



Power by Pavel Newsletter
Issue 198, 02/11/10



In the Beginning...

John Du Cane, Dragon Door publisher, writes:

One wintry, 1999 afternoon an Englishman and a Russian hunched over their espressos at a Dunn Brothers coffee shop in Roseville, Minnesota.

At their feet: a brutish, beaten, rusted cannonball with a handle—

the Russian's treasured import from his Motherland. He called it a kettlebell and he was asking his English friend, "Do you think this kettlebell thing can fly in the US?"

The Russian himself was skeptical. The kettlebell had become a forgotten tool in the West, gathering cobwebs in moldy basements and ancient, dusty gyms. While in his Motherland, the kettlebell seemed to seek out only the roughest company: grizzled military, burly strongmen, surly comrades with tattoos in all the wrong places, scarred faces and broken noses.

The Englishman, with an eye for a good thing and with a hefty degree of optimism, begged to differ. "You know, Pavel, I think we can really do something with the kettlebell in the US. People are sick and tired of the machines-and-mirrors culture. I think they are ready to return to a simple tool that yields spectacular results. But to succeed, we're going to have to give people a vision of what they can really achieve with kettlebells, train a cadre of instructors in their proper use—and, of course, get authentic Russian kettlebells made right here in the US."

The Russian and the Englishman downed a second round of espressos and planned their move: Pavel would write the first-ever book in the West devoted purely to kettlebell training, would author and appear in a video on kettlebells, and would offer the ever-first kettlebell instructor certification in the world. John would promote this pioneering Russian Kettlebell Challenge to an unsuspecting public.

In 2001, the American and then the international fitness world was turned upside down—as Pavel's landmark Russian Kettlebell Challenge program sent shock waves through the S&C cognoscenti.

To both Pavel and John's happy surprise, the RKC kettlebell training system established itself as an optimal resource not only for the hardened military types, martial artists and professional athletes they had expected, but also a growing legion of regular men and women captivated by the surprising gains in strength and performance achieved in remarkably little time.

Now, nine years later, in 2010, kettlebells are entrenching themselves firmly into the national landscape as the tool and system of choice for dramatic fitness gains. We are poised now at what Malcolm Gladwell so brilliantly described as the Tipping Point: when a product crosses over from being the cult favorite of the Few into the tidal wave of Mass Appeal.

New evidence of this approaching tidal wave is the recent article published in ACE magazine.



Because of the kettlebell's surge of popularity, the American Council on Exercise (ACE) cover article documents the reemergence of the kettlebell, with attendant scientifically based research based on Kenneth Jay's [Viking Warrior Conditioning](#) protocols and a cadre of recommended exercises found in [Enter the Kettlebell](#).

With statements like: "*...they were burning at least 20.2 calories per minute, which is off the charts. That's the equivalent to running a 6-minute mile pace.* The only other thing I could find that burns that many calories is cross country skiing up hill at a fast pace."

"The average heart rate was 93[percent], but some people averaged, for the 20 min workout, **99 percent of heart rate max**...anytime you're using that much muscle effort, it's going to be a **vigorous** workout."

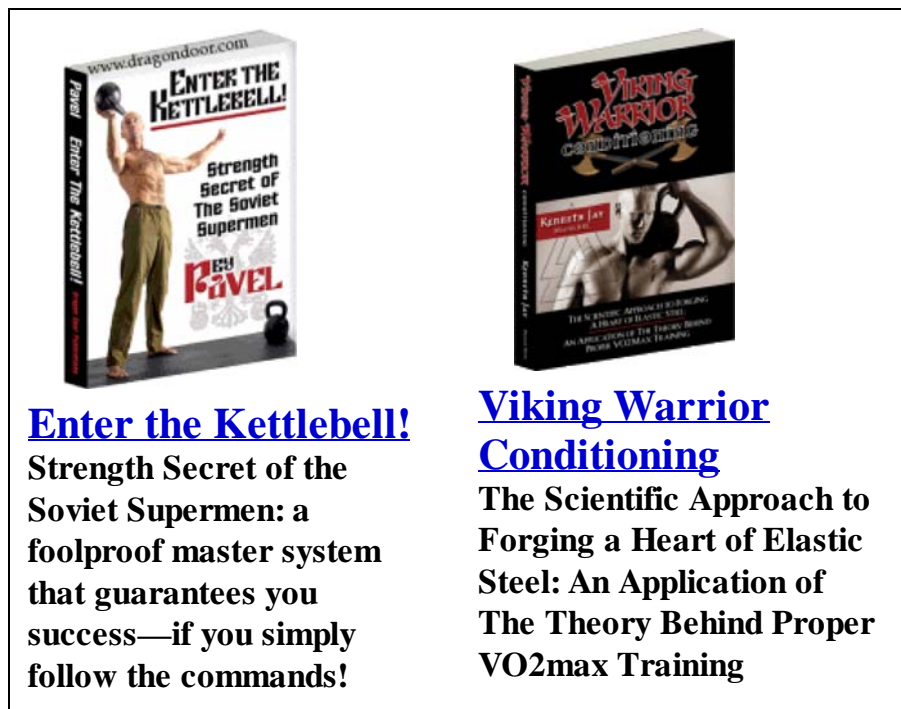
And what we ALREADY know to be true: "...HR and VO2 responses during the kettlebell snatch routine suggest **it provides a much higher-intensity workout than standard weight training routines,**"

