



**Power by Pavel Newsletter**  
**Issue 197, 01/26/10**

Congratulations to Com. Doug Dienelt, RKC on placing in World Masters Bench Press and Deadlift Championships!

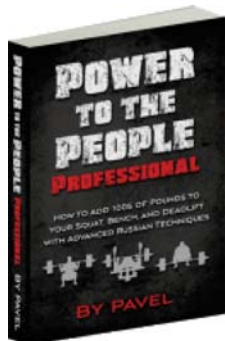




After a three-year layoff from competition Com. Doug Dienelt, 66 years strong, placed second in the deadlift with 529 lbs. and third in the bench press with 364 in the 198lb class in his age group. [Read about Doug's meet preparation](#)

This is what Com. Dienelt, RKC says about [Power to the People Professional](#):

"Outstanding! My new powerlifting bible! Very well researched and full of the *real stuff* not fluff. Great programs by outstanding coaches & lifters and presented in a way that makes it hard to put down. Learning *a lot* of new ideas and techniques from this outstanding publication. Will help take my lifting to a new level. Thanks, Pavel!"



## [Power to the People Professional](#)

**How to Add 100s of Pounds to Your Squat, Bench and Deadlift with Advanced Russian Techniques**

"*Power to the People Professional* is another excellent publication from Pavel. The book contains a wealth of information that will help lifters improve their Squat, Bench, Deadlift and Total. What is refreshing is the no frills approach: everything is written to the point and with no fluff. Advanced lifters must read this book."

—**Andy Bolton, 6-time world powerlifting champion, official world record holder in the squat, deadlift and total**

"I am thoroughly enthralled with Power to the People Professional. There is real passion in this book and it shines through in the characters that populate PPP: these men come alive as Pavel breathes life into their unique lives and diverse

methods. Per usual, Pavel's impassioned pursuit of various strength methodologies is peerless; his gathering of tactical techniques makes this book a strength and power wellspring. There is enough substance and meat and grit between the covers of this book to keep the serious power man busy for the next five years.

Highest marks. Excellent on a multitude of levels. This book is a goldmine of tactics and techniques." —**Marty Gallagher, author of *The Purposeful Primitive***

"A marvelous collection of thoughts ideas and theories by some of the top strength coaches in the world. The book is full of great information." —**Louie Simmons, Westside Barbell**

"My thanks for Pavel's *Power to the People Professional*. Though I am not a powerlifter, I continually run across interesting power lifting tips I can use in my bodybuilding workouts. I was impressed with the article on Vladimir Volkov, the European bench press champion. Reading that he only does bench press in his workout was a stunner but what really caught my attention was his using moderately to heavy weights and never to failure yet he has done a 639 bench press. I'm going to rethink some of my workout routines. Thanks a gain for a great source of training knowledge." —**Larry Scott, author of *Loaded Guns, World's First Mr. Olympia***

**Order [Power to the People Professional](#) today  
and smash your old PRs!**

### **Power by Pavel: Deadlifting Tips**

Com. Brett Jones, Master RKC, CK-FMS, CSCS speaks (quote):

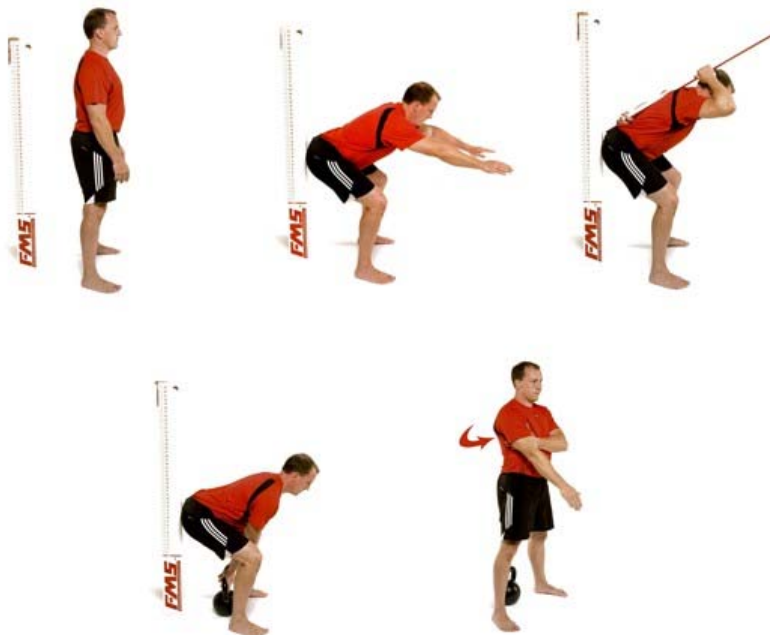
Picking up a weight or object from the floor is an essential skill. While that may initially strike you as an odd or over the top statement I would like you to pause for a moment and think of how often you have to bend down in some fashion in order to pick something up. A child, a bag of groceries etc... and if you are a Kettlebell athlete the **deadlift** is the slow strength pattern that **forms the foundation** for your swings and snatches.

