

DRAGON DOOR PUBLICATIONS PRESENTS

HARD-STYLE

HARD CORE TOOLS FOR HARD LIVING TYPES

PAVEL: The Muscle Building Magic of "Kettlebell Tens"

ZAR HORTON: Igniting The Fire Service With Kettlebells!

JACK REAPE: From Skinny to Smolov and Beyond

CHRIS MAYS: Jail House Rock: How Inmates Build Scary Strength

DAN JOHN: Set New PRs With The Kettlebell "What the Heck" Effect

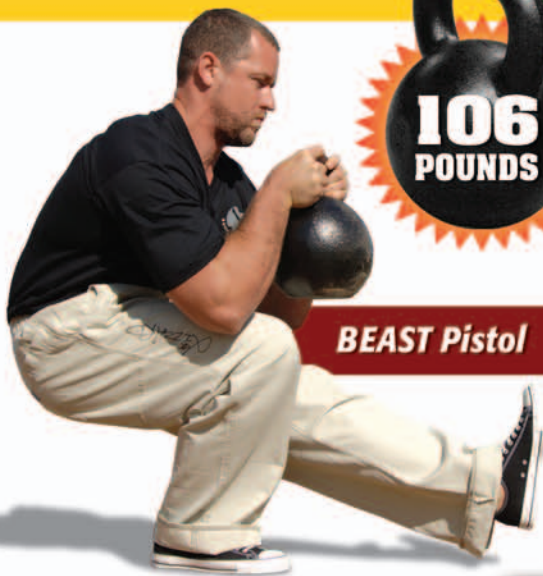


BEAST Press



BEAST Pullup

SHAUN CAIRNS became the first inductee into **THE BEAST TAMER HALL OF FAME** at the Sept. 2005 Russian Kettlebell Challenge Certification workshop— see page 23



BEAST Pistol



1-800-899-5111 24 hours a day
 fax your order (866)-280-7619

www.hard-style.com

Kettlebells receive national media attention

Congratulations to Sarah Lurie, owner of IronCore La Jolla and one of our most active RKC's for being featured in a recent issue of *Newsweek*—alongside a photo of our 4kg kettlebell. Sarah has been doing a terrific job in getting the word out about the benefits of kettlebells and is running a very successful operation—I encourage you to check it out at www.ironcorelajolla.com.

Other big plugs have come from *Experience Life* magazine, *Vogue*, and the *LA Times*. Since Pavel and Dragon Door introduced kettlebells to the United States four years ago we have seen a phenomenal growth in their use.

Kettlebell certifications are now selling out

Not surprisingly, the demand for premier training in kettlebells has gone through the rough—and we had to turn people away from our September workshop.

Speaking of the September 2005 RKC certification, Russian World Champion Valery Fedorenko made a surprise visit and trained participants in the fundamentals of Girevoy Sport. Valery did a superb presentation, which was very appreciated. High-level participants at the training included world champion powerlifter Amy Weisberger (one gentleman on our forum referred to her as pound-for-pound “possibly the strongest woman ever”)—and Jon Hinds, of Lifeline USA whose excellent company is responsible for the Power Wheel and many other innovative training products.

One of the highlights of the workshop was our first ever BEAST TAMER CHALLENGE. The very strong Shaun Cairns, from South Africa, became the first successful inductee to the BEAST TAMER HALL OF FAME. That's Shaun on our front cover—and see more on Page 23. BTW, the other two BEAST TAMER hopefuls, Brett Jones and Tom Phillips, came darn close to joining Shaun in the Hall Of Fame. Both Brett and Tom will undoubtedly make it the next time round...

Kettlebells are a perfect training tool for firefighters...

I have always been impressed by Zar Horton, RKC when I have seen him at our certifications—he embodies that quiet “presence of power” we value and encourage in our training. As Tom Corrigan, RKC—who is close to finishing a DVD on the subject—will also tell you, kettlebells are a perfect training tool for the firefighters. Find out why in Zar's excellent article on Pages 14-15.

Armed Forces Powerlifting Champion Jack Reape has made a great contribution to the quality of training advice on our forum. Read his fine piece on important lifting fundamentals on Page 12.

I was fascinated by Chris Mays, RKC's article (Pages 40-41) which shows how jail inmates have developed strength programs that have much in common with Pavel's best advice! I know Chris quite well, as he has attended many of my local qigong classes. A heckuva guy. Chris is a Use of Force instructor and truly knows whereof he speaks when it comes to applying strength training to confrontational situations.

The legendary Dan John (Pages 66-67) really cracks me up... I love his humorous and brutally honest style. Dan contributes an inspirational piece about the mysterious kettlebell “what the hell effect”... and how it allowed him to achieve a significant new PR in his worst throwing event—the javelin. Good stuff!

And of course, no one loves kettlebells more than fighters—who have to be able to take a good beating as much as dish it out. Read our interview with 7-time World Champion kickboxer, Kurt Pitman, RKC, to learn more...

Introducing new products

Check out Anthony Diluglio's terrific new kettlebell workout DVD, *The Art of Strength, Providence*. Anthony pioneered Punch!, the first gym to offer kettlebell circuit training. Anthony honed his circuits to such success that *Men's Journal* honored Anthony as one of America's top 100 trainers for two years in a row (2004/2005). As you will see on Page 43, Anthony's DVD has met with instant acclaim from our customers.

And I also want to give a big personal plug for Steve Maxwell's excellent new kettlebell DVD, *Abs, Back & Core*. Steve is a master innovator and proves it again with this outstanding set of 13 killer KB drills for punishing your body into new levels of physical power and strength.

Unlock! seminar draws rave reviews...next date set for February 2006

The new initiative, *Unlock!*, a collaboration between myself, Pavel and Steve Maxwell to bring you the very best techniques for mobility, stretching and opening up the body, was a huge success. Based on overwhelming feedback, we have extended the next workshop in February 2006 to three full days from the original two. We expect the new workshop to fill quickly, so register now to be sure of a place—go to Author Workshops on www.dragondoor.com for full details.



All the Best,

John Du Cane
John Du Cane
Publisher



Dragon Door Publications presents

Hard-Style
www.hard-style.com
www.dragondoor.com

Publisher & Editor-in-Chief
John Du Cane

Editorial
Training Editor
Pavel Tsatsouline
Editorial Assistant
Dennis Armstrong

Contributors
Zar Horton, Dan John, Chris Mays,
Jack Reape

Art Direction & Design
Derek Brigham
www.dbrigham.com

Internet Architect
James McConnell,
webmaster@dragondoor.com

Dragon Door Corporate Customer Service
Dennis Armstrong, Tammy Drury,
call 651-487-2180,
support@dragondoor.com

Orders & Customer Service on Orders: call 1-800-899-5111

Dragon Door Publications corporate address:

Dragon Door Publications
5 East County Rd B, #3
Little Canada, MN 55117

THE MUSCLE BUILDING MAGIC OF KETTLEBELL *FAST TENS*

by **PAVEL**

“Now I believe,” said Soviet champion weightlifter Sultan Rachmanov after following a repetition quick lift program. “...My shoulders, my back, everything is filling with strength.”