and lastly, "Furthermore, the kettlebell snatch workout **easily** meets industry recommendations for improving **aerobic capacity.**"

In his inimitable style Com. Will Williams, Senior RKC sums up:

"I will consider myself triumphant. I believe that [[Viking Warrior Conditioning](#)] is The premier conditioning training protocol we have right now. The [[Enter the Kettlebell!](#)] Right of Passage has become the basic template for beginners, the reference guide for veterans, and the pressing protocol for everyone, but Hard-Style

snatch trainees may agree that this is the way. Having the Viking push press as a means to provide a 'same but different' mode for the 15:15 protocol allows the user to rotate the push press and snatch, while maintaining volume and wading through difficult stages in training. Getting lean, keeping your hand switches at your discretion, and follow a training plan that can be lengthened out for up to 9 months with the same kettlebell—it's money."



Enter the Kettlebell!

Strength Secret of the Soviet Supermen: a foolproof master system that guarantees you success—if you simply follow the commands!

Viking Warrior Conditioning

The Scientific Approach to Forging a Heart of Elastic Steel: An Application of The Theory Behind Proper VO2max Training

Power by Pavel: Viking Warrior Conditioning Tips

Com. Kenneth Jay, Master RKC, speaks (quote):

The most **OVERLOOKED** and yet crucial part of [Viking Warrior Conditioning](#) is that it is actually a **COMPLETE PROGRAM** designed to tax you **BOTH** aerobically as well as anaerobically.

Most people stay on the 15:15 MVO2 for way **TO LONG** before progressing through the additional four protocols. You need **NOVELTY WITHIN PARAMETERS** to continue to make progress and **THAT** is why the complete [Viking Warrior Conditioning](#) regime has **FIVE** protocols based on current science to deliver you the best in cardiovascular conditioning with the kettlebell.

- The cMVO2 test—the snatch cadence that elicits a VO2max response
- The 15:15 MVO2 protocol—your VO2max and work capacity while learning to snatch fast with an emphasis on overspeed eccentrics.
- The 36:36 MVO2 protocol—your VO2max along with your ability to buffer lactic acid (La) and other metabolites as well as

your anaerobic energy turnover.

- The MVO2 BOOST protocol—this is a peaking protocol for your VO2max
- The LaT protocol—your lactic acid tolerance (LaT) ability. Being able to tolerate high lactate levels means being able to perform with high power without fatigue.
- The MSLaP protocol—your maximum speed (MS) and lactic acid production (LaP) ability. Being able to produce large amounts of lactate is a great indication of a well-conditioned anaerobic energy system

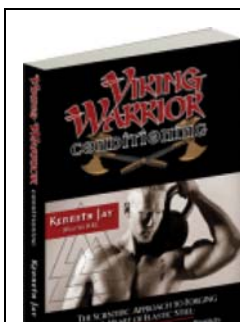
MOST importantly though, is actually being able to snatch correctly WITHOUT destroying yourself before taking on such a high volume training program. NEVER move into pain, and EVEN though it is supposed to be taxing, you should feel ready to battle for a kingdom (or Valhalla) the MAJORITY of the time while following the [Viking Warrior Conditioning regime](#).

A great way to self-assess and re-assess is to take a picture of yourself BEFORE and AFTER each session. What you are looking for is a change in posture. If your posture deteriorates, however subtly, you have done TOO much REGARDLESS of how you feel otherwise.

The reason why you want to be concerned about a change in your posture after your training session is that it is a GROSS INDICATION of your body's overall threat level. Whenever a stimulus is introduced either TOO QUICKLY or EXCESSIVELY (e.g. high volume) the body's natural hardwired NEUROLOGICAL response will be to flex and adduct, which means that your thoracic spine will flex, shoulders will shrug, arms will adduct, chin will be tucked and the pelvis will tilt. Overall it will look like a standing fetal position.

Allowing your body to be in that position during and after a training session teaches THAT position, and will quickly become a part of your movement map, and thereby be the PRECURSER for movement deterioration and even injury and pain.

