INTERNATIONAL KETTLEBELL ORGANIZATION (IKO)
LEVEL 1 KETTLEBELL SPORT INSTRUCTOR CERTIFICATION

ONLINE — OFFICIAL CURRICULUM

1. CERTIFICATION OVERVIEW

The IKO Level 1 Kettlebell Sport Instructor Certification is an introductory program designed for beginners, fitness enthusiasts, personal trainers, and coaches seeking a safe and structured introduction to kettlebell sport.

No prior kettlebell sport experience is required.

The primary purpose of Level 1 is to provide participants with a positive learning experience while developing a solid foundation in lifting technique, workout structure, and basic training principles.

This certification emphasizes safety, efficiency, and enjoyment rather than athletic performance. Participants are encouraged to progress at their own pace and discover that kettlebell sport can be adapted to virtually any age, fitness level, and personal goal.

2. CERTIFICATION GOALS

Upon successful completion, participants will be able to:
• Perform the fundamental kettlebell sport lifts safely and efficiently.
• Understand the basic principles of kettlebell sport and its applications.
• Organize workouts and General Physical Preparation (GPP).
• Apply basic training principles for Long Cycle, Jerk, Snatch, and Double Half Snatch.
• Identify common technical errors and apply basic corrections.
• Successfully complete the IKO Level 1 Knowledge and Practical Tests.
• Begin coaching beginners in kettlebell sport.

3. COURSE STRUCTURE

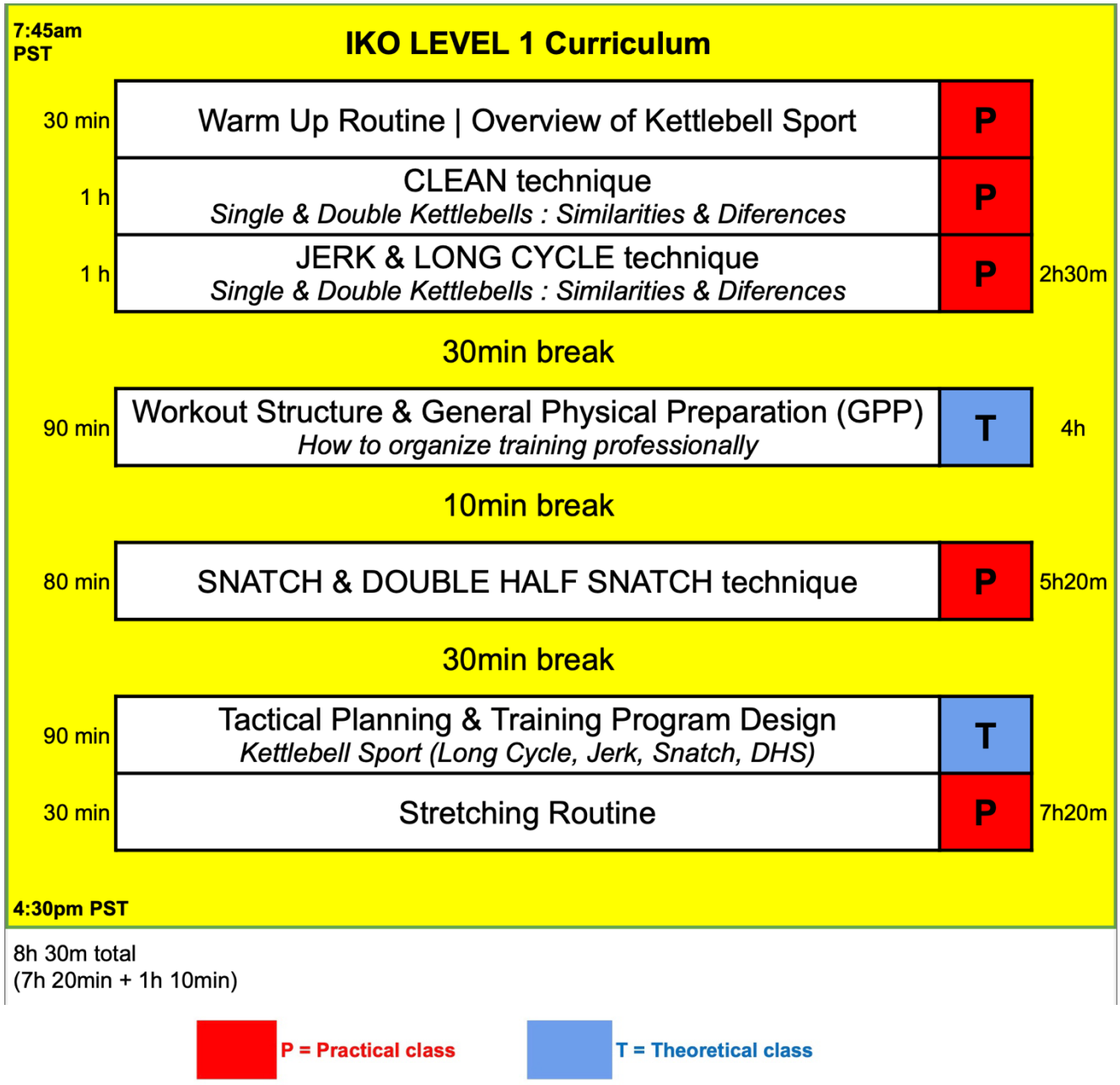
• Total instructional volume: 7 hours 20 minutes
• Total course duration: 8 hours 30 minutes (including breaks)
• Duration: One day
• Delivery format: Live online instruction via Zoom
• Language: English