There is magic to sets of ten to twenty quick kettlebell lifts. Retired powerlifter Phil Workman, RKC—who already carried more muscle mass than a human body has the right to—started doing multiple sets of C&Js with a pair of kettlebells. The problem you are likely to face is getting the bar into position. You can load up a straight bar in a power rack; a Gerard bar needs to be deadlifted first. After a few months you are certain to shrug more than you can pull off the floor.

HIS SHOULDERS SWELLED UP TO THE POINT WHERE HE WAS ACCUSED OF TAKING STEROIDS.

Rock climber Kevin Perrone, RKC was not amused when long cycle C&Js put fifteen pounds of beef on his wiry frame.

In 1952 *Ironman* founder and editor Peary Rader reported about a muscle builder who: “used the clean and jerk as an exercise in a weight gaining experiment. Jim has always been a “hard gainer” and found it almost impossible to make progress. He went on this program of cleans and jerks... with all the poundage he could use correctly for the required number of reps (about 15 to 20). He immediately began gaining weight very rapidly and was amazed that the practice of this one lift or exercise could have such a profound effect on his body. Subsequently others of us have made similar experiments with this lift and found that it not only was a good weight gaining medium but also developed strength, endurance, speed, and timing that nothing else could give us. We also found it to be the toughest workout we have ever had.”

These words carry weight, given the fact that Peary Rader was one of the first in the iron game to heavily promote high rep barbell squats.

You have read in *Hard-Style* about the extraordinary deadlift accomplishments of powerlifter Donnie Thompson, RKC. But did you know that Donnie also added 100 pounds to his bench press? That in a bare three months he gained twenty-six pounds of muscle on a routine that emphasized kettlebell quick lifts? Mr. Haney, RKC, a 51-year-old former college champion shot putter and Thompson’s coach, added fifteen pounds of muscles on the same routine.

I ASKED MR. HANEY WHAT HE ATTRIBUTED HIS LIFTER’S PHENOMENAL PROGRESS TO. HE REPLIED: “KETTLEBELLS WORK THE MUSCLES WITHOUT KILLING THEM.”

When I taught a kettlebell seminar at the powerlifting Westside Barbell Club I asked Louie Simmons the same question. Simmons is the WSB mastermind; Thompson has trained under him and has been following the Westside template. Louie said to me: “Kettlebell lifts are slower than plyometrics—slow enough to work the muscles.” And you thought faster was always better!

True plyos must be very ‘touch-and-go’ in order to teach you to recruit your muscles more explosively and make a better use of stored elastic energy.

They are not meant to build muscles for that reason and because at the intensities involved you could not put up a high enough volume safely. If you are interested in the complex science of plyometrics, read *Supertraining* by Mel Siff, Ph.D., available from elitefts.com.

Unlike plyos that are too quick and too low rep, repetition quick lifts work the muscles most

thoroughly. “Usually the athletes lift barbells and then immediately drop them. This takes several seconds,” comments Dmitri Ivanov who interviewed Vasily Alexeev, the #1 weightlifter of the seventies.

According to Alexeev’s method, the athlete finds himself under the weight for a period of two or three minutes. The entire body must sustain this prolonged effort, as the athlete completes several consecutive exercises without letting go of the equipment. The weight of the barbell is relatively light, but the varied work with it affects every muscle cell.

“By the end of the two-week session, all Alexeev’s students had increased their bodyweight as a result of muscle growth and at the same time they’d increased their abilities. Here is what Sultan Rachmanov said: “At first I trained my own way. I didn’t believe that Alexeev’s advice would help me. Now I believe... My shoulders, my back, everything is filling up with strength.”

REPETITION QUICK LIFTS WITH THE DECELERATION COMPONENT BUILD MUSCLE FAST, PROBABLY DUE TO A UNIQUE COMBINATION OF THE MUSCULAR STRESS AND THE JUST RIGHT HORMONAL ENVIRONMENT.

The Russian kettlebell is the ideal tool for such training.

Kettlebells can be swung between the legs. Such deceleration builds powerful hips. Don’t try it with a barbell!

Kettlebells can be cleaned for many reps without stress to the wrists.

Visit the *Hard-Style* website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



www.hard-style.com

Kettlebells demand that you rack them with your arms pressing tight against your torso. This position enables you to safely absorb the shock when dropping the kettlebells to your chest following a jerk.

Where the technique of the barbell Olympic lifts tends to deteriorate rapidly once reps go up—Russian National Weightlifting Team members stick mostly to doubles these days—kettlebell quick lifts usually get better with more reps.

That said, here is a general prescription for building muscle that is as strong as it looks, with kettlebell quick lifts.

HOW TO BUILD DENSE AND POWERFUL MUSCLE WITH KETTLEBELL QUICK LIFTS

1. Do 10-20 reps per set, 50-100 per workout.
2. Train a muscle group 2-4 times a week.
3. Use a 'hard style' of lifting, don't pace yourself, don't use energy saving techniques.
4. Do the quick lifts that require you to decelerate the kettlebell(s) on the bottom.
5. Use heavy kettlebells; double kettlebell drills are ideal.
6. Rest for 1-2min between sets.
7. Use hybrid lifts at least some of the time.
7. Eat!

Some explanations are in order.

1. DO 10-20 REPS PER SET, 50-100 PER WORKOUT.

Experience shows that this rep range works best for building muscle with quick lifts. Ten makes a nice round number. Louie Simmons has found out that twenty was too many for him, he got too sore and tired, so he sticks with tens.

Take your time to work up to the recommended 50-100 reps per workout volume.

2. TRAIN A MUSCLE GROUP 2-4 TIMES A WEEK.

Again, learned in the trenches.

3. USE A 'HARD STYLE' OF LIFTING, DON'T PACE YOURSELF, DON'T USE ENERGY SAVING TECHNIQUES.

The astronomical reps top GS competitors crank out in the snatch and jerk are only possible through skillful energy management. For instance, to make sure that his grip can go the

distance the girevik does not sharply reverse the movement of the kettlebell on the bottom. He lets the kettlebell come to 'a stop' behind the hips naturally and rocks back on his heels to absorb the remaining momentum. Then he rocks forward on his feet and lets the kettlebell swing forward by itself, like a pendulum instead of driving it with his hips. Only when the kettlebell is between his legs will the girevik give it a measured hip thrust.

Such efficiency is exactly what is needed for winning a GS championship—and the opposite of what is needed to build strength and muscle. Different strokes for different folks. Brazilian Jiu Jitsu World Champion, Steve Maxwell, Senior RKC, stresses that you must make your sport technique as efficient as possible and your strength and conditioning as hard as possible. Steve drives his kettlebell lifts hard, with all his power, and does not worry about the numbers. On the mat he is the ultimate in efficiency.

4. DO THE QUICK LIFTS THAT REQUIRE YOU TO DECELERATE THE KETTLEBELL(S) ON THE BOTTOM.

Rapid eccentric loading is essential to the success of a repetition quick lift program. It does not mean you should never do snatches and cleans straight from the platform as Olympic weightlifters do, just don't emphasize them.

5. USE HEAVY KETTLEBELLS; DOUBLE KETTLEBELL DRILLS ARE IDEAL.

That presumes you are aiming for a lot of muscle and strength. Don't chase ever-heavier kettlebells if all you are after is conditioning.

