

[International Kettlebell Organization \(IKO\)](#)

# **LEVEL 3 KETTLEBELL SPORT INSTRUCTOR CERTIFICATION**

**ONLINE — OFFICIAL CURRICULUM**

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## **1. CERTIFICATION OVERVIEW**

The IKO Level 3 Kettlebell Sport Instructor Certification is an advanced professional program designed for experienced kettlebell sport coaches and athletes seeking mastery in technical refinement, training methodology, and long-term athlete development.

This certification focuses on elite-level coaching judgment, not basic instruction. It is intended for instructors who already possess strong foundational knowledge and practical coaching experience in kettlebell sport.

The course is delivered online by three IKO Master Coaches, each recognized as a specialist in their respective discipline:

- Snatch by Ksenia Dedukhina (HMS, Multiple-time World Champion)
  - Jerk by Aleksander Khvostov (HMS, Multiple-time World Champion)
  - Long Cycle by Denis Vasilev (MSIC, Multiple-time World Champion)
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## **2. CERTIFICATION GOALS**

Upon successful completion, participants will be able to:

- Analyze and refine elite-level lifting technique
  - Design exercise-specific training systems
  - Apply General Physical Preparation (GPP) strategically without interfering with performance
  - Make informed coaching decisions under fatigue, competition stress, and long-term planning
  - Evaluate athletes through a Level 3 coaching lens rather than cue-based correction
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### **3. COURSE STRUCTURE**

- Total instructional volume: 16 hours
- Duration: 2 days
- Daily instruction: 8 hours per day (breaks excluded)
- Delivery format: Live online instruction via ZOOM
- Language: English

#### **Instructional Priorities**

- Lifting Technique: 6 hours total - 2 hours per exercise (primary focus)
  - Training Methodology: 6 hours total - 2 hours per exercise (primary focus)
  - Exercise-Specific GPP: 3 hours total - 1 hour per exercise (secondary focus)
  - Open Table Q&A: 1 hour (integrated coaching synthesis)
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### **4. MASTER COACH FACULTY**

Each Master Coach delivers content only within their area of specialization, ensuring depth, clarity, and authority.

- Snatch Specialist — Master Coach. Ksenia Dedukhina
- Jerk Specialist — Master Coach, Aleksander Khvostov
- Long Cycle Specialist — Master Coach, Denis Vasilev

All coaches participate jointly in the Open Table Q&A, providing students with multi-perspective analysis and discussion.

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## 5. OFFICIAL CURRICULUM SCHEDULE

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# DAY 1 — TECHNIQUE & PHYSICAL SUPPORT

Total Instructional Time: 8 Hours

### 1. Snatch Lifting Technique (2h)

Instructor: Snatch Specialist, Ksenia Dedukhina

Topics include:

- Hand insertion mechanics under fatigue
  - Top Fixation efficiency and standards
  - Grip economy and RPM management
  - Common judging errors and technical disqualifications
  - Error prioritization and correction hierarchy
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### 2. Snatch-Specific General Physical Preparation (1h)

Instructor: Snatch Specialist, Ksenia Dedukhina

Topics include:

- Shoulder and elbow durability systems
  - Grip longevity and asymmetry management
  - Snatch-specific conditioning principles
  - GPP transfer vs interference
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### **3. Jerk Lifting Technique (2h)**

Instructor: Jerk Specialist, Aleksander Khvostov

Topics include:

- Rack Fixation efficiency
  - First Dip timing and force transfer
  - Top Fixation under fatigue
  - Technical error chains in jerk
  - Coaching cues and decision-making logic
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### **4. Long Cycle Lifting Technique (2h)**

Instructor: Long Cycle Specialist, Denis Vasilev

Topics include:

- Clean force absorption and efficiency
  - Rack fixation hierarchy
  - Transition economy (Clean → Jerk)
  - Breathing strategies during long sets
  - Long Cycle judging standards
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### **5. Long Cycle–Specific General Physical Preparation (1h)**

Instructor: Long Cycle Specialist, Denis Vasilev

Topics include:

- Posterior chain durability
  - Rack breathing and recovery strategies
  - Grip conservation during volume training
  - GPP programming that supports Long Cycle performance
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# **DAY 2 — METHODOLOGY, SYSTEMS & COACHING JUDGMENT**

Total Instructional Time: 8 Hours

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## **6. Snatch Training Methodology (2h)**

Instructor: Snatch Specialist, Ksenia Dedukhina

Topics include:

- Volume vs intensity models
  - Light vs heavy kettlebell snatch logic
  - RPM control strategies
  - Competition preparation cycles
  - Long-term athlete development considerations
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## **7. Open Table — Master Coach Q&A (1h)**

Instructors: All Master Coaches

Format:

- Student questions
- Pre-submitted case studies
- Coach-to-coach discussion and analysis

This session emphasizes critical thinking, coaching judgment, and real-world application.

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## **8. Jerk Training Methodology (2h)**

Instructor: Jerk Specialist, Aleksander Khvostov

Topics include:

- Jerk-specific cycle construction
  - Relationship between Jerk and Snatch
  - Intensity distribution and fatigue management
  - CNS considerations and tapering strategies
  - Strategic planning
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## **9. Jerk-Specific General Physical Preparation (1h)**

Instructor: Jerk Specialist, Aleksander Khvostov

Topics include:

- Rack Fixation endurance and structural support
  - Leg drive durability and force transfer
  - Trunk stability during the First Dip and Top Fixation
  - GPP programming that supports Jerk performance
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## **10. Long Cycle Training Methodology (2h)**

Instructor: Long Cycle Specialist, Denis Vasilev

Topics include:

- Density vs volume training systems
  - Heavy vs light Long Cycle programming
  - Competition preparation models
  - Multi-year athlete development
  - Coaching decisions under constraints
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## **6. PREREQUISITES**

- IKO Level 2 Instructor Certification or equivalent
  - Practical coaching experience in kettlebell sport
  - Familiarity with competition rules and judging standards
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## **7. CERTIFICATION OUTCOME**

Upon completion, participants receive:

- IKO Level 3 Kettlebell Sport Instructor Certificate
  - Eligibility to teach and represent advanced-level kettlebell sport education
  - Recognition as a senior-level coach within the IKO system
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## **8. CERTIFICATION PHILOSOPHY**

The IKO Level 3 Certification is not a repetition of earlier levels.

It is a professional refinement program focused on:

Understanding why, not just how.

Graduates are expected to think in systems, manage complexity, and coach athletes toward long-term performance and sustainability.