The goal of these Deadlifting Tips is to provide some pointers that will get you in better position for your deadlift and maybe help with the execution of the lift as well.

First you must know that a deadlift is a **Hip Hinge** activity **NOT** a squatting activity.

What is the difference? In the most generic terms a hip hinge **moves the hips back** and the squat moves the hips down. The quickest way to find the difference is to use a drill we simply call a "Touch

the Wall" drill. Stand a foot width from the wall and reach back with your hips to touch the wall. This should happen "quickly" and quite high on the wall. If you are successful move an inch or so from the wall and try again. You will find your maximum distance from the wall when you cannot touch the wall without "falling" back into the wall slightly. Once you find that point wiggle back a bit so you successfully touch the wall with a solid base. You may use a stick along the back to feel the proper spine alignment by keeping the stick touching the back of your head, thoracic spine and sacrum during the entire movement. A Kettlebell may even be placed between the heels to pick up so you groove the deadlift movement. Begin to incorporate your breathing sniffing in to a tight stomach while reaching back to the wall then forcing air out tightly on the way up.



### Important points here:

- Work with your trainer to establish your best breathing pattern. It might incorporate a slight breath hold (if approved medically).
- Do not PULL the weight up – rather PUSH your feet into the ground and try to push yourself under the weight. Pulling on the weight and initiating the movement with the upper body instead of a push down with the hips and feet will throw stress into the lower back.
- Grip - Begin deadlifting with a double overhand grip. This will increase the stress or work on your grip and keep the weights lower initially while you are learning how to deadlift. Once you have improved your form you can switch to an alternate grip where one hand is palm forward (underhand) and the other is palm back (overhand).
- Stance – Conventional (hands outside of legs and a narrower stance) or Sumo (hands inside of legs and a wider stance) –

Try both and see which one feels best and allows for the best form for you.

- Do not be in a rush either to pick up the weight (squeeze it off the floor – don't jerk) or to increase the weight (cycle your weights up and down).
- Squeeze your upper arm against your ribs and get your Lats involved in your deadlift - see pic with arrow. Keep your armpit tight and arms against ribs!

Give these tips a try and remember to take your time learning, grooving and improving your deadlift.

### 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

Several years ago I assembled an odd WSB/PTP hybrid deadlift routine and posted it on Dragon Door. Recently it resurfaced with the post on our [forum](#) by former RKC Nick Fraser:

*"Been training with weights since about the age of 13 mainly to*

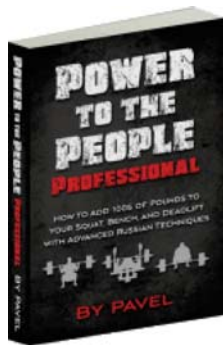
*compliment martial arts and Rugby. Over the years tried many modalities and systems, most to complicated for their own good. My training started to evolve and my strength increase after reading an article entitled "Commando PT" on Charles Staley's old site. After a little research I ordered [PTP](#), the volume of training decreased and my strength increased exponentially. Looking back through my old training logs, my first deadlifts were well under 200lbs. Subsequent cycles took me to a 1RM of 450. Two weeks ago I pulled 540 @ 150 bodyweight at age 44 [using the WSB/PTP plan]. I attended the Sept 2002 RKC cert and have since switched between KB and powerlifting cycles. I have at times attempted to mix training styles but time in the trenches has taught me to concentrate on 1 thing at a time."*

Then Com. Dave Whitley, Senior RKC gave this regimen a shot and pulled 565 lbs., a 65lb gain in 7 weeks and a full 50lbs. above his all-time best ever. Here is how he did it.

### **Deadlifting Singles Success Story** **By David Whitley, Senior RKC, CK-FMS**

In early November 2009 I moved my Nashville Kettlebell Bootcamp classes indoors for the winter, renting a back room at a local gym that looks a lot like the basement from Fight Club. At least, if I could talk about fight club that's what I'd say.

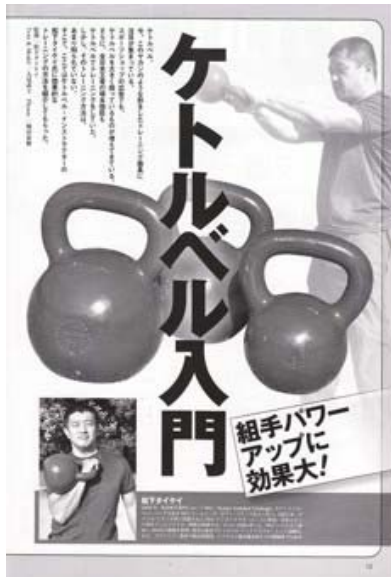
The actual gym area is quite well equipped and on a whim I decided to do a few deadlifts. I was just back from spending a few days in Oklahoma with the Redneck Ninja, SRKC Jeff O'Connor and after spending the majority of the past year outdoors flinging kettlebells around, deadlifting was a fun and exciting idea to me... [Read the entire article](#)



### **[Power to the People Professional](#)** **How to Add 100s of Pounds to Your Squat, Bench and Deadlift with Advanced Russian Techniques**

#### **Russian Kettlebell Invasion**

Com. Taiki Matsushita, RKCII, CK-FMS, in *Shin Kyokushin Karate* magazine (Japan).