Double kettlebell swings, snatches, cleans, and jerks force your lower body to work harder and help you get the right metabolic environment for muscle growth. Look what double kettlebell drills have done for Senior RKC Mike Mahler. I highly recommend his Kettlebell Strength & Size Solutions DVD (pages 29-30) as a reference for double kettlebell drills.

6. REST FOR 1-2MIN BETWEEN SETS.

When training for strength, rest a lot between sets. Five minutes are standard, three are pushing it, ten are not unheard of, and you can't beat resting for half an hour to an hour between sets.

Conditioning is just as simple—rest as little as possible. If you are not panting, you are slacking.

Muscle building is trickier. Resting too long interferes with the production of muscle building hormones. Resting too little forces one to use lighter weights. A compromise is in order. The idea is to get pumped with a heavy weight. One to two minutes usually does the trick.

7. USE HYBRID LIFTS AT LEAST SOME OF THE TIME

Combos will smoke you! Below are some double kettlebell hybrids to choose from. You can invent many more. Note that 'grinds' like presses and squats are mixed in but quick lifts make up the meat of the list.

- C + P
- C + J
- C + FSQ
- J + FSQ
- J + OVERHEAD SQ
- C + P + FSQ
- FSQ + PUSH P
- SN + OVERHEAD SQ
- SN + P
- FSQ + SOTS P
- SN + FSQ
- SN + P + FSQ
- C + FSQ + J
- SN + OVERHEAD SQ + P
- SN + OVERHEAD SQ + SOTS P
- SN + OVERHEAD SQ + SOTS P + FSQ + P

8. EAT!

Kettlebell lifting is very demanding. Most comrades will not put on muscle unless they eat. A lot.

Following is a sample six-week strength and muscle building routine for a girevik who is accustomed to heavy, high volume training. Adjust it to your strength and conditioning. Note that the workload goes up for three weeks, then backs off and builds up again. The reasons behind these three-week waves are explained in *Power to the People!* and *Beyond Bodybuilding*.

As strongman Bud Jeffries, RKC put it, "Lower and repeat until you're convinced you're a better man for doing it or your wife calls you in." Report your gains on the dragondoor.com forum.

A FAST TENS PROGRAM FOR MUSCLE AND POWER

Exercises	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
MON 1. C + P	2 x (5, 10) *	3 x (5, 10)	4 x (5, 10)	3 x (5, 10)	4 x (5, 10)	5 x (5, 10)
2. SN + FSQ	2 x 10 **	3 x 10	4 x 10	3 x 10	4 x 10	5 x 10
WED 1. SN + P	2 x 5	3 x 5	4 x 5	3 x 5	4 x 5	5 x 5
2. C + J	2 x 10	3 x 10	4 x 10	3 x 10	4 x 10	5 x 10
FRI 1. SN	2 x 10	3 x 10	4 x 10	3 x 10	4 x 10	5 x 10
2. FSQ + PP	2 x 5	3 x 5	4 x 5	3 x 5	4 x 5	5 x 5

* 2 x (5, 10) means two series of 5 and 10 reps: 5, 10, 5, 10. One clean plus one press count as one rep.

** 2 x 10 means two sets of five reps. One squat and one press equal one rep.

A SIMPLE SEQUENCE FROM SKINNY TO SMOLOV AND BEYOND

BY JACK REAPE

A lot of questions pop up about exactly how to get started and continue in weight training. With so many programs out there, it is difficult to pick where to start and when and how to move on. This subject can be a bit overwhelming and there is more than one way to skin this cat, but if we stay focused on variations of Intensity and Volume, we can make this subject clearer. Once these basics are mastered, the advanced ideas like varying rest periods, adding gear, partials, GPP, assistance work, cardio, etc. can be adjusted and experimented with at your leisure and level of interest.

Many texts say that beginners should stay with 3 sets of 8 reps 2 times a week for each main bodypart. While some research confirms this, more important than the reps is staying in the correct 50-70% Intensity range for a beginner. Keep in mind that just about any approach works for previously untrained lifters, so if we stay in the correct intensity range, we can work in a large range of reps to make up our Volume. A generic 3 sets of 8 twice a week gives us $(3 \times 8) + (3 \times 8) = 48$ reps.

Whether a beginner or an advanced lifter, it is very hard to hold proper form above 6 reps, so if we drop the reps to 5, we have a few options.

We can either do the Power to the People! (PTP) approach of 2 sets of 5 reps dropping 10% from set 1 to set 2, 5 days a week, or 5x5 with a fixed weight, 2 days a week.

I advise starting with PTP and then eventually moving to 5x5; both yield 50 reps a week. A few months of PTP (don't forget three work weeks and 1 back-off week!) will prepare you for 5x5.

If your time constraints only allow two training days the 5x5 is the way to go, but PTP really helps reinforce your new groove and is the optimal approach. The focus here is to build your work capacity so you can handle and recover from 50 reps in the 50-70% reps range.

Once you have built your groove and strength with PTP or fixed weight 5x5, then move to 5x5 with varying weight. You can vary your weights up and down each set, do the escalating density approach of adding weight each set, or my preference of working from heaviest to lightest set over the 5 total sets. During this phase, your Volume is staying at 50 reps a week but you are working on raising your Intensity into the 75-80% range.

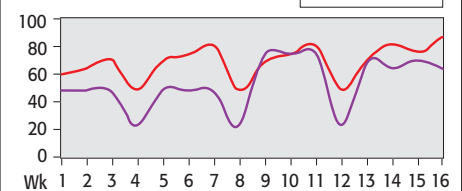
What if the Sheiko, Smolov, WSB, or MM is not your cup of puke and you want to just go ahead and peak from the Bear Phase?

In the peaking phase we drop the Volume 15-30% but we keep Intensity moving slightly higher. A familiar approach works well here, the 54321 approach. This can be done with a very heavy fixed weight and dropping a rep a set, or adding weight each set as we drop a rep. Twice a week this workout yields $15+15=30$ reps, so we have some more volume left we can and should do. The perfect finisher is 3x3 or 2 sets of 5 of board press when done with the full range of motion 54321 workout (I prefer to do 5433).

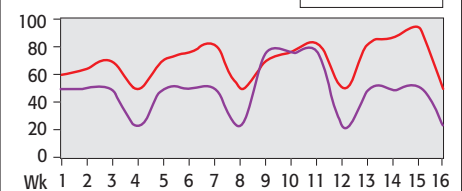
Start with the weight you finished your full reps with and work up as you feel. Our reps will move back towards 50 with higher Intensity than our previous 50 rep cycles. You will be bigger and stronger in whatever lift or lift you apply this method too.

The following article presumes that you have a basic understanding of Russian powerlifting training methods and terminology. *Beyond Bodybuilding* and Jack's and Pavel's articles on dragondoor.com are great places to start. -Ed.

PTP to 5x5 to Bear to Smolov



PTP to 5x5 to Bear to 54321



There are numerous variations and permutations of this approach to building a training template. You can do each template for a month or a few months at a time. The newer you are at this, the longer each phase should be. A more advanced lifter can go from one template to the next month to month. You can at any point decide you don't want to move beyond the workout you are doing, but they do nicely and easily sequence together as you move forward in your training. Good luck.