Instructional Priorities:
• Lifting Technique (Primary Focus)
• Workout Structure & General Physical Preparation (Secondary Focus)
• Tactical Planning & Basic Program Design (Secondary Focus)
• Stretching and Mobility

4. MASTER COACH FACULTY

Instructor:
Denis Vasilev (MSIC, Multiple-time World Champion)
Founder of the International Kettlebell Organization (IKO)

5. OFFICIAL CURRICULUM SCHEDULE



1. **Warm-Up Routine & Overview of Kettlebell Sport (30 min)**

Topics include:
• Principles and goals of kettlebell sport
• Applications for health, fitness, and competition
• Warm-up and movement preparation
• Safety guidelines
• Fundamental movement patterns

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2. **Clean Technique (1 h)**

Topics include:
• Swing mechanics
• Rack position fundamentals
• Breathing basics
• Single and double kettlebell variations
• Common technical errors and corrections

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3. **Jerk & Long Cycle Technique (1 h)**

Topics include:
• Rack fixation fundamentals
• 1st and 2nd dip mechanics
• Top fixation basics
• Long Cycle transitions
• Breathing and relaxation principles
• Common technical errors and corrections

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4. **Workout Structure & General Physical Preparation (90 min)**

Topics include:
• Basic workout structure
• Exercise selection & order principles
• GPP fundamentals
• Recovery principles
• Training frequency and progression

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5. **Snatch & Double Half Snatch Technique (80 min)**

Topics include:
• Hand insertion fundamentals
• One-hand switch technique
• Double Half Snatch basics
• Breathing and relaxation principles
• Common technical errors and corrections

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6. **Tactical Planning & Training Program Design (90 min)**

Topics include:
• Weekly training organization
• Volume and intensity basics
• Beginner program design
• Long-term development principles

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7. **Stretching Routine (30 min)**

Topics include:
• Recovery principles
• Autor's flexibility & mobility exercises selection
• Breathing and relaxation
• Injury prevention considerations

6. EXPERIENCE REQUIREMENTS

No prior kettlebell sport experience is required to attend this Certification Course.

Applicants should:
• Be in general good health.
• Be free from acute illness or active injury that could limit safe participation.
• Be able to perform basic physical activities without significant pain or discomfort.
• Be willing to learn and practice the movements at their own pace.

7. ATTENDANCE POLICY

Live attendance is encouraged, but not mandatory.

Participants are free to join and leave the LIVE Zoom event at any time according to their schedule and individual needs.

Recording Access

A full video recording of the Certification Course will be available the day following the live event and will remain accessible for three (3) months.

Certification Requirements

Participants attending the LIVE event must submit the Knowledge Test within seven (7) days following the live event.

Participants who do not attend the LIVE event must watch the recording within ten (10) days following the live event and submit the Knowledge Test within seventeen (17) days following the live event.

Successful completion of both the Knowledge and Practical Tests is required for certification.

8. CERTIFICATION OUTCOME

Upon successful completion, participants receive:

• IKO Level 1 Kettlebell Sport Instructor Certificate.

• Recognition as an IKO Level 1 Instructor.

• Eligibility to continue education within the IKO Instructor Certification System.

• A strong technical foundation for further development as an athlete and coach.

9. CERTIFICATION PHILOSOPHY

The IKO Level 1 Certification is designed to make kettlebell sport accessible and enjoyable for everyone.

It is not intended to create elite athletes in one day, but rather to provide participants with a strong foundation and a positive first experience.

Understanding fundamentals before pursuing performance.

Graduates are expected to prioritize safety, sound technique, and long-term development while sharing their enthusiasm for kettlebell sport with others.