

Dragon Door

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WORKSHOPS **RUSSIAN KETTLEBELL CHALLENGE**
CERTIFICATION REQUIREMENTS

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RUSSIAN KETTLEBELL CHALLENGE™



Instructor CERTIFICATION REQUIREMENTS

(SUBJECT TO CHANGE)

RKC™ is a highly demanding course, mentally and physically. 25-30% failure rate is typical. Don't take your preparation lightly.

You will have to meet the following criteria in order to earn your diploma:

1. Exhibit safe and efficient technique in the foundation exercises.
2. Demonstrate good judgment, especially concerning safety.
3. Show a strong spirit.
4. Demonstrate effective teaching skills.
5. Pass the pullup/flexed arm hang test
6. Pass the kettlebell snatch test.
7. Abide by the RKC Code of Conduct.

Your instructor diploma will be awarded to you only after you have passed the specified requirements. **If you fail any of the above you may retake the course for \$500 and be retested within one year of the conclusion of the certification you attended.** If you were close to meeting the requirements your team leader has the discretion to make alternative retesting arrangements that do not require retaking the course.

If you are NOT planning on teaching others, you may choose to forego the testing. You will be issued a certificate of attendance instead of an instructor certificate.

The Strength Test

The test is based on the US Marine Corps'. The requirements are 5 pullups or chinups for men and a 15sec flexed-arm hang for women.

Pullup/Chinup

- (1) Sweatshirts will be removed during the conduct of the pullup/chinup event in order to observe the lockout of the elbows with each repetition.
- (2) Assistance to the bar with a step up, being lifted up, or jumping up is authorized. Any assistance up to the bar will not be used to continue into the first pullup/chinup.
- (3) The bar must be grasped with both palms facing either forward or to the rear.
- (4) The correct starting position begins when the student's arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless.
- (5) The student's legs may be positioned in a straight or bent position, but may not be raised above the waist.
- (6) One repetition consists of raising the body with the arms until the chin is above the bar, and then lowering the body until the arms are fully extended; repeat the exercise. At no time during the execution of this event can a student rest his chin on the bar.
- (7) The intent is to execute a vertical "dead hang" pullup/chinup. A certain amount of inherent body movement will occur as the pullup/chinup is executed. However, the intent is to avoid a pendulum-like motion that enhances the ability to execute the pullup/chinup. Whipping, kicking, kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pullup/chinup is not authorized. If observed, the repetition will not count for score.
- (8) A repetition will be counted when an accurate and complete pullup is performed.
- (9) Gloves, chalk, or other grip aids are not allowed.

Flexed-Arm Hang

The goal of the flexed-arm hang event is for a student to hang with the chin above the bar for 15 sec. The procedures are:

- (1) Assistance to the bar with a step up, being lifted up, or jumping up to the start position is authorized.
- (2) The bar must be grasped with both palms facing either forward or to the rear.
- (3) The correct starting position begins when the student's arms are flexed at the elbow, the chin is held above the bar and not touching it, and the body is motionless. At no time during the execution of this event can a student rest her chin on the bar.
- (4) The clock stops as soon as the student's chin is no longer above the bar.
- (5) Gloves, chalk, or other grip aids are not allowed.

Kettlebell Snatch Test Rules

Candidates must wear clothing which would allow the testing instructor to see whether the elbows and the knees have locked out, e.g. a T-shirt and gym shorts.

The candidate grips the kettlebell handle. Upon the testing instructor's command the clock starts and the candidate swings the kettlebell back between the legs and snatches it overhead in one uninterrupted movement to a straight-arm lockout. (If you have a medical condition that prevents you from fully locking out your elbow you must notify your team leader before the snatch test is administered. Poor flexibility does not qualify as a medical condition.)

The snatch may be performed with or without a knee dip, however the knees must be straight at the lockout. The testing instructor will announce the number of the repetition once the elbow and the knees are fully locked and the kettlebell and the candidate are visibly motionless or he will call a "No count". Only after that the instructor has stopped speaking the candidate may lower the kettlebell between the legs in one uninterrupted motion without touching the chest or shoulder.

An unlimited number of hand switches and back swings is allowed.

The candidate may set the kettlebell down and rest as many times as he or she wishes to.

A repetition is given a "No count" if the candidate has

- Lowered the kettlebell without waiting for the instructor's count
- Failed to lock out the elbow
- Pressed out the kettlebell to the finish
- Failed to stop all movement (the kettlebell, the body, and the feet) at the lockout
- Touched the chest or the shoulder with the working arm and/or the kettlebell on descent. (The "No count" will be announced on the next repetition, for example, "Fifty... Last rep no count, fifty...")
- Placed the free hand on the knee or thigh

The attempt will be disqualified if the candidate has

- Three incidents of "No count"
- Touched the kettlebell or the working arm with the non-working arm, except when switching hands
- Reapplied the chalk during the test
- Let go of the kettlebell before it has touched the ground (dropped it rather than set it down).

The testing instructor will announce the time elapsed after 1, 2, 3, 4min, 4:30, 4:45, and 4:55.

Chalk is allowed; belts, gloves, wrist wraps and other supportive equipment are not.

Kettlebell Snatch Test Requirements

The sum of both arms is scored. Depending on the gender, age, and bodyweight, the candidate must perform the following number of reps in the specified time:

Men Open Class up to 60kg/132lbs	20kg	100/5min
Men Open Class over 60kg/132lbs	24kg	100/5min
Men Masters (50-64)	20kg	100/5min
Men Seniors (65 and over)	20kg	50/3min
Women Open Class up to 56kg/123.5lbs	12kg	100/5min
Women Open Class over 56kg/123.5lbs	16kg	100/5min
Women Masters (50-64)	12kg	100/5min
Women Seniors (65 and over)	12kg	50/3min

If you do not pass the snatch test at the Certification, you may retake the test no later than 90 days after the course. You may retake the test in person with a Master, Senior, or RKC Team Leader in your area or send the video to your team leader.

Power to you!

Recommended Training

for RKC Candidates

RKC™ is a tough course. Make sure you have been doing a lot of kettlebell swings to withstand the demanding and grueling pace. Men should be able to comfortably press a 24kg kettlebell for multiple sets of 5, women a 12kg kettlebell.

The following two articles by Kristann Heintz, MD, RKC and Mark Reifkind, Master RKC will teach you [how to take care of your skin](#).

Develop your flexibility:

- In the hamstrings to comfortably assume the low position of the standing jump or deadlift with a flat lower back.
- In the hip flexors to comfortably finish your swings without leaning back and without bending your knees
- In the upper back and shoulders to comfortably support two kettlebells overhead: the shoulders down, the elbows locked, the neck neutral, the kettlebells almost touching each other, the arms behind the ears, the lower back not hyperextended.

These abilities are not prerequisite for your future students as you can take your time building them up. We do not have that luxury in a three-day course. Be prepared.

Recommended exercises:

- Turkish get-ups
- Face-the-wall squats
- Walking around with one or two kettlebells locked out overhead
- Military presses with a forward lean once the kettlebell(s) pass(es) the head
- Yoga downward dogs or slow and focused Hindu pushups
- Good morning stretches
- Shoulder bridges
- Stretches from [Strength Stretching](#) and [Beyond Stretching: the Seminar](#)

Reading [Enter the Kettlebell!](#) is a prerequisite.



The RKC Code of Conduct

The RKC program is not a just trainer certification program but a school of strength. A school proud of what it stands for: the gold standard of instruction, integrity, and quiet professionalism.

I am an RKC therefore I shall:

1. Represent my school with honor in my professional and personal life.
2. Treat my 'victims' with respect and tough love.
3. Carry my strength with modesty. Remember that my job is to teach, not to impress.
4. Never overstep the boundaries of my expertise and be humble enough to say, "I don't know."
5. Never stop improving my instructor skills and enhancing my own strength.
6. Conduct myself as a gentleman or a lady in public places, including the Internet. Exhibit restraint, the hallmark of a professional.

Should I violate the code my RKC certificate may be revoked.

