



**SFG KETTLEBELL INSTRUCTOR
CERTIFICATION
[11-13/11/2022]
[ZIELONA GÓRA, POLAND]**

Congratulations on registering for the SFG (StrongFirst Girya) Level I Kettlebell Instructor Certification! You are about to study Pavel's original gold-standard curriculum, test your spirit, and discover the camaraderie rarely found outside the military. We hope you have been training intelligently, and ***we strongly recommend that you take several days of rest*** before we get to work on Day 1.

This packet tells you what you need to know. If you have any questions that aren't answered, please send them to dwalus@poczta.fm

Waivers will be available on site but if you are able to, please print the ones you will find attached. Please complete them and bring the required forms with you to the Certification

Your Lead Instructor will be Master Instructor Peter Lakatos,
peter@peterlakatos.hu

Training Location
IRON CHURCH
ul. Zacisze 16
65-001 Zielona Góra

*Free Parking is onsite at the gym, in front of the building. A BOLT (like Uber) and public transportation is also an option for arrival to the gym. Ticket for the bus are to be bought in the bus (line 8 is most common) with coins and credit card.

Zielona Góra is a small city without big traffic, so you can estimate about 15-20 minutes of ride from the outskirts of town.

***Check-in begins at 7:30 a.m. on Friday morning** and we recommend that you **arrive no later than 7:50 a.m.** The training will start promptly at 0800 on Friday, Saturday and Sunday.

You may wear flat-soled shoes or train barefoot. If you have a tendency to loose skin on your hands, **please bring some type of protective hand wear** such as a sock sleeve or fingerless knit gardening gloves—but no padded gloves. We have a drug store in the building if you would need one.

Please bring a small towel with you.

Recertification: For those who signed up to retest their SFB, SFL, and/or Elite,

testing will take place during a lunch break or other break times. Review the [Recertification](#) page for skills to be tested.

Weather: please check the weather forecast before coming. If the forecast looks chilly dress warmly in layers; on the flip side if the weather is hot, plan accordingly.

Lunch: There is no lunch provided at the Cert, so please plan accordingly. **NOTE: Sunday will be a combined lecture and lunch.** Bring any provisions with you. You can also use an app "Pyszne" to order the food in, or ask Angela (assistant) for help in that matter!

Bottled water will be provided. If you wish to **bring a water bottle to refill**, please do.

Power to you!

SFG I CERTIFICATION

SCHEDULE

(SUBJECT TO CHANGE)

FRIDAY

0730-0800—Check-in, weigh-in

0800-1250—Instruction

1250-1300—Class photo

1300-1400—Lunch

1400-1415—Introductions

1415-1430—Beast Tamer/Iron Maiden Challenge

1430-1800—Instruction

SATURDAY

0800-0850—Team practice

0850-0900—Break

0900-1300—Instruction

1300-1400—Lunch

1400-1800—Instruction

SUNDAY

0800-0810—Mobility complex

0810-1030—Team practice

1030-1130—Level I Skills testing

1130-1145—Break

1145-1230—Snatch test

1230-1400—Lunch and lecture (Program design/case studies)

1400-1430—Grad Workout

1430-as long as necessary—Evaluations. Team leaders give students individual evaluations while the rest of the students are filling out certification evaluations.



KETTLEBELL INSTRUCTOR LEVEL I CERTIFICATION REQUIREMENTS

SFG is a highly demanding certification, mentally and physically. 25-30% failure rate is typical. Don't take your preparation lightly.

You will have to meet the following criteria in order to earn your diploma:

1. Exhibit safe and efficient technique in the foundation exercises.
2. Demonstrate good judgment, especially concerning safety.
3. Show a strong spirit.
4. Demonstrate effective teaching skills.
5. Pass the kettlebell snatch test.
6. Conduct yourself like a professional.

Review the complete SFG Kettlebell Certification Requirements:

<https://www.strongfirst.com/certifications/sfg-i-requirements/>.

RETESTING

Those who fail **3 or fewer skills will have 90 days/3 months** to retest with their Team Leader. Your SFG I Instructor certificate will not be issued until you have passed all the tests. You may coordinate with your Team Leader to retake the snatch test in person with an SFG Master, Senior, or Team Leader in your area, or you may send video of your snatch test to your Team Leader. Your instructor diploma will be awarded to you only after you have passed the specified requirements.

If you fail 4 or more skills, you may retake the certification for \$500 and be retested within one year of the conclusion of the certification you attended. If you were close to meeting the requirements your Team Leader has

the discretion to make alternative retesting arrangements that do not require retaking the certification.

If you are NOT planning on teaching others, you may choose to forego the testing. You will be issued a certificate of attendance instead of an instructor certificate.

CEUs—SFG Exam

An online SFG Exam is available for those wanting to take for Continuing Education Credits (CEUs).

Notify your Team Leader and/or Lead Instructor of your Certification to have the online link and instructions emailed to you.

Instructor Shirts

The SFG credential must be earned.

On the Sunday of the Certification, once your Team Leader confirms you as a StrongFirst-Certified Instructor, you may purchase your Instructor Shirt onsite.

Those who pass later will have an opportunity to purchase an Instructor Shirt via our online [Instructors Only store](#). You can visit the [StrongFirst shop](#) for other StrongFirst gear/apparel.

