

INTERNATIONAL KETTLEBELL ORGANIZATION (IKO)

LEVEL 2 KETTLEBELL SPORT INSTRUCTOR CERTIFICATION



ONLINE — OFFICIAL CURRICULUM

1. CERTIFICATION OVERVIEW

The IKO Level 2 Kettlebell Sport Instructor Certification is an intermediate-level educational program designed for instructors, coaches, fitness enthusiasts, and athletes seeking to deepen their understanding of kettlebell sport and develop professional coaching skills.

Building upon the foundation established in Level 1, this two-day certification places greater emphasis on double kettlebell techniques, training organization, strategic planning, competition rules, specialized physical preparation (SPP), and technical analysis.

Participants will learn not only how to perform the lifts, but also how to teach, analyze, and organize training more effectively. Through practical sessions, theoretical classes, video analysis, and open discussion, students develop the ability to identify common technical errors, apply corrective strategies, and prepare athletes for competition.

The emphasis of Level 2 is not simply on performing the lifts, but on understanding how to train them, how to teach them, and how to guide others toward long-term progress.

2. CERTIFICATION GOALS

Upon successful completion, participants will be able to:

- Perform the kettlebell sport lifts with double kettlebells safely and efficiently
- Understand workout culture, structure, and professional training organization
- Apply competition rules, regulations, and the IKO Sport Ranking Table
- Design weekly, monthly, and annual training plans
- Apply Specialized Physical Preparation (SPP) to support kettlebell sport performance
- Analyze lifting technique and identify correction priorities
- Apply effective coaching cues and correct common technical errors
- Understand the relationship between Long Cycle, Jerk, Snatch, and Double Half Snatch
- Prepare athletes for their first kettlebell sport competition
- Successfully complete the IKO Level 2 Knowledge and Practical Tests
- Coach beginner and intermediate kettlebell sport athletes

3. COURSE STRUCTURE

- Total instructional volume: 12 hours
- Total course duration: 14 hours 30 minutes (including breaks)
- Duration: Two days
- Delivery format: Live online instruction via Zoom
- Language: English

Instructional Priorities:

- Lifting Technique (Primary Focus)
- Workout Culture & Structure (Secondary Focus)
- Strategic Planning & Program Design (Secondary Focus)
- Competition Rules & Regulations
- Specialized Physical Preparation (SPP)
- Video Analysis & Error

4. MASTER COACH FACULTY

Instructor:

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

5. OFFICIAL CURRICULUM SCHEDULE

7:45am PST		IKO LEVEL 2 (Day 1)		
30 min	Warm Up Routine		P	
1 hour	CLEAN technique <i>Double Kettlebells</i>		P	
1 hour	JERK technique <i>Double Kettlebells</i>		P	2h30m
30min break				
1 hour	Training Culture & Workout Structure <i>How to organize training professionally</i>		T	
1 hour	SNATCH technique		P	2h
30min break				
90 min	Strategical Planning (1 Year Plan) & Workout programming <i>Kettlebell Sport (Long Cycle, Jerk, Snatch, DHS)</i>		T	
30 min	Stretching routine		P	2h
3:30pm PST				

7h30m total
(6h30m + 1h)

7:45am PST		IKO LEVEL 2 (Day 2)		
1 hour	Kettlebell Sport Competition Rules and Regulations <i>IKO Sport Ranking Table</i>		T	
1 hour	LONG CYCLE technique <i>Double Kettlebells</i>		P	2h
30min break				
90 min	Specialized Physical Preparation (SPP) <i>Exercise Selection, Technique & Programming</i>		T/P	
1 hour	DOUBLE HALF SNATCH technique		P	2h30m
30min break				
1h	Video Analysis & Error Correction		T	
30 min	Open Table <i>Questions, Answers & Case Studies</i>		T/P	1h30m
1:30pm PST				

7h total
(6h + 1h)



P = Practical class



T = Theoretical class

DAY 1 — TECHNIQUE, WORKOUT CULTURE & STRATEGIC PLANNING

1. Warm-Up Routine (30 min)

Topics include:

