

The ULTIMATE Kettlebell Weekend - Day 2

RKC Prep/

Athletic Development Workshop

March 7, 2010
with

Sr RKC Jeff O'Connor

Discounts for the
first 7 to register
and if you attend
the HKC on 3/6/10

Morning Session: RKC Prep

Focused on the "Basic 6"

(Goblet Squat, Swing, Turkish Get up, Press, Clean, Snatch)
Practicing/Refinement of the Basic 6 lead by a
Senior level RKC



Afternoon Session: Athletic Development

Utilize kettlebells to improve Athletic Performance
Kettlebell/RKC Principle application to Athletics
Structure your training sessions to enhance
athletic performance

5.5 Reasons Why You MUST Attend:

1. **SENIOR RKC—9 in the world.** When will you have this opportunity again?
2. If you attended the HKC, stay an extra day, learn more AND receive a **HKC discount** for the second day
3. **Protect** your investment and **prepare** for the RKC
4. Nothing beats **hands on** instruction
5. Apply what you know about kettlebells to **Athletic Performance**
- 5.5 He's the **Redneck Ninja**—guaranteed that you will learn a TON

When: March 7, 2010. 8am-530pm

**Where: HealthTracks
Training Center
4331 S. Fremont Ave.
Springfield MO**

**COST: \$220—the first 7 people to email
me to register at simplykettlebells@gmail.com will
receive a **10% discount****

**Register: 1) at the RKC Prep website below
2) email: simplykettlebells@gmail.com
3) by phone: 405-612-8393**

**Don't Forget about the HKC course on
March 6, 2010**



HKC Information:

www.wayofstrength.com/methods/ws/spfhkc/spfmohkc.html

RKC Prep/Athletic Development Information:

www.wayofstrength.com/methods/ws/spfrkcrep/springfieldrkcprep.html