Jack Reape is an Armed Forces Powerlifting Champion who has helped many comrades on our forum get stronger. Make sure to read his articles on dragondoor.com.

IGNITING THE FIRE SERVICE WITH KETTLEBELLS!

BY ZAR HORTON RKC, CAPTAIN, ALBUQUERQUE FIRE DEPARTMENT

SPETSNAZ, US SPECIAL OPERATIONS FORCES, THE US SECRET SERVICE, SWAT TEAMS, WHO ELSE? —THE FIRE SERVICE... TRULY ANOTHER GROUP OF TACTICAL ATHLETES. ON DUTY 24 HOURS A DAY, FIREFIGHTERS MUST BE READY TO RESPOND TO ANY CALL (FIRE, MEDICAL, HAZARDOUS MATERIAL, OR RESCUE OPERATION) AND PERFORM AT A TOP LEVEL FOR UNDETERMINED PERIODS OF TIME.

How does one prepare physically for demands like that?

The answer is clear. A physical training system that can strengthen muscles (with an emphasis on the midsection and the low back), increase flexibility, and provide unmatched cardio-respiratory conditioning. All aspects of training must be addressed without training to failure and without unnecessary muscle soreness, so the firefighter's body is always in a ready state.

The answer is the Russian kettlebell.

THE ALBUQUERQUE, NEW MEXICO FIRE DEPARTMENT IS INCREASING THE NUMBER OF MEMBERS WHO USE KETTLEBELLS AS PART OF THEIR TRAINING PROGRAMS.

Our Fire Chief Robert Ortega is a progressive leader, especially in the areas of training and firefighter fitness. He realized the benefits of kettlebell training for firefighters and authorized two of his members to become RKC's so that proper training could be taken to the line personnel.

This journey started, strangely, by a single bell parked outside an office door. A little over a year ago, I was newly assigned to the Fire Training Academy. I thought that I would have a limited opportunity to work out, having moved from the field to an "office job." So I thought it would be a good idea to bring my kettlebell to work.

It did not take long before five members of the Academy staff, including the Academy Commander, started doing KB work! Field personnel were soon drawn to the kettlebell and were requesting lessons. This was a bit overwhelming, I was happy to teach what I knew but.... With so many requests for instruction, and

the technical nature of this training the Fire Chief agreed that Certified Instructors would be necessary to deliver this training properly and as safely as possible.

It was then that Captain Tige Watson and I attended, and successfully passed, the October 2004 RKC course in St. Paul. Upon our return we began training our firefighters on a weekly basis. A year later, we are still holding at least one class per week and are committed to teach our firefighters and their immediate family members free of charge. The response has been excellent.

With both Tige and I assigned to the Academy and entrusted with intensifying the fire-cadet PT program and a staff of athletes, some changes have been brought about—to say the least. Backed by an Academy training staff with backgrounds in wrestling, boxing, distance running, and the military service, with a green light from the Fire Chief and Director of the Training Academy, we redesigned our program to bring back old-school hardness to these grounds.

WE HAVE PAVELIZED THE PROGRAM. NOT CONTENT WITH BRINGING BACK THE TOUGHNESS THAT HAS BEEN LOST OVER THE YEARS WE TOOK TRAINING TO THE MOST DIFFICULT LEVEL EVER!

In doing so, we borrowed many techniques from Pavel and the Senior RKC's.

These grounds are now pounded by the sounds of cadets flipping and dragging tires and sprinting up the stairs of a seven-story tower stairs. They still do traditional cal's like pushups and pullups but in the weight room the typical beach muscle exercises are replaced with low rep, heavier weight exercises that teach full body tension, stability, and strength. They are based on the principles from Pavel's *Power to the People!* These things are necessary for success and longevity in our chosen field.

The staff amp up the workouts with Mahler-type body blasting combinations, a Martone-ified T.A.P.S. circuit, and Maxwell “cruel and unusual” mentality—not to mention his emphasis on the perfect push-up. All workouts preceded by a joint mobility session, Pavel’s *Super Joints* and Steve Maxwell inspired.

At the Fire Academy kettlebell training used to be reserved for the staff only. But when faced with challenges of strengthening the cadets who were weak in certain tasks, the kettlebell was the clear and obvious answer.

For instance, the KB has been used to strengthen five cadets who were weak in hoisting a heavy load on a rope. They were prescribed kettlebell rows. Low reps under high tension three times a day. The result—a 100% success.

ALL OF THE CADETS IMPROVED THEIR STRENGTH AND HOISTED THE LOAD WITH STRENGTH TO SPARE.

Another example. A cadet who was having trouble pressing loads overhead was assigned the KB military press three times a day, 3 sets of 5 reps per side. In four days she progressed from 12kg to the 16kg and is pressing with excellent form and strength. I have recently assigned a cadet—who was showing overall body weakness in rescue carries—the two-hand kettlebell swing to be performed in sets of 15 a minimum of three times per day. I will let you know what happens.

When we get all those interested in kettlebell training, the next step is getting each fire station its own set of kettlebells.

I ENCOURAGE ANY AND ALL FIREFIGHTERS TO CONSIDER TRAINING WITH RUSSIAN KETTLEBELLS.

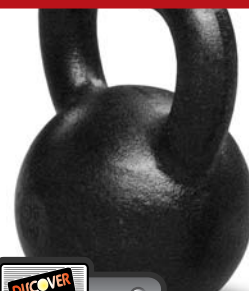
THE SIMPLE TRUTH IS THAT THIS TRAINING BUILDS THE KIND OF STRENGTH THAT IS PERFECT FOR THIS JOB.

There are so many times when we need muscular endurance, conditioning, pushing and pulling pressing strength at odd angles. The Russian kettlebell, when used properly, can improve all of the above.

Tige Watson and I would be happy to help you get kettlebells into your service, fire or law enforcement. We have given classes to police officers at their Academy and are slated to teach our local branch FBI. Ignite your fire service with kettlebells!



Albuquerque Fire Department Captains Zar Horton, RKC and Tige Watson, RKC can be reached at ZHorton@cabq.gov.



Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



www.hard-style.com

Unleashing a Powerful Force: Become a Leader in The World's Most Dynamic Exercise Method



Participants at *Pavel's 2005 Russian Kettlebell Certifications* included world champions, elite athletes, special forces, law enforcement, firemen, doctors, personal trainers, martial artists...and regular folk just looking to achieve irregularly spectacular levels of strength and conditioning. The Party is On. The Party is Growing. We invite you to ride the wave. Go to www.hard-style.com today and sign on!

Participants at Pavel's September 2005 RKC Workshop



Participants at Pavel's June 2005 RKC Workshop





Shaun Cairns, RKC Becomes First to Enter **THE BEAST TAMER** Hall of Fame

Congratulations to Shaun Cairns for being the first to officially perform the following lifts with THE BEAST—our 48kg (106lb) kettlebell:

The classic Pistol, the Press and the Weighted Tactical Pullup

Are You **MAN** Enough to Tame
THE BEAST? 106 LBS.

Hungry For Greater Pain? The BEAST Will Oblige You!