- Movement preparation
- Mobility principles
- Exercise selection
- Injury prevention considerations
- Practical warm-up applications

2. Clean Technique (1 h)

Double Kettlebells

Topics include:

- Swing mechanics
- Rack fixation fundamentals
- Breathing principles
- Double kettlebell coordination
- Common technical errors and corrections

3. Jerk Technique (1 h)

Double Kettlebells

Topics include:

- Rack fixation efficiency
 - First Dip and Second Dip mechanics
 - Overhead fixation fundamentals
 - Breathing and relaxation principles
 - Common technical errors and corrections
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4. Training Culture & Workout Structure (1 h)

Topics include:

- Professional training organization
 - Exercise selection & order principles
 - Training frequency
 - Recovery considerations
 - Building consistency and long-term habits
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5. Snatch Technique (1 h)

Topics include:

- Hand insertion fundamentals
 - Top fixation
 - One-hand switch technique
 - Breathing and relaxation principles
 - Common technical errors and corrections
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6. Strategic Planning & Workout Programming (90 min)

Kettlebell Sport (Long Cycle, Jerk, Snatch, DHS)

Topics include:

- Training cycle planning & weekly updates
 - Annual planning
 - Volume and intensity principles
 - Competition preparation
 - Long-term development concepts
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7. Stretching Routine (30 min)

Topics include:

- Recovery principles
- Aitor's flexibility & mobility exercises selection
- Breathing and relaxation
- Injury prevention considerations

DAY 2 — COMPETITION, SPP & COACHING SKILLS

8. Competition Rules & Regulations (1 h)

IKO Sport Ranking Table

Topics include:

- Competition disciplines
 - Age divisions
 - Weight classes
 - Ranking standards
 - Judging commands
 - Common no-count situations
 - Introduction to competition strategy
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9. Long Cycle Technique (1 h)

Double Kettlebells

Topics include:

- Clean and Jerk integration
 - Rack fixation hierarchy
 - Transition efficiency
 - Breathing principles
 - Common technical errors and corrections
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10. Specialized Physical Preparation (SPP) (90 min)

Exercise Selection, Technique & Programming

Topics include:

- Strength-Endurance exercises
 - Kettlebell Sport Technique adaptation
 - Kettlebell Sport Pace & Rhythm adaptation
 - Exercise transfer versus interference
 - Exercise progressions
 - Programming principles
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11. Double Half Snatch Technique (1 h)

Topics include:

- Timing and rhythm
 - Hand insertion
 - Breathing principles
 - Double kettlebell coordination
 - Common technical errors and corrections
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12. Video Analysis & Error Correction (1 h)

Topics include:

- Technical prioritization
 - Common technical mistakes
 - Correction hierarchy
 - Coaching cues
 - Teaching progressions
 - Practical examples
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13. Open Table Discussion (30 min)

Questions, Answers & Case Studies

Format:

- Student questions
- Technique discussion
- Case studies
- Coaching examples
- Open discussion

6. EXPERIENCE REQUIREMENTS

Prior kettlebell sport experience is recommended.

Participants should possess practical experience with:

- Double Kettlebell Clean
- Double Kettlebell Jerk
- One-Hand Switch Snatch

No competition experience is required.

Previous completion of Level 1 Certification or equivalent experience is strongly recommended.

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 completion of 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 2 Kettlebell Sport Instructor Certificate
- Recognition as an IKO Level 2 Instructor
- Eligibility to continue education within the IKO Instructor Certification System
- A strong foundation for further development as an athlete and coach

9. CERTIFICATION PHILOSOPHY

The IKO Level 2 Certification is designed to bridge the gap between performing kettlebell sport and coaching kettlebell sport.

It is not intended to create master coaches in two days, but rather to provide participants with a deeper understanding of training organization, technical analysis, and long-term athlete development.

Understanding how, when, and for whom.

Graduates are expected to think beyond individual workouts and begin developing a systematic approach to training and coaching while sharing their enthusiasm for kettlebell sport with others.