Our online [Instructors Only store](#) is open at all time if you wish to order more Instructor Shirts.



STRONGFIRST CODE

⚔ I AM A STUDENT OF STRENGTH.

⚔ I AM A QUIET PROFESSIONAL.

⚔ STRENGTH HAS A GREATER PURPOSE.

HOW TO TREAT AND PREVENT BLISTERS

By Kristann Heinz, MD, SFG

I, like many of you, pride myself on my strong hands. Mine are nicely calloused from hours of farm chores and, of course, from my KB training. But, alas, even the most conscientious KB athlete faces a blister from time to time.

What is a blister? A blister is a bubble under the skin that can be filled with a clear liquid, pus or blood. Friction blisters can form when the skin is repeatedly rubbed in one spot. We see this with improperly fitting shoes or a KB rubbing on the palm of our hand. A blood blister is seen when the skin has been pinched or undergone a traumatic insult such as catching it between two KBs. The area around the blister may be red and tender. In general, with proper care, a blister should heal within 3 to 5 days.

Step-by-Step Blister Care

1. When you first detect a blister, stop your activity. Do not break or “pop” the blister. The skin that covers the blister helps to protect it from infection.
2. Gently wash with soap or clean with Betadine if you are not near a sink. If the blister is broken, make sure to wash the area as above. If the blister came from KB training, it is important to clean the blister of any paint or medal filings that may have imbedded themselves in the blister area.
3. Next, apply antibiotic ointment such as Neosporin or Bacitracin to the area.
4. You can protect your blister by making a blister doughnut. Cut some moleskin to the appropriate size for the blister area. [You can buy moleskin at a drugstore.] Then cut out a circle from the center of the moleskin that is slightly larger than the blister area. Place the ring or doughnut around the blister.
5. Cover the blister area with gauze and secure with hypoallergenic tape. This should reduce the friction that is applied to the area. Change the blister dressing daily.

6. Monitor healing to ensure recovery. If you find the blister area is increasingly red, swollen and painful or you notice pus, your blister may be infected. You may also have a fever. Your blister needs to be looked at by medical professional and they may need to give you antibiotics for a skin infection or cellulitis.

Calluses are the build-up of hard skin caused by the uneven distribution of weight. I often get calluses at the base of my index, middle and ring finger on my palm from KB training. If calluses are not properly cared for, they can be torn off and leave one with an open sore like a broken blister. If you have a torn calluses follow the care instructions for a broken blister. To prevent torn calluses, do not let the calluses get too big. After a shower or bath, carefully use a pumice stone or emery board to gently remove excess build-up of tissue.

Blister Prevention is the Best Prescription

1. If you know you have a tendency to get blisters in a certain spot, cover it with hypoallergenic medical tape prior to the activity. I have known folks in my classes, to use duct tape over the area. But please be careful and check to see if you have an allergy to the adhesive of duct tape before you use it, the last thing you need is an allergic reaction to the tape on your hands.
2. You can also wear cotton fingerless gloves on your hands to prevent blister formation. We buy cotton gloves from the hardware store and cut off the fingers.
3. Assess your KB handle. John, my blacksmithing husband, also an SFG, files down the handles of our KB to help prevent blisters (see box on next page for instructions).
4. Keep a first aid kit handy with the appropriate medical supplies to care for a blister. I suggest Betadine or hydrogen peroxide, moleskin, antibiotic ointment, gauze, hypoallergenic medical tape and scissors.

SFG Level I Certification Medical Release, & Liability Waiver Form

IF THE PARTY IS 18 years old or older, complete the following down to the Consent section; otherwise, the parent or legal guardian must also sign (reverse side of document).

Voluntary – My participation in this course is voluntary. I agree to fully participate in the training and I will fully disclose any pre-existing conditions or injuries in advance of the training to the organizers and instructors that may limit or hinder my participation.

Assumption of Risk – I realize that during this course there are several ways that I could potentially hurt myself if I am not careful and pay close attention to my Instructors and the proper safety techniques I am taught. I realize that my participation in any of these activities is strictly voluntary and that I assume the risks associated with these activities. I could: (a) receive blisters, cuts and abrasions, and (b) suffer serious bodily injury.

Waiver – I release Pavel Tsatsouline, StrongFirst, Inc., the sponsors, organizers, instructors, volunteers, and site property owners (as well as all of their affiliates, directors, officers, trustees, employees, representatives, or agents) from all actions or claims of any kind that relate to my participation in this course. I understand and acknowledge that this waiver binds my heirs, administrators, executors, personal representatives, and assignees.

Hold Harmless – I hold Pavel Tsatsouline, StrongFirst, Inc., the sponsors, organizers, instructors, volunteers, and site owners harmless and indemnify them against all actions or claims (including reasonable attorneys’ fees, judgments and costs) with respect to any injuries, death, or other damages or losses, resulting from my participation in this course.

Medical Treatment - If I am injured during this course, Pavel Tsatsouline, StrongFirst, Inc., the organizers, instructors or volunteers of this course may render medical services to me, or request that others provide such services. By taking such action, Pavel Tsatsouline, StrongFirst, Inc., the organizers and volunteers are not admitting any liability to provide or to continue to provide any such services and that such action is not a waiver by the organizers or volunteers of any rights under this release and waiver. Should I require transport to a medical facility as a