Those of you who lurk or openly engage with dragondoor.com's strength and conditioning forum know our Party includes some seriously strong Comrades, who are always looking to up the ante on their physical prowess... and to up their levels of unmitigated pain.

So in their honor (and because we fear their wrath) we've uncaged "THE BEAST", a monstrous 48kg (106lb) of solid iron, for the ultimate in hardstyle training. Swing it, clean it, snatch it—and, if you dare, try pistols, pullups and presses!

THE BEAST: KETTLEBELL (SOLID CAST IRON)

#P10L 48kg (approx. 106lb) – 3 poods

Price	MAIN USA	AK&HI	CAN
\$247.95	S/H \$67.00	\$223.00	\$158.00

We Invite You to Step Up to Dragon Door's "BEAST TAMER CHALLENGE":

To be inducted into **THE BEAST TAMER** Hall of Fame, you need to be able to perform:

- One 48kg pistol (choose which leg)
- One 48kg press (choose which arm)
- One 48kg weighted tactical pullup

The next BEAST TAMER CHALLENGE will be held at *Pavel's April, 2006 RKC Certification Workshop*.

Future **BEAST TAMER** Hall of Fame inductees will be published, with photos in upcoming issues of *Hard-Style*.

Many of us can *swing* THE BEAST, most of us can *deadlift* THE BEAST, many can *clean* THE BEAST, quite a few can even *snatch* THE BEAST, but only a chosen handful of the strong can either *press* THE BEAST, or do a *pistol* with THE BEAST or perform a strict weighted tactical pullup with THE BEAST...

It takes tremendous overall strength to achieve all three lifts...

And so far only one man has officially accomplished that impressive feat:

Shaun Cairns flew over from South Africa to be an Assistant Instructor at Pavel's September 2005 RKC Certification workshop, where he also competed in our first-ever BEAST TAMER CHALLENGE.

Have you started training with your BEAST yet? If not we invite you begin and look forward down the road to adding your name to the BEAST TAMER HALL OF FAME!

Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



JAIL HOUSE ROCK:

A Corrections Officer's Observations on Inmates' Strength Training

BY CHRIS MAYS, RKC

Over the last several years I have been using the physical training methods taught by Pavel Tsatsouline to stay in shape. I am a Detention Deputy with a Sheriff's office and his methods have been of great benefit to me professionally.

Over the last several years I have been using the physical training methods taught by Pavel Tsatsouline to stay in shape. I am a Detention Deputy with a Sheriff's office and his methods have been of great benefit to me professionally.

As I became more familiar with Pavel's Party methods, I noticed that I was not the only one in the jail environment making use of good training principles. I began to pay more attention to the exercise methods being used by inmates. What I saw being done and the results achieved were pretty impressive.

It is interesting that when people have similar needs they will develop similar methods to achieve them. Inmates in the corrections system are in need of physical strength. The appearance of a strong body will deter aggression and can also be used to intimidate both staff and other inmates.

The need to be prepared to physically respond to a violent threat with force and without warning is also a necessity in jail.

Contrary to what is marketed by much of the fitness industry, the development of a gladiator's body does not require gadgets and pharmaceuticals. I have seen some very impressive physiques developed by inmates locked in 4 x 10 cells 23 hours a day, on low calorie diets, with no access to normal strength training equipment. The only supplements they use are Snickers bars if they are lucky to get to the commissary and their training apparatus may be limited to their own body weight or a pillowcase filled with books.

Most inmates develop a base level of strength and endurance by using the GTG or 'Grease the Groove' method with push-ups throughout the day. The programs used are very similar to the ones from Pavel's *Beyond Bodybuilding*. Sets of push-ups are performed every hour on the hour during the day or in a ladder fashion. Some inmates build up to 1,000 push-ups a day. The workload is spread out and there is enough hypertrophy to stimulate muscle growth. Some inmates use the eight-count body builder or the squat thrust in place of the push-up. Pull-ups done on a door Bill Wallace-style and dips performed on benches in cells are also done using GTG and ladders.

In a world of violence inmates learn quickly that there is a difference between a powerful looking body and a powerful body.

To develop more extreme strength for combat the *Naked Warrior* logic of reducing the leverage in an exercise is applied. This is also good for developing the ability to resist arrest on the street or attempts at control by guards. Push-ups can be performed on fingertips, wrists, and with the fingers facing in different directions to build flexibility and harden them against compliance techniques. Inmates will work on reducing the number of fingers used in fingertip push-ups to make them harder, or do them on one arm. I have seen several inmates who have built up to a one-arm/one-finger push-up.

With the absence of barbells and dumbbells in many facilities inmates improvise their equipment. While health clubs are stocked with thousands of dollars of shiny toys, inmates locked down in Max housing units are gearing up for their next 4th degree assault with towels, trash bags filled with water, and pillow cases stuffed with books. I don't think anyone has a trash bag on the market yet for leverage and grip work but they do get results! (Warning, I know Steve Maxwell is going to want to try this; take the trash bag with water in it outside so DC doesn't kill me!)

Isometric and static holds are done in different positions for time using whatever simple implements are available for resistance. Once you have built up to a point where you can no longer add weight, start reducing the leverage by using fewer fingers.

This type of training will produce tremendous body tension and we know what that leads to. A strong core and very strong grip will be yours.

I have also seen twisting a wet towel, a.k.a. 'the Russian Laundry' from *Beyond Bodybuilding* being used for grip work. One inmate I spoke with used a series of isometric exercises with a towel. Not only did he have a good build, but he claimed that after doing his neck exercises for a year in the joint COs (corrections workers) could not choke him out any more.

Although I have not seen much flexibility training being done in jail, I have seen a lot of joint mobility style training. Shadow boxing is often done to stay loose and reduce muscle tension. This is both good for preventing injuries from training and for keeping the body primed for combat. The methods vary but the *Fast & Loose* logic is there and it can give inmates a big advantage over a CO who has been sitting in a control room all day.

Inmates have many disadvantages in building a fit body. What they often lack in equipment, diet, and supplements they make up for with frequent training that is never to failure, simple but sophisticated training principles, and 10 plus hours of sleep a day. This can give them an advantage over a busy Patrol Officer or CO who works long shifts and often has family obligations after work.

Unfortunately many people entering Law Enforcement today can barely pass the physical entrance standards.

They then put a uniform on a weak body and somehow think that they can now handle themselves. They have entered a physical profession without being physical and the day will come when they will be humbled and possibly hospitalized for this error. If you cannot do 15 good push-ups and you think you are going to manhandle a guy with a goose neck who is doing 100 bent wrist push-ups every

night, it may indicate that your pre-hiring psyche evaluation failed to pick up the fact that you are crazy!

So what is a hard living person who works for a Tactical or Law enforcement agency to do?

Grab a Kettlebell, Comrade! Fifteen minutes a day will keep the doctor away.



The strength, endurance, and flexibility gained from using kettlebells have helped me in emergency situations. I can respond quickly and I am more resistant to injuries. I also do not get a sore back and feet that plague many after a long day. The grip and core strength that I have gained from using kettlebells has also improved my job performance. The ability to use pain compliance techniques is directly related to the lower arm and core strength. I noticed that as my hands and core got stronger, so did my ability to use pain compliance and subject control techniques.

