

## **Certified Kettlebell Teacher Course (CKT)**



### Course Schedule

**Saturday 04 and 05 November 2017**

**Venue:**

Quinton and Admington Hall  
The Close  
Lower Quinton  
Stratford-upon-Avon  
Warwickshire  
CV37 8SE

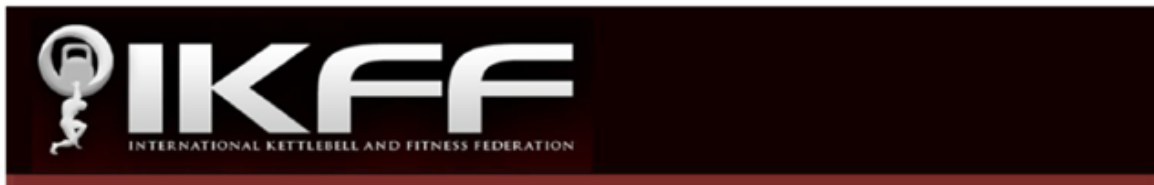
**Contact:**

**Trainer and organiser: Mike Eves IKFF Master Trainer**

Mobile: 07754 569353

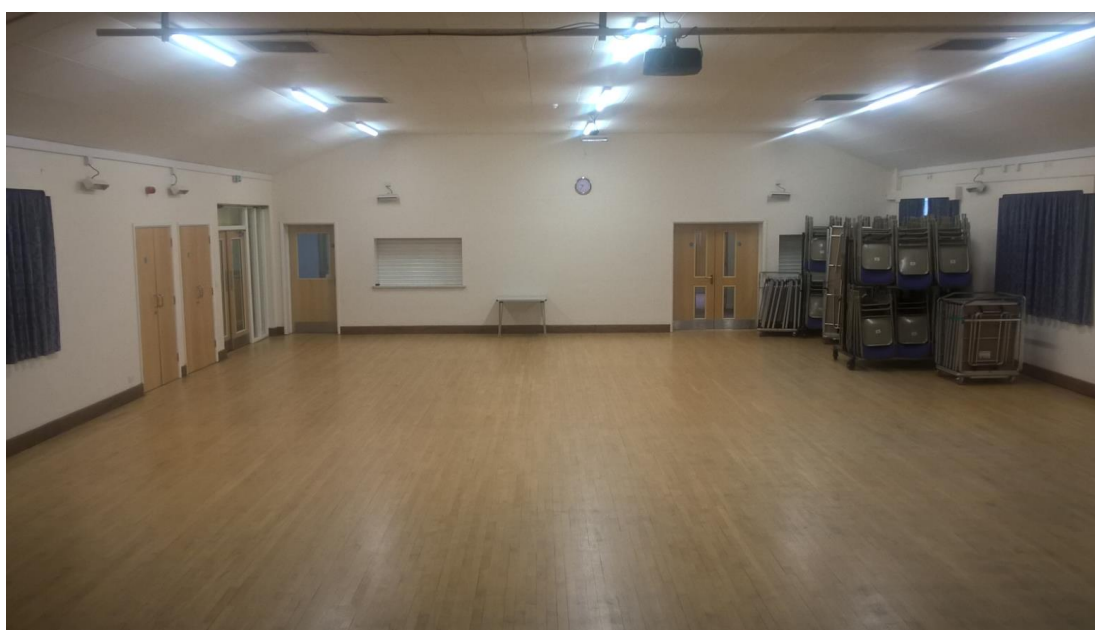
Home: 01789 720176

Email: [mike@kettlebellsandclubs.co.uk](mailto:mike@kettlebellsandclubs.co.uk)



## Location

The hall stands on the edge of the Quinton FC football field; located at the end of The Close and is sign posted from the main road through the village. Facilities include a fully equipped kitchen where you can prepare your own food and drinks. There is also a Premier Store within 2 minutes' walk of the hall which stocks a wide range of groceries.





## Accommodation recommendations

Within walking distance of the hall:

1. Farmhouse Bed and Breakfast Accommodation: <http://www.cycling-tours.org.uk/>
2. Winton House: <http://wintonhouse.com/>

Further afield in Stratford upon Avon

1. Quilt & Croissant B & B: <http://www.quiltcroissants.co.uk/>
2. Avon Park House B & B: <http://www.avonparkhouse.com/>
3. Premier Inn:  
[http://www.premierinn.com/gb/en/hotels/england/warwickshire/stratford-upon-avon/stratford-upon-avon-waterways.html?cid=GLBC\\_STRAVO](http://www.premierinn.com/gb/en/hotels/england/warwickshire/stratford-upon-avon/stratford-upon-avon-waterways.html?cid=GLBC_STRAVO)



### What to bring:

- Water bottle
- Towel(s)
- Wear something comfortable – not too loose or too tight – track pants / shorts / T-shirt is fine
- Flat soled trainers or lifting shoes. ‘Squishy’ running trainers are not ideal as they are not conducive for power transfer from the ground
- Drinks / snacks / lunch etc. There is a Premier store very close to the hall
- There is no need to bring note paper, as this is very much a hands on course and all details of the techniques / drills and workouts will be provided afterwards
- An open mind!
- Lifting chalk and a full range of pro-kettlebells are provided for the whole of the course





## Schedule:

The CKT certification is a two day course from 10AM to 5PM on both days.

Below is a breakdown of how this event will be scheduled throughout the weekend.

### Day 1

Morning:

Arrival from 9:30AM

Introduction

Dynamic warm-up & joint mobility

Introduction to Kettlebell Training

Module #1 – Swing

Module #2 – Clean

Lunch

Afternoon:

Module #3 – Pressing & Push Pressing

Module #4 – Clean & Press

Module #5 – Business / Marketing

IKFF Technique Assessment (For day one techniques)

Restoration

Q&A

### Day 2

Arrival from 8:30AM

Dynamic warm-up & joint mobility

Day one review of techniques & practice

Module #6 – Snatch

Module #7 – Squat

Lunch

IKFF Level 1 Fitness Tests

Module #8 - Coaching

Module #9 – Jerk & Long Cycle

IKFF Technique Assessment (For day two techniques – snatch & squat)

Restoration

Q&A

Presentation of Certificate

Depart for home



## Evaluations and assessment:

In regards to the exercises shown on the previous page, your performance will be evaluated on three general criteria:

- Correct body mechanics and alignment
- Proper breathing
- Movement efficiency and groove (trajectory of kettlebell)

The IKFF prides itself on producing coaches that are the gold standard in the industry. Thus, our criteria for passing is strict. Attending/participating alone is not enough to obtain CKT status. You must meet the designated criteria connected to the technical and coaching components of the course.

All CKT Level 1 candidates must pass a stringent assessment in order to successfully complete the requirements and achieve the Level 1 CKT distinction. The assessment is to be the performance of all level 1 techniques (swing, clean, press, push press, snatch and squat).

For all lifts, form is checked to assure effective understanding and performance of the movements.

In addition to the technical assessment, all registrants must pass the following Level 1 test. This is simply a test of minimum standards for Level 1 and a building block for continuous progression in abilities. Thus, the focus is on lighter weights and lower volume with exceptional technique.

### **Men:**

Hand-hand Swing: 20kg x 100

1 arm Clean & Press: 20kg x 2 min per hand (4 min set); minimum 8 rpm, 32 reps total non-stop

Snatch: 20kg x 30/30

Front Squat: 20kg x 2 min, 15 rpm

\*The above is performed one right after the next with no rest or breaks in between exercises.

**Mike Eves looks forward to seeing you and taking you through the CKT**