So, be SMART about your training, ASSESS, RE-ASSESS, ADJUST, and have fun!



[Viking Warrior Conditioning](#)

The Scientific Approach to Forging a Heart of Elastic Steel: An Application of The



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.](#)
 April 23-25, 2010.




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



ST. PAUL, MN
[RKC Level II kettlebell instructor certification course.](#)
 July 9-11, 2010.



 **BUDAPEST, HUNGARY**
[RKC kettlebell instructor certification course.](#)
 August 6-8, 2010.



SAN DIEGO, CA
[RKC kettlebell instructor certification course.](#)
 August 27-29, 2010.



PHILADELPHIA, PA
[RKC kettlebell instructor certification course.](#)
 September 17-19, 2010.



ORLANDO, FL
[RKC kettlebell instructor certification course.](#)
 October 15-17, 2010.

Articles for the Party, from the Party

Sweat the Small Stuff

by **Tim Anderson, RKC II**

I have heard BRETT JONES say on different occasions that people stack fitness on top of dysfunction. I think he even tried to tell me that I was putting a 500 HP engine inside a Nissan when it came to my own body. I'm not sure what he meant by that as I like to think of myself more as a Mustang. Anyway, I think that was Brett's way of saying I have some movement issues. Most of us do... [Read the complete article](#)

How to pass the current RKC snatch test: The rules have changed.....

by **Ken Froese, RKC II**

The RKC snatch test has gone through a few evolutions over the years. Originally RKC candidates were allowed one hand switch, depending upon the candidates' weight they had a specific number of reps to complete with NO time limit.

http://www.dragondoors.com/certification_14.html

Then the Snatch test changed to one snatch for every Kg of body weight with a max of 100 reps, a 5min time limit was imposed but multiple hand switches was allowed. One could even set the bell down and have a smoke as long as they hit their required reps in 5 min... [Read the complete article](#)

Russian Kettlebell Invasion



The [Dragon Door Forum](#) marks its **Tenth Year Anniversary**. Beginning in November 1999 with mostly qigong threads, to its explosion in 2001 with the first-ever book, DVD, and instructor certification course for kettlebells, it has been an amazing journey. Thanks to all of you who have contributed to its success!



The Head of the Ministry of Interior of Hungary, Mr. Tibor Draskovics, with kettlebell, on "Police Day", assisted by Peter Lakatos, RKC TL



SAN FRANCISCO, CA

Level 1 Kettlebell Workshop, Feb. 13. Com. Cecilia Tom, RKCII, CK-FMS, bodhi pea@gmail.com

SILVERTON, CO

Tactical Pull Up and Kettlebell workshops, March 7. Com. Will Williams, Senior RKC, mabodywork@yahoo.com

FREDERICK, MD

Tactical Pull Up and Snatch workshop, March 28. Com. Will Williams, Senior RKC, donbdc1960108@gmail.com

SPRINGFIELD, MO

HKC and RKC preparation workshops, March 6 & 7. Coms. Jeff O'Connor, Senior RKC and Brandon Hetzler, RKC, bhetzler@missouristate.edu

ALBUQUERQUE, NM

Kettlebell intro workshop, February 20. Coms. Zar Horton, RKC Team Leader, JJ Blea, RKCII, and Charles Bustos, RKC, info@fire-bellz.com

NEW YORK CITY, NY

Tactical Pull Up and C&J workshop, March 20. Com. Will Williams, Senior RKC, steve.arjan@academyfivepoints.com

ORIENTAL, NC

Kettlebell intro workshop, February 20. Com. Betsy Collie RKC II, bcollie@nc.rr.com

VIRGINIA BEACH, VA

Tactical Pull Up & Squat workshop, February 28. Com. Will Williams, Senior RKC, karen@kettlebell-elite.com

WILLISTON, VT

Tactical Pull Up & Squat workshop, February 21. Com. Will

Williams, Senior RKC, christina@synergyfitnessvt.com

SEATTLE, WA

Free Kettlebell intro workshop, February 27 at the new KETTLEBILITY studio. Com. Andrea U-Shi Chang, RKC, CK-FMS, info@kettlebility.com



MELBOURNE, AUSTRALIA

HKC prep workshop, February 20. Com. Andrew Read, RKC, andrewread@dragondooraustralia.com



ALEXANDRIA, VA



[HKC kettlebell instructor certification course](#). Feb 20.
Com. Brett Jones, Master RKC. Contact Darius Gilbert, 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

WILLISTON, VT



[HKC kettlebell instructor certification course](#). Feb 20.
Com. Will Williams, Senior RKC. Contact Christina Schuneman, RKC, christina@synergyfitnessvt.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

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

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

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