### *HEALDSBURG, CA*

Kettlebell intro workshop, February 7. Com Gayle Hunter, RKCII, [gayle@russianriverkettlebells.com](mailto:gayle@russianriverkettlebells.com)

### *LAKEWOOD, CA*

Ongoing kettlebell instruction. Junior Nartea, RKC, [jr@ndsathletics.com](mailto:jr@ndsathletics.com)

### *COLUMBIA, MD*

Functional movement screen workshop, Coms. Joe Sansalone, RKC, and Neghar Fonooni, RKC, [negf03@yahoo.com](mailto:negf03@yahoo.com)

### *SPRINGFIELD, MO*

HKC and RKC prep workshops, March 6 & 7. Coms. Jeff O'Connor, Senior RKC and Brandon Hetzler, RKC, [bhetzler@missouristate.edu](mailto:bhetzler@missouristate.edu)

### *ALBUQUERQUE, NM*

Ongoing kettlebell classes and private instruction with Zar Horton, RKC Team Leader, [zar@fire-bellz.com](mailto:zar@fire-bellz.com)

### *HUNTINGTON, NY*

**Haiti Relief Fundraiser** kettlebell workout, February 6. Com. Christian Lombardo, RKCII, [christian@fortitudeevolution.com](mailto:christian@fortitudeevolution.com)

### *FRANKLIN, TN*

**Hardstyle for Haiti Fundraiser** kettlebell workout, January 30. Coms. David Whitely, Senior RKC, Kristen McBryde, RKC and Matt McBryde, RKC, [irontamerdave@hotmail.com](mailto:irontamerdave@hotmail.com)

### *SEATTLE, WA*

Ongoing kettlebell classes and private instruction with Coms. Andrea U-Shi Chang, RKC, CK-FMS, and Kristine Gill, RKC, [info@kettlebility.com](mailto:info@kettlebility.com)

*MELBOURNE, AUSTRALIA*

HKC prep class starts February 20. Com. Andrew Read, RKC,  
[andrewread@dragondooraustralia.com](mailto:andrewread@dragondooraustralia.com)

*PALO ALTO, CA*

[HKC kettlebell instructor certification course](#). Feb 6. Com.  
Mark Reifkind, Master RKC. Contact [rifstonian@yahoo.com](mailto:rifstonian@yahoo.com)

*DENVER, CO*

[HKC kettlebell instructor certification course](#). Feb 6. Coms.  
Jon Engum, Senior RKC, and Mark Cheng, RKC Team Leader.  
Contact Michelle Engum, [michelle@extremetraining.com](mailto:michelle@extremetraining.com)

*MIAMI, FL*

[HKC kettlebell instructor certification course](#). Feb 7. Coms.  
David Whitley, Senior RKC, Franz and Yoana Snideman, RKC  
Team Leaders. Contact Julio Anta, [fitdef@aol.com](mailto:fitdef@aol.com)

*TALLAHASSEE, FL*

[HKC kettlebell instructor certification course](#). Feb 6. Com.  
Doug Nepodal, Senior RKC. Contact Com. Laura Blackburn, RKC,  
[laurel@bootcampstogo.com](mailto:laurel@bootcampstogo.com)

*ALEXANDRIA, VA*

[HKC kettlebell instructor certification course](#). Feb 20. Com.  
Brett Jones, Master RKC. Contact Darius Gilbert,  
[darius05@verizon.net](mailto:darius05@verizon.net)

*VIRGINIA BEACH, VA*

[HKC kettlebell instructor certification course](#). Feb 27. Com.  
Will Williams, Senior RKC. Contact Karen Smith, [Karen@kettlebell-elite.com](mailto:Karen@kettlebell-elite.com)

*EDENGLLEN, SOUTH AFRICA*

[HKC kettlebell instructor certification course](#). Feb 21. Coms. Kenneth Jay, Master RKC, and Shaun Cairns, Senior RKC. Contact Com. Marlise Cairns, [marlise@kettlebellsforafrica.com](mailto:marlise@kettlebellsforafrica.com)

*SOMERSET WEST, SOUTH AFRICA*

[HKC kettlebell instructor certification course](#). Feb 20. Coms. Kenneth Jay, Master RKC, and Shaun Cairns, Senior RKC. Contact Com. Marlise Cairns, [marlise@kettlebellsforafrica.com](mailto:marlise@kettlebellsforafrica.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.dragondoors.com/hkc/workshops/>

Power to you!

Comrade Pavel  
[www.PowerbyPavel.com](http://www.PowerbyPavel.com)

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