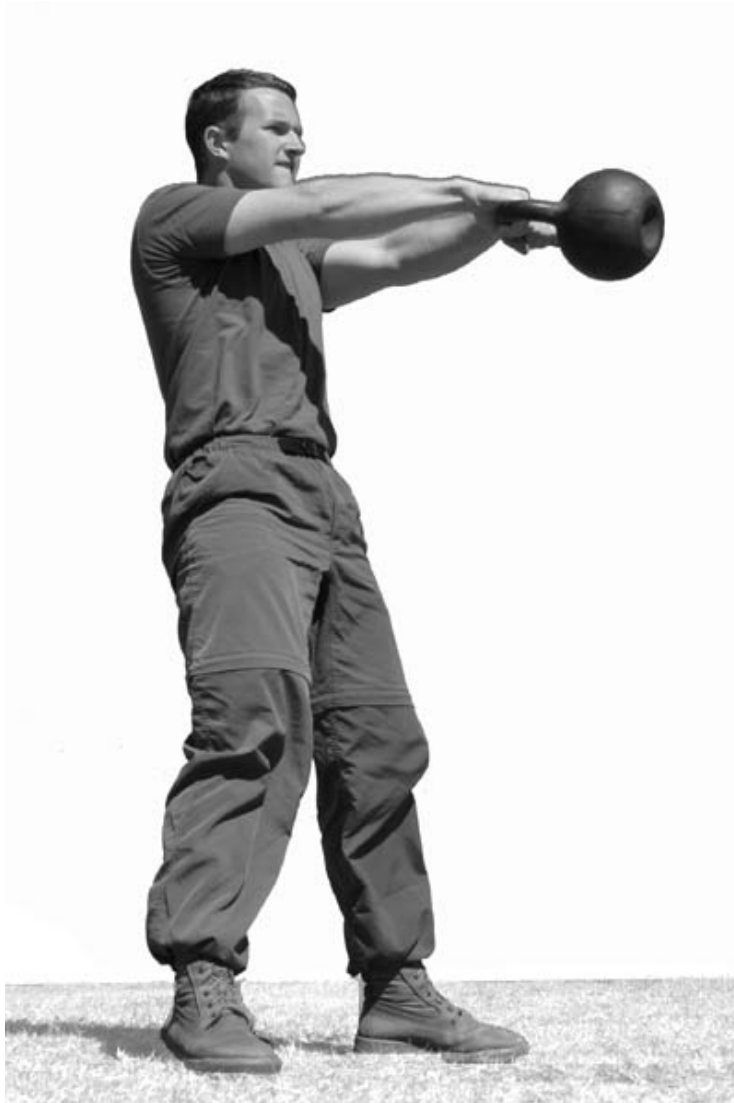


OCTOGEN KETTLEBELL INSTRUCTORS COURSE



Info Pack

www.octogen.com.au

Introduction – Why kettlebell training?

If you've been involved in fitness training over the last couple of years chances are that you've noticed the growth in popularity of alternate training methods such as kettlebells and strongman training.

After years of fitness training becoming softer and easier there has been a realization by serious trainees that good old fashioned hard work is the key to elite levels of strength and endurance and if you are a fitness instructor now is a great time to pick up the skills required to teach these challenging exercises and workouts.

Kettlebells are a fantastic tool for developing strength, speed, power and endurance. They can be readily adapted to all fitness levels from overweight beginners just getting back into training through to elite athletes and people in the armed forces and emergency services who depend on their fitness for their lives!

Kettlebell training is consistently given rave reviews by this broad spectrum of clients for it's effectiveness, safety and challenging but enjoyable workouts.

The Octogen Kettlebell Instructors course is designed to equip personal trainers, sports coaches and serious fitness enthusiasts with the skills and knowledge to get the best out of kettlebell training whether it's for their own personal regime or when working with clients.

The course has now been running for over 2 years and has been taught all around Australia!

So if you are interested in getting the most out of your kettlebell training please read on and I hope to see you at an instructors course soon!

Don Stevenson
Head Instructor
Octogen

Course Outline

The Octogen Kettlebell Instructors course is a comprehensive 2 day course with a strong emphasis on teaching the fundamentals of kettlebell training.

The course is divided into three main sections

Part 1 – Learning the fundamental kettlebell exercises.

During this section of the course all the standard version of each of the fundamental exercises is taught.

- Swing
- Turkish get up
- Windmill
- Clean
- Military press
- Front squat
- Snatch
- One legged deadlift

This section of the course is essentially a kettlebell basics workshop and the emphasis is on learning the movements. This stage of the course takes approximately 3 hours and at the end participants will be able to perform the exercises with correct form.

During the workshops beginners not wishing to do the full instructors course will often just complete this section before instructor candidates continue on with the remainder of the weekend.

