKC, carrie@thesomedaycoach.com

GAITHERSBURG, MD

For women only kettlebell workshop, Jan 24. Com. Michael A. Krivka, RKC, makoncepts@gmail.com

MINNEAPOLIS, MN

Ongoing kettlebell classes with Com. David Ellis, RKC, david@ironfusionfitness.com

ST. PAUL, MN

Ongoing kettlebell classes with Com. Barbara Fritz, RKC, barbara@find-your-center.com

OMAHA, NE

Ongoing kettlebell classes with Com. John Scott Stevens, RKC and Mark Dungan, RKC, nebraskakettlebell@gmail.com

HUNTINGTON, NY

Kettlebell outdoor workout, Feb 6. Com. Christian Lombardo, RKCII, christian@fortitudeevolution.com

SEATTLE, WA

New kettlebell training facility by Com. Andrea U-Shi Chang, RKC, CK-FMS is now open, info@kettlebility.com

**MELBOURNE, AUSTRALIA**

Ongoing kettlebell classes and workshops with Com. Andrew Read, RKC, andrewread@dragondooraustralia.com

**COPENHAGEN, DENMARK**

Ongoing kettlebell classes and workshops with Com. Dennis Frisch, RKCII, CK-FMS, dennisfrisch@gmail.com



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

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

SANTA FE, NM



[HKC kettlebell instructor certification course](#). Jan 16.

Com. Andrea D Cane, Master RKC. Contact Com. Keira Newton, RKCII, keiranewton@gmail.com

HICKORY, NC



[HKC kettlebell instructor certification course](#). Jan 16.

Com. Geoff Neupert, Senior RKC. Contact Com. Steve Matthews, stevehmathews@gmail.com

EXTON, PA



[HKC kettlebell instructor certification course](#). Jan 24.

Coms. Will Williams, Senior RKC. Contact Somnath Sikdar, RKC, somnathsikdar@dragongym.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

The above is just one month's schedule. See the complete schedule for all HKC instructor workshops, U.S. and worldwide, here: <http://www.dragondoor.com/hkc/workshops/>

Power to you!

Comrade Pavel
www.PowerbyPavel.com

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