DESCRIPTION

The Seminars “Modern KB Sport Trainer”

Levels 1, 2, 3 (MKST-L1,2,3)

The Lab of Champions by the Seminars MKST Levels 1, 2, 3 realizes the strategy of REGULAR SCIENTIFIC GRADUAL full-size educational events which cover the whole spectrum of KB sport training from basic level to training of MSIC and World champions:

1/ Level 1 is based on learning of the basic concepts of Kettlebell sport as a unique cyclic endurance sport and learning of the fast effective tools to make own or student’s sport technique correct and effective. Also safety rules are learnt there.

2/Level 2 follows from Level 1 – when sportsman has achieved correct sport technique - trainer starts to construct KB specific endurance training itself, and we go to the next level of sport coach's skills – from single movement to serial multiple movements training – to TRAINING PROTOCOL.

3/Level 3 follows from Level 2 and is brings the highest level of sport skills – the Art and Science of Programming when from single bricks – effective Training Protocols constructed by Level 2 technologies we build a whole building of world-class Strength Endurance result in KB sport .

Mostly the information in these Seminars is brand new and was never published and cannot be found in the Web.

The author – Arseny Zhernakov was born in Saint-Petersburg, Russia. Saint-Petersburg is **mother- city of KB sport** which has appeared there in the XVIII century, there in the XIX century were published the first works on applying KBs as strength and conditioning tool. From that time and till nowadays the S-Petersburg KB society and the SPb team are the strongest in the world. Don’t miss the chance to meet one of the best its representative!

And don’t miss a chance to get in one place a whole conception of modern KB sport from the first hands from both science and practical sides.

MKS Seminars Chapter

**MKST Level 1 (Certification Trainer’s MKST-L1)**

**“Foundations of Modern KB, Safety rules and Effective tools to teach modern KB sport technique”**

The content of Seminar includes of 2 - 3 chapters (1.5 - 2 Days formats):

Theory chapter:

* Introduction to Seminar and to the higher levels of Endurance development programs of Lab of Champs
* The foundations of KB: its unique place, history, philosophy of KB modus vivendi and why KB are increasing its worldwide coverage. Anchor words for coach to attract neophytes to train KB.
* Modern state in Kettlebell sport worldwide: International federations and international competitions
* KB as one of the basic genuine modern sports and unique features of KB sport
* Professional equipment in MKS
* Getting started KB sport training
* Safety rules when starting high-intensity training in KB sport
* Brief introduction into the professional order to run KB sport competitions, official and unofficial events.

Practical chapter:

* New effective tools to check and change student’s technique to the modern style, fast effective ways to teach your students:

1. Jerk + safety rules
2. Cleans for LC + safety rules
3. Snatch + safety rules

* Description and analysis of movements from different aspects
* Basic exercises GPP for LC and Biathlon

Examination for Certification

All students of Seminar will get complete Technical Manual <http://www.32kg.pro/#!online-store/c12un/!/Books&Manuals/c/11450345/offset=0&sort=normal>

Additional chapter:

When MKS Seminar will have 2-day format by agreement of the sides it is possible to include a chapter from Seminars of higher levels or to learn some special chapter which is more crucial for the host side.

NOTE: Student’s Dress-code rule (according sport regulations in KB sport): thick cotton t-shirt with sleeves, solid platform shoes, bicycle shorts or tight long shorts. CrossFit-style shorts and synthetic t-shirts are strictly not recommended for effective learning of content.

**MKST Level 2 (Certification Trainer’s MKST-L2)**

**“The Physiology of MKS and Various Protocols of Specialized Endurance Development in Modern KB sport”**

2-DAYS

**Content:**

Day 1

1. Introduction to Seminar: object / goals /problems/educational programs of higher level
2. Problems in training process in KB sport
3. Introduction to power supply processes in muscles
4. KettleBell sport through prism of power supply processes, muscle’s twitches distribution in main muscle groups at KB sportsman
5. Distinctive Power Supply Features (DPSF) Matrix – effective tool to recognize features of muscle twithes
6. Zhernakov Main Distance Graph (MDG) as basic graph for choosing the directions of training strategy of sportsman
7. Survival “Glycogen” strategy
8. Concepts of Local and Central factors in strength endurance development
9. Types of training sessions in KB sport depending on power supply mechanisms and training goals
10. Safety rules for execution of high intensity training Protocols
11. KB sport features and natural limitations in age 35+.
12. Various training Protocols Collection for activation of different athlete’s features
13. Execution of Protocols – Part 1

Day 2

1. Analysis of body’s response on previous training day
2. Execution of Protocols – Part 2
3. Postulates and rules of effective training sessions in MKS
4. Examination for Certification (if planned)
5. Q&A Block
6. Awarding&Closing Ceremony

NOTE: HR monitor is a mandatory equipment for effective learning of content

**MKS Level 3 (Certification Trainer’s MKST-L3)**

**“The Art and Science of training process programming”**

Format - 2 days. MKST-L2 certification is mandatory to attend MKST-L3 certification.

1/ Theoretical basis of sport’s result growth

* Introduction: The components of Strength Endurance whole body.
* Basics of body’s reaction on training stress. Why result grows.
* Actual super compensation (SupComp) theories and critics
* Training cycles types
* Scheme of the effective training stress

2/ Development of specialized strength endurance in KB sport

* Zhernakov Main Distance Graph (MDG) (see MKST-L2) and its significance for training process programming
* Distance performance negative problems in KB sport
* Zhernakov Negative Effects Solution Matrix (NESM)
* Classification of Training Protocols (see MKST-L2) for Negative Effects Solution

3/ Instrumental measurements of physiological parameters of sportsman

* Parameters to measure in strength endurance sport training
* Actual ways and instruments to measure body’s parameters
* Interpreting of measurement’s results via prism of SupComp process
* Practical measurements of some parameters
* Some medicine to increase recovery and performance

4/ Typical effective schemes of training cycles

* Typical training days in LC training + GPP
* Typical training cycles in LC training + GPP
* Typical training days in Biathlon training + GPP
* Typical training cycles in Biathlon training + GPP

5/ Practical execution of some selected training days

* Execution of some effective training days – how to make it
* Body’s parameters measurements and interpreting

6/ Closing Ceremony