I also noticed that inmates could sense strength in my grip. Many use-of-force situations in jail start out with a guard simply grabbing an inmate by the arm for control. The conflict often ends at that level when the inmate senses strength in the guard's grip. The grasp of a strong hand on your body acts as a stop sign, warning that further action might not be a good idea.

Having the strength to resolve use of force situations at a lower level on the use or force continuum means fewer trips to the hospital for me and less liability for injuries to others. That is a win/win situation for any LEO, security guard, or bouncer. Basic ballistic and grind exercises like the kettlebell swing and the Turkish get-up will make you 'physical' to handle a rough occupation.

Remember, the next time you go to put handcuffs on someone, they may have been preparing for you, so make sure you are prepared for them.

Chris Mays, RKC works for a Sheriff's Department in Minnesota. You can reach Chris for seminars on Kettlebells, Defensive Tactics and Medieval European Martial Arts at camayslpd7@yahoo.com.

7 Time World Amateur Light Heavyweight Kickboxing Champion, Kurt Pitman,

Discusses Kettlebell Training for Fighters and Professional Hockey Players

WE INTERVIEWED KURT PITMAN AT THE APRIL 2005 RKC CERTIFICATION WORKSHOP

Dragon Door: Kurt, can you fill us in on your athletic background, and talk about how you got into kettlebells?

Kurt Pitman: I was a kickboxer/mixed martial artist for seven or eight years. I was a member of the Lion's Den and I got to train with a lot of world-class fighters, like Guy Mezger, Ken Shamrock, and Tra Telligman. The Machado is a group of major Jiu-Jitsu guys down in Dallas, Texas, where I am. I train with a lot of the students there and help them get ready for fights.

I won the World Amateur Light Heavyweight title for the ISK in 1996 and I had six successful title defenses. Then I saw a downslope in kickboxing as far as the busyness of it, so I started going over to mixed martial arts to get some groundwork done. We were already involved with Guy Mezger for the Big Barrage race and then fighting in New York City a few times. That's really my only background. I never played sports. Then after that I got out of fighting because I was getting older.

D.D.: How old are you now?

K.P.: I'm only 30 now, but I was sent to the top pretty fast. I didn't have a lot of fights — only 25. But the guys that I worked with were such good coaches that they prepared me pretty quick. When I fought for the World Amateur title, I had eight days' notice.

The number-one contender hurt his heel or something and I got a phone call from the ISK representative. He said, "Do you want to fight Mike Mancini?" I said, "Sure." I didn't have time to get nervous. So, I had to get myself in shape two weeks out. I was in shape most of the time. I am in a different kind of shape now, because I've been doing a lot more Olympic lifting. I was doing a lot of power cleans with the clean-and-jerk, as well as the snatch.

Actually, it's kind of funny how I got into kettlebells. I tweaked my back, or what I thought was my back, but was really some soft tissue. That was going on back in October and I met Frankie Faires, because he's also based out of Dallas. He was showing me some KB maneuvers. I'd already gone to the Olympic training center and got to watch those guys because the 2004 Summer Olympics were right around the corner.

I even got to train at the Olympic facility, because I was certified as an Olympic coach. When I tweaked my back, I knew it wasn't spinal by any means, but I got into the kettlebells because I thought, "Wow, I'm not having 300- or 400-pound loads on me, I'm bearing a 70-pound load." Frankie started me off with a 32-kilo kettlebell and I said, "Man, I like this. It doesn't hurt my back." So that's how I got into the kettlebells.

Then, about seven weeks down the road, I had some soft tissue work done on my scoliosis. I had taken seven weeks off of Olympic lifting when I went back to the platform and lo and behold, I was able to snatch a 40-kilo KB, and my clean-and-jerk went up 5 kilos!

So I thought, "There's something to this". A little reactive recovery was still stressing my system, but not to the point of having a 300- or 400-pound load on my front or back. So that's what sparked my interest with the kettlebells. I do it at least once a week, when I take time off the platform work. I usually do kettlebells three days a week for probably one to two weeks at a time, but then I go back to the platform.

D.D.: What are your athletic goals now?

K.P.: Well, I'm retired from fighting, and am just into personal training now.

D.D.: What are your thoughts about kettlebells, both for yourself and for your clients?

K.P.: Right now I train two of the Dallas Stars. I train Mike Modano and Brenden Morrow. I've had the privilege of training Mike for about eight years. He and Brenden are going to Austria right now for the World Championships.

D.D.: So you're finding that kettlebells are good for hockey players?

K.P.: Definitely, simply because it is a contact sport. But I design a different program for Brenden Morrow than I design for Mike Modano. Mike Modano is going to be like your skater, blow-by-blow, boom-boom-boom. He does work to absorb hits.

D.D.: You see kettlebell training helping to absorb hits and stay resilient.

K.P.: Absolutely, absolutely! They are stimulating their central nervous systems to know what it feels like to get charged up and then go do another lift. Do something that's going to bang them, get them spiked, and move them straight into another load. I definitely see the benefits from that.

D.D.: Do you train any fighters?

K.P.: I have trained some fighters. I've had the pleasure of working with Ken Shamrock a bit. I was helping Guy Mezger get ready to fight Tito Ortiz back in November or December of last year.

D.D.: Do you use kettlebells with them?

K.P.: Yes. Actually, I have another guy working with kettlebells now who is probably going to step back into the ring. He's had a little time off. He'll probably start back in about six months, so he is getting in touch with the kettlebells.

D.D.: How do you convince a fighter like Shamrock that kettlebells are worth his while? What can KBs do for fighters?

K.P.: One, it's more personal. Two, the unilateral load. When we begin to learn kettlebells, it's with one KB and the loads are multi-directional all of the

time. It's not a leg press. I don't put any of my athletes or fighters on the leg presser or anything that is on a single plane.

I like the dynamics of the kettlebells, the flipping and rotating in your hand, the mental and physical awareness that you have to have when you are doing it, even a snatch. Now, a snatch is simple for guys who have done it before, but you see people who have not done it before and it's a pretty dynamic move for them!

What I also like is that [mixed martial artists] can get a fantastic workout in only 25 minutes. A big mistake that a lot of guys make is to over-train mixed martial arts. Don't forget, they wrestle and they box. They work out twice a day for the most part, and sometimes more.

D.D.: From your experience, do KBs increase striking power?

K.P.: Yes. If anything, if they don't help with the striking power, there is at least shoulder stabilization and the ability to lock the shoulder and turn, like boxers do. They have that snap and punch. Even if it doesn't increase the power, it will protect them. They will have the ability to protect themselves when their limbs are out, arms bared.

One thing that I like about kettlebells is that they not only test your fighting reflexes but your tilting reflexes as well, because a kettlebell can be an unstable object. Like I said, the dynamics of the kettlebells make people more mentally aware and sharp. This young fighter that I have, he likes anything new. He likes anything that he can't do at first, and he'll stick with it until he gets it down. So we'll see how it goes.

D.D.: How have you been adjusting to the intensive KB training here at the certification?

K.P.: Well, the clean with the kettlebell and the clean with the barbell are two totally different moves. That's what Frankie and some of the other instructors have had to get on me about how I break my wrist. It's a habit from the Olympic moves. The two moves are named the same, but they are totally different.

One thing that I like about kettlebells is that they not only test your fighting reflexes but your tilting reflexes as well, because a kettlebell can be an unstable object. Like I said, the dynamics of the kettlebells make people more mentally aware and sharp. This young fighter that I have, he likes anything new. He likes anything that he can't do at first, and he'll stick with it until he gets it down.

D.D.: How's the certification been for you in general? What do you think of the training?

K.P.: Very intense. They break it down. The swing...yesterday we spent most of the day on the swing. It's a very basic movement. I like the cues that they gave us some trouble-shooting guides for the restricted Box Squat. It's one thing to know how to do the movement, but to teach it and to give your students verbal cues is another ballgame. And that's what we are here for, to be able to give them verbal cues. Those have been fantastic! The detail of how they break it down has been good, because no one's lost.

The instructors are very well-versed. They have all different kinds of backgrounds, and everyone is special at something. I just enjoy the course. It's been fun from day one. The people are great.



Contact Kurt Pitman at kurtpitman@hotmail.com.



HOW TO SET PERSONAL RECORDS IN YOUR SPORT WITH THE KETTLEBELL

‘WHAT THE HECK EFFECT’

BY DAN JOHN

You can see it in the judge's face...and my competitor's. You can certainly see it my face.

What are we seeing? Well, a lot of us are starting to refer to it as the "WTH Effect." For laymen, that is the "What the Heck Effect" and it is usually followed with a question mark. What is it? Heck if I know.

A couple of years ago, the synergy of the Internet started changing the way a lot of my co-conspirators trained in the arts of throwing. Before 1998, we trained like this:

Three days a week — Bench, Clean, Squat. Four days a week — Throw.

Any questions?

You know, it worked. Oh sure, we had those little nagging issues like surgery, burn out, obesity and boredom...but, what is that compared to throwing the same distance year in and year out for decades?

Odd things started popping up on Internet training forums. Odd things? Yeah...like odd lifts and odd objects. And, I thought it was all silly. I mean, really, who could tell me how to throw farther? Certainly not these lunatics in Converse shoes that felt like asphalt, also known as "Kettlebellers."

I was wrong. Okay, I said it: wrong.

I will discuss in this article the number one thing that I was wrong about: kettlebells. Let's look at my first impression: "Are you kidding?"

You see, my experience taught me a lot. If it is new...it is wrong. If it looks good in the ad, it doesn't work. If "everybody" is doing it, I won't.

My first experience with the kettlebell was at the Seattle Super Heavyweight Meet. This is the day that we throw the 35 pound weight, the 56 pound weight, the 98 pound weight, the 200 pound weight and the 300 pound weight. I was promised we would be done by noon for the BBQ and I had plans to spend the evening with friends on one of the rivers.



Ah, plans. The organizers made a change, I still hadn't taken a throw by noon, and by six in the evening I still had throws. I got there at eight in the morning, warmed up (what was I thinking) and ten hours later had noticed the telltale signs of stiffness. What to do?

Dan Mohegan had turned up to support me as part of the infamous "Old School" ground crew. I said, "Jeepers, I have noticed the onset of stiffness due to the cold, lack of nutrition, and long day." I may have said something else...but, Dan offered this advice: "Here, do swings with this kettlebell."

TEN SWINGS PER SIDE LATER AND MY BACK WAS FLUSHED WITH A WARM GLOW, MY BREATH HAD LEFT ME (OBVIOUSLY WHEN YOU COME FROM NEARLY A MILE HIGH TO SEA LEVEL YOU BREATHE HARDER BECAUSE

OF...OF...TOO MUCH OXYGEN? YEAH, THAT'S WHAT IT WAS...) AND I WAS READY TO GO AGAIN.

When I got home, I got my first kettlebells.

Fast forward to last winter. Pavel nicely offered to let me speak at the first Kettlebell Convention. I had literally stumbled upon a new way to train athletes. It is this simple:

Bring one or more kettlebells to practice with you. Do your event, do a kettlebell movement. Repeat...a lot. With my core group of throwers, we began to see some odd changes.

CERTAINLY, MY ATHLETES WERE GETTING LEANER WITH BETTER GRIP STRENGTH (THE TWO MOST NOTABLE IMPROVEMENTS WITH THE KETTLEBELL), BUT WE WERE ALSO FINDING AN INTERESTING THING: WE WERE THROWING FARTHER.

Why? I don't know...that is why it is called the WTH Effect. You perform better, but you can't get a handle on "why." After Steve Maxwell's talk, I asked him a very simple and pointed question: what are the three best kettlebell drills for loosening and warming up. He answered without hesitating:

1. Halo Drills (Two handed Kettlebell circles around the head)
2. Squat cradling a kettlebell, at the bottom let it "roll" down to extended arms, push your hips up into the start of the straight leg deadlift, roll the hips down and recover back into the squat...repeat.
3. Windmills. C'mon...you know them...

My job as Chief of Research for the Murray Institute for Lifelong Fitness is to be the crash test dummy for all new information. So, what did I do? For the next few months, I focused on improving my weakest competitive event. For me, it is the javelin throw...the nightmare of my weight pentathlons. I blew my rotator cuff apart in Junior College throwing the, uh, javelin and I never recovered. Generally, I throw 90 feet and coil in pain after.

So, gentle reader...I took an event that hurts me physically, I can't stand, and I am not good at to test the kettlebell. Sure, that sounds fair.

Five days a week, I did my "Steve M Three," the Halo, the Bootstrapper Squat, and the Windmill. Then, I followed the instructions given me by Bill Witt, my coach: a nice bouncy run up (like Tigger!), leap into the "Y" position, wrap the "X," and ruin your shoes in the "C." That all makes sense to us...but the efforts were all easy and striving for "no pain."

Fast forward to August, 2005. After a terrible discus throw, we walked in the humid Dallas heat about a mile to the javelin area. I was hot, sweaty and depressed after a bad day so far. Yet, at the top of the runway, I reviewed my

technique and all the time I did my Steve M Three and my "Y-X-C." I drove...Tigger style... down the runway and heard the crowd yell "whoa!" I recovered and looked up to what appeared to be...the flight of a javelin throw. Knowing I was the only thrower meant...I threw that!



Dan John back in the day.

I ADDED...AT AGE 48...SIX METERS TO MY PERSONAL BEST IN LESS THAN FIVE MONTHS. IT ENDED UP BEING JUST UNDER 160 FEET.

The lessons are crucial here:

First, I trusted experts. I listened and followed Steve and Bill's advice and didn't let the perceived "ease" of the training bug me. I can't think of better advice...trust the experts, those who have been on the road before.

Second, touching your toes or tossing your leg up on a barre is not the kind of dynamic flexibility you need for athletics. You need to challenge, shape, stretch, tug, pull, groove and move all at the same time...every day and in every way. My Steve M Three training was perfect. In fact, I have some cross-country runners doing it and they just discovered that they have "hamstrings."

Third, I realized, finally, that the formula for success is generally right. Having said that, you also have to have the courage and confidence to explore other ways of getting beyond what you or others think is possible.

Watching that javelin fly, a thought came through my head: "What the..."

For the first time in my four-decade athletic career, I think I got it right.

Dan John is your typical coach. A Fulbright Scholar to Egypt, Dan has advanced degrees in history and religious education. He has traveled the world dealing with parasites, customs officials and a terrible accent in every language he has learned...so much so, that both Turkish and Hebrew speakers have asked him to stop speaking their language.

When not working as a professor of religious studies, Dan is a fulltime strength coach and Head Track and Field coach at Juan Diego Catholic High School in Draper, Utah. Dan has multiple national and state championships in the discus, Olympic lifting, Highland Games and the Weight Pentathlon. He recently finished his first instructional DVD on carrying, dragging and pulling objects available at <http://www.crossfitnocal.com/catalog/index.php>. He also maintains the "world's largest" free website dedicated to lifting and throwing stuff at <http://danjohn.org/coach>.

“Injuries Flee the Scene of the Crime— When Attacked by Pavel’s Fast-Response, Rescue-Your-Own-Body *Super Joints* System

“For 25 years, I have been totally unable to do any kind of chest press because of an impingement in my left shoulder, which always led to severe pain the day after doing any kind of pressing.

3 weeks of daily practicing of all the shoulder joint mobility drills in *Super Joints* (along with careful observation of 'healthy shoulder' pressing techniques learned on this forum) ... and I was able to bench 5X5 55 lb dumbbells last week totally pain free! **Pain free after 25 years is truly great stuff.**”—**TOOSTEEP**, [dragondoor.com forum](#)

“When I started at my job a couple of months ago, I had been talking to one of the cooks one night and told her about mobility training. I explained the details of it and, after teaching her how to squat properly, didn't mention it again.

But just recently I found out that she's been keeping up with her mobility training and it's worked wonders. She's had such bad knees that she's had to wear knee braces for twenty years and she hasn't had to wear them due to her improved joint health. There are similar stories coming from the servers with bad backs after I taught them about decompression hangs with three plane movements.”—**JOSEF**, [dragondoor.com forum](#)

“About 4 years ago at the insistence of our Head Performance Training Coach John Taylor, we changed our warm up to a stand up dynamic routine. Coach Taylor found numerous research articles showing an 8 to 22% decrease in power, with no reduction in injuries using static stretching. Some studies stated that the power deficit can last up to 90 minutes.

When I first purchased the book *Super Joints* 2 years ago, I noticed that the routine is very similar to the one that we use at New Mexico State University, our “Head to Toe” routine takes roughly 8 minutes to complete and all the sports that we work with use it. I keep track of our injuries and in the 4 years that we have used the “Head to Toe” routine our athletes have not encountered a higher rate of injuries than during my first 2 years at NMSU when we used a different one.”—**TONY MCCLURE**, Assistant Performance Training Coach, New Mexico State University

“Three days after I initially fractured my elbow I started doing *Super Joints* and within two weeks I had full mobility back in my

right arm. I was supposed to attend Occupational Therapy, but when I got there they were so shocked and amazed at my progress that they sent me home. I guess they've never seen someone regain their mobility so fast.”—**TONYA EHLEBRACHT**, **US Army**

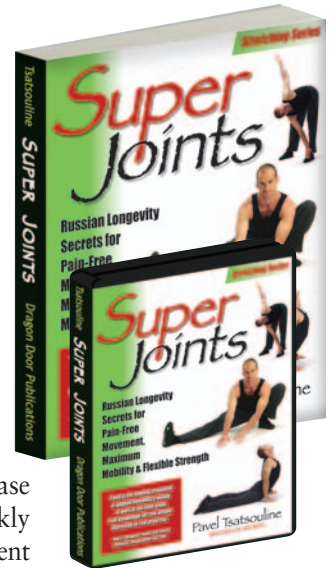
“*Super Joints* is excellent. It is also saving me a good deal of money. I've had to lay off of heavy squatting and deadlifting because of a back injury. My active release therapist/chiro is amazed at how quickly I am making progress—my alignment doesn't return to crap after an adjustment. I credit the progress mainly to *Super Joints*.” From: **CHRIS M.**, 2003-05-18

“I am 58 and need to keep my joints oiled. I have had very good results with *Super Joints* My knees and elbows don't ache anymore.” From: **SEEAHILL**, 2002-11-07

“I already feel “younger.” I'm also noticing an ability to better withstand rolling in Jiu Jitsu class—I don't have to tap quite as often, even in bad positions. *Super Joints* is a fantastic, fantastic book. I think that everyone should do *Super Joints*.” From: **DAN MCVICKER**, **RKC**, 2003-05-18

“As the owner of a sixty-four year old body and as the practitioner of a sedentary job, I have lost some range of motion. The movements in this book have helped me in several ways: 1) Improved the range of rotation of my head. 2) Improved the movement and reduced the pain in the right shoulder injured several years ago. 3) Helped alleviate tension in the neck and traps where I tend to carry stress. 4) Improved my posture helping me look less like a wizened old man.”
—**COMRADE FLOYD**, [Amazon.com](#)

“*Super Joints* = Super ROM. Get the book and you'll realize what you've been missing by just stretching. It's more about maintaining the youthful fluidity of the joints which is lost through age and or abuse.” From: **LARRY DIBBLE**, 2002-05-09

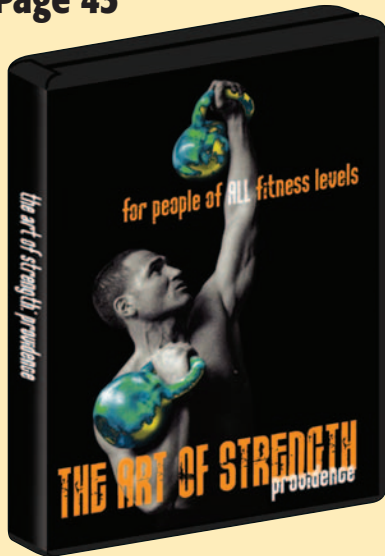


New Product:

New Kettlebell DVD from Anthony Diluglio

The Art of Strength,
Providence

Page 43



"I did not think one could make a high quality train-along kettlebell DVD. Anthony has proved me wrong. *'The Art of Strength'* is raw and edgy and its workout structure makes an excellent training template. Get your copy and enjoy the pain!"

—Pavel Tsatsouline

Interview:

KURT PITMAN:

7-Time World Amateur Light Heavyweight Kickboxing Champion, Kurt Pitman, Discusses Kettlebell Training for Fighters and Professional Hockey Players

Pages 62-63



Articles:

PAVEL:

The Muscle Building Magic of Kettlebell Tens

Pages 3-4

JACK REAPE:

From Skinny to Smolov and Beyond

Page 12

ZAR HORTON:

Igniting the Fire Service with Kettlebells

Pages 14-15

CHRIS MAYS:

Jail House Rock—Inmates' Strength Training

Pages 40-41

DAN JOHN:

How to Set Personal Records with the Kettlebell "What the Heck" Effect

Pages 66-67

1-800-899-5111 24 hours a day
fax your order (866)-280-7619



www.hard-style.com

Dragon Door Publications

P.O. Box 1097

West Chester, OH 45071