

CHAPTER LIST

I. INTRODUCTION

1. Benefits of KB training
2. Rules and Safety
3. Breathing and Mechanics
4. Weight Distribution & Alignment
5. Tension and Relaxation
6. Mechanics of Swing
7. Mechanics of Clean
8. Mechanics of Overhead Lifts
9. Mechanics of Squat

II. SWINGS

1. Prep lifts
2. 2 Arm Swing
3. 1 Arm Swing
4. Hand-Hand Swing
5. Double Swing
6. Alternating Swing
7. Side Step Swing
8. Walking Swing-Forward
9. Walking Swing-Backward
10. Walking Swing-Lateral
11. Crescent/Pirouette Swing
12. Double Crescent Swing
13. Multi-Direction Walking Swing
14. Lazy Swing
15. Girevoy Sport (GS) Swing

III. TURKISH GET UP (TGU)

1. Lunge Style
2. Lunge Variation
3. Squat Style
4. No Hands
5. Double No Hands
6. Kettlebell Arm Bar

IV. CLEAN

1. Rack Position
2. 1 Arm Hang Clean
3. 1 Arm Dead Clean
4. Double Rack Walk
5. Double Hang Clean

6. Double Dead Clean
7. Anchored Clean
8. Alternating Clean (2 count)
9. Alternating Clean (1 count)
10. Bottoms Up Clean
11. Double Bottoms Up
12. Crossover Clean
13. Twisting Clean
14. GS Clean
15. GS Double Clean
16. GS Assistance Lift

V. OVERHEAD PRESSING

1. Intro
2. 1Arm Military Press
3. Side Press
4. Push/Press
5. Waiter's Press
6. 2 Step Forward 1 Step Back
7. Bottoms Up Press
8. 1 Arm 1 Leg (contra-lateral)
9. 1 Arm 1 Leg (ipsi-lateral)
10. Seated Press
11. Double Seated Press
12. Sots Press
13. Double Sots
14. Alternating Sots Press
15. Double Military Press
16. Alternating Press (2 count)
17. Alternating Press (1 count)
18. Alternating Anchored Press
19. Alternating Twisting Press
20. Double Push/Press
21. Overhead Walk
22. Double Overhead Walk
23. GS Press
24. GS Double Press
25. GS Alternating Press
26. GS Push/Press
27. GS Double Push/Press
28. GS Assistance Lift

VI. LEG TRAINING

1. Introduction to Squatting
2. Deck Squat
3. Plie Squat
4. Elevated Plie
5. Front Squat
6. Double Front Squat
7. Overhead Squat
8. Double OH Squat
9. Hack Squat
10. Split Squat/Lunge
11. Racked Lunge
12. Overhead Lunge
13. Lateral Lunge

14. Lateral OH Lunge
15. Multi-directional Lunge
16. 1 Leg Squat/Pistols-Prep
17. Weighted Pistols
18. Racked Pistols
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20. Dragon Twisting
21. Racked & OH Dragon Twisting
22. Dragon Walking
23. Jumping Lunge
24. Cossack Lunge
25. Duck Squat & Walk
26. Lateral Slipping
27. GS Squat

VII. ONE LEG DEADLIFT

1. Straight Leg DL(SLDL)
2. Extended SLDL
3. 1 Leg DL
4. Extended 1 Leg DL
5. 1 Arm-1 Leg DL (ipsi-lateral)
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VIII. SNATCH

1. Swing Snatch
2. Corkscrew Snatch
3. Dead Position Snatch
4. Double Snatch-Swing style
5. Double Snatch-Clean style
6. Anchored Snatch
7. Alternating Snatch (2 count)
8. Alternating Snatch (1 count)
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IX. JERK

1. Jerk Prep-Dip
2. Jerk Prep-Bump
3. Jerk Prep-Drop
4. Double Jerk
5. 1 arm GS Jerk
6. GS Double Jerk

X. CLEAN & JERK

1. 1 arm C&J
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3. Bottoms Up C&J
4. Double Bottoms Up C&J
5. 1 arm Lockout w/ 2 KBs
6. Use of Belts
7. GS 1 arm Long Cycle
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XI. WINDMILLS

1. Windmill Prep
2. Low Windmill
3. High Windmill

4. High/Low Windmill
5. Elevated Low WM
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7. Elevated High/Low WM

XII. ABDOMINALS

1. Get Up Sit-up
2. Double Get Up Sit-up
3. Rolling Sit-up
4. Seated Russian Twist
5. Saxon Side Bend
6. Lying KB Pullover
7. KB Janda Sit-up
8. Hook Swings
9. Rotations in Rack
10. Overhead Rotations
11. Rotations w/ High Knees
12. OH Rotations w/ High Knees
13. Towel Swings
14. Low Basin Towel Swings

XIII. SPECIAL LIFTS

1. Bent Press
2. 2 Hands Anyhow
3. 1 arm Floor Press
4. Double Floor Press
5. Alternating Floor Press
6. Bottoms Up Floor Press
7. Waiter's Floor Press
8. KB Bent Row
9. Double KB Bent Row
10. Renegade Row
11. Crush Curl & Press
12. Extended Swings
13. KB Towel Curl
14. Open Palm C&P

XIV. COMBO LIFTS

1. Snatch-Overhead Squat
2. Snatch-OH Squat-Sots Press
3. Double Snatch-OH Squat-Sots Press
4. Clean-Squat-Press
5. Clean-Press-Squat
6. Double Clean-Squat-Press
7. Double Clean-Press-Squat
8. Snatch-Windmill-Press-OH Squat

XV. MONSTER LIFTS

1. Heavy 1 arm Jerks w/ 2 KBs
2. Pinkie Clean & Press
3. Playing w/ the Beast
4. More fun w/ the Beast

XVI. GIREVOY SPORT

1. Competition Jerk Demo
2. Competition Snatch Demo
3. Competition Long Cycle Demo



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