Part 2 - Theory of kettlebell training and program design

The second part of the course covers all of the theoretical aspects of kettlebell workouts and program design including

- Safety
- Principles of kettlebell training
- Features and benefits of kettlebell training
- Advantages and limitations of kettlebell training
- Kettlebell training as a stand alone conditioning system
- Integrating kettlebells with other training systems
- Workout and program design for specific goals (fat loss, muscle mass, endurance, speed and power)

The aim of this section is to show how kettlebell training can be applied to a wide variety of situations and clients and to demonstrate how kettlebell training is different to traditional gym programs.

Part 3 – Teach and fault correct the fundamental kettlebell exercises.

After learning how to perform the exercises and learning the theoretical background of training the remainder of the course involves going back to each exercise and breaking it down in greater detail so that instructors understand how to teach and fault correct each exercise and have a toolbox of remedial drills to use with clients who may be having trouble with certain exercises.

This really is the critical part of the course and is what separates an experienced and qualified instructor from any random trainer that has used kettlebells for a few weeks!

Here are just a few of the things that you'll learn in this section of the course.

- Set up and progression drills for all of the basics exercises
- How to break down each exercise and teach them in a safe and logical manner
- How to spot potentially dangerous exercise technique and correct it quickly
- Remedial exercises for the major exercises
- Advanced variations of each exercise

By the end of this section students will have the skills and knowledge to teach virtually anyone how to perform kettlebell exercises safely and effectively



The Strongest Man in Britain

Don is part of the new breed of strength trainers. He's been heavily involved in Kettlebell lifting and Crossfit and he's an Olympic Lifting coach and competitor.

After 20 plus years of training Don was able to tweak some of my kettlebell form to great effect enabling me to clean, snatch, swing and press that 48kg Beast for reps.

If I can learn something new from Don so can you!

Nick McKinless
Britain's strongest man under 105kg 2006
Stuntman

Accreditation and Insurance

One of the key issues if you are going to train clients with kettlebells is that of insurance.

It's important to understand that unless you have completed an instructors course and arranged insurance coverage that you will not be covered in the event that a client is injured training with kettlebells!

At the present time the Octogen Kettlebell Instructors course has been accredited as an updating activity for Strength and Conditioning Coaches registered with the Australian Strength and Conditioning Association and insurance is available for ASCA coaches through OAMPS insurance.

Trainers with a Cert 3 or 4 in fitness, registration through Fitness Australia and insurance through Marsh are not automatically covered as Fitness Australia is stuck in the dark ages and has so far not approved the course for CECs.

However Marsh have separately agreed to cover anyone who completes the instructors course and at the conclusion of the course participants will be given the contact details for arranging this cover.

Martial arts and sports coaches will need to contact their insurer separately to discuss their coverage.

If you have any questions about accreditation and insurance we can also assist by talking to your insurer.

Edged Weapons Expert Raymond Floro

Kettlebells are an integral part of my training. It is the closest thing I can simulate to the "feeling" of full contact sparring without the bruises. It develops cardio, strength and explosive power.

Another thing I like about the "bells" is that I don't have to spend forever in a gym. 30minutes workout is enough.

Don Stevenson has been great influence in guiding me to develop a program specifically in my field of work..."



Raymond Floro - Founder FLORO FIGHTING SYSTEMS

With over 30 years of experience, Raymond has instructed internationally: US Special Forces, Korean Special Forces, various SWAT teams the Australian Defence Force and the New Zealand Police.

Course Pre Requisites and Preparation

There are no pre requisites to attend the Kettlebell instructors and many people attend simply because they want an in depth knowledge of kettlebell training to apply to their own programs.

However if you wish to train clients with kettlebells you will need to have one of the following basic level qualifications in order to get insurance to cover you for kettlebell training

- ASCA level 1 or 2
- Certificate 3 or 4 in Fitness
- Diploma in fitness
- Tertiary qualifications in sports science or coaching
- Martial arts instructors qualifications

Before attending the full course it's a good idea to get lots of practice at the basic kettlebell exercises.

There is no need to try and learn hundreds of variations of each exercise but a solid grounding in swings, Turkish get ups, windmills, cleans and presses is advised.

The course is fairly physically demanding and we suggest that participants have a good level of general strength, endurance and flexibility before attending. If

you have any concerns about injuries or limitations please contact us before the course to discuss.

Course fees, payment options and policies

The base price of the full kettlebell instructors course is \$795.00 however we offer discounts for group sign ups so please contact us at fitness@octogen.com.au to discuss pricing for the course.

Course bookings are not confirmed until we receive a deposit of \$195.00. This deposit is non refundable unless we cancel the course, if you are unable to attend the workshop you originally booked in for we do allow you to carry the deposit over to any future course within the next 12 months.

We also offer a pay by the month option for the instructors course where you pay a deposit of \$195 and then pay the balance in monthly installments before and after the course.

Courses generally require a minimum of 5 people to run and we may at our discretion postpone or cancel a course if there are insufficient numbers. If this is the case then we will give a minimum of 3 weeks notice of cancellation

Please contact us to discuss payment details.

Dates and locations

We are currently aiming to visit each major city in Australia 1 – 2 times a year and dates for the next round of workshops are available on our website at www.octogen.com.au

Dates and locations are subject to change depending on demand.