

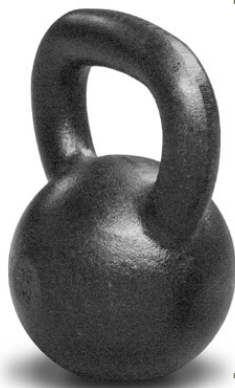


**STEVE COTTER** is a martial artist and certified strength and conditioning specialist (C.S.C.S.). He is author of the highly acclaimed Full KOn tact Kettlebells DVD series and creator of the dynamic Full KOn tact strength & conditioning system, and is considered by many to be the world's authority on leg and deep stance training.

A 2-time US National Full Contact Kuoshu (Kung Fu) Champion with 25 years of internal martial arts training, Steve draws from an extensive and diverse background as a champion athlete and cutting-edge trainer to develop the most complete programs in strength and conditioning. Throughout his lifelong study, he has continued to research and implement the most effective training methods in the martial arts, chi gong, strength and conditioning, athletics and human performance fields. He constantly improves his skills and abilities to benefit, teach and motivate others.

## STEVE COTTER'S PROFESSIONAL ACCREDITATIONS

- 2 Time US Full Contact Champion
- Team Member, USA National Kuoshu Team
- Bronze Medal Winner, 1996 World Kuoshu Games, Taiwan, R.O.C.
- Honorable Instructor, International Martial Arts Boxing Academy (Sifu Richard Bustillo)
- Certified Strength and Conditioning Specialist (CSCS) — National Strength & Conditioning Assoc. (NSCA)
- Sr. Russian Kettlebell Challenge Instructor (RKC, Sr.)
- Creator of Full K.O.n tact Kettlebells™ System and best-selling DVD series
- Certified Health/Fitness Instructor — American Colleges of Sports Medicine (ACSM)
- B.S. in Kinesiology, San Diego State University
- BOSUTM Master Trainer
- USA Weight lifting Club Coach



For information about Steve Cotter and the Full KOn tact training system:  
[www.fullcontact.com](http://www.fullcontact.com)  
Or contact Steve at:  
[steve@fullcontact.com](mailto:steve@fullcontact.com)



PRESENTS A STRENGTH  
TRAINING SEMINAR AND  
CROSS-WORLD GS  
COMPETITION WITH



# STEVE COTTER

SEPTEMBER 9<sup>TH</sup>, 2006

# FULL KOnTact KETTLEBELLS

**DATE:** September 9<sup>th</sup>, 2006

**TIME:** GS Competition 9 am – 11 am \*\*

Full KOnTact Kettlebells Workshop  
Noon - 5 p.m.

**LOCATION:** CrossFit Boston,  
123 Terrace Street, Boston, MA 02120  
Conveniently located one block from the  
Roxbury T-Stop.

**COST:** \$250 if registered before  
August 26; \$300 if registered after  
\* Special rates available for GS Competitors, CrossFit  
Boston members and YMAA students — contact  
Mathea Levine for details.

**REGISTER:** With Mathea  
Levine at (617) 840-3418 or  
[matheal@gmail.com](mailto:matheal@gmail.com). Or register directly  
on Steve Cotter's website at  
[www.fullkontakt.com/events.html](http://www.fullkontakt.com/events.html)

## \*\*CROSS WORLD GIREVOY SPORT (GS) COMPETITION

The North American Kettlebell Federation (NAKF) is hosting the first 'Cross-world' Girevoy Sport (GS) meet on Sept 9th. This year's even has been expanded to include lifters from various cities in the U.S. and from other nations worldwide, all competing on the same day. Results from all meets will be compiled together.

This event is free and all are invited to compete. Competitors are welcome to choose the exercise and the weight. For more information about this Global Event, go to [www.nakf.net](http://www.nakf.net)

Below you will find a brief description of the course. Please keep in mind this is a sample curriculum and each specific course will be adapted according to the level of the attending students.

Full KOnTact Kettlebells is more than a Kettlebell strength training seminar. This is a movement seminar, integrating skills from martial arts, qigong and assorted athletic development patterns into the curriculum. Because of this total body emphasis you will leave the day's training with a heightened sense of balance and awareness to go with your increased knowledge of how to apply your strength.

## PART I

### QIGONG BREATHING, RELAXATION DRILLS AND MOBILITY DRILLS

Range of motion exercise and joint mobility mixed with traditional Chinese martial arts drills such as "Serving tea cups," Side-to-Side Creepdown and others. Experience how rooting through the ground is foundational for developing power in the body.

## PART II

### REVIEW OF BASIC KETTLEBELL DRILLS (Swings, Cleans, Presses, and Others)

The advanced skills are built upon the basic movements. In this section the basics of kettlebell lifting are taught with an emphasis on body mechanics. Insights are provided as to how to more effectively brace the body for force production and reduction. Partner drills are studied to reinforce learning by understanding application of forces.

## PART III

### UNIQUE FullKOnTact KETTLEBELL DRILLS

These signature exercises are inspired from a deep foundation in the martial arts, yet refined and presented as easily learned skill patterns. During this part of the course, you learn movements using both your body weight and kettlebells. This potent combination enables you to become more agile, have greater stability, and move with increased power. There will be drills in this section that you have never seen or performed before.

## PART IV

### KETTLEBELL CLASSIC COMBOS

Routines using traditional techniques put together in powerful combinations. These classic combos provide a progression for advanced athletes and completely eliminate any dead time in your workouts. This part of the course will introduce streamlined, complete training combinations. If you are not smoked at this point, you will be by the time this section is over!

## PART V

### ATHLETIC SKILL DEVELOPMENT

Use of kettlebells to increase athletic skills such as running, jumping, throwing, kicking, and punching. There is a lot of variety and a great deal of movement in this section. This section demonstrates the techniques that take the best athletes and make them better.

## PART VI

### QUESTIONS AND ANSWERS

For each specific course the curriculum remains flexible and able to improvise based on the questions asked and the skill and retention level of the participants. At this stage, you have made it through the practice, and now is the opportunity to discuss theory, such as program design, assessment and other factors relevant to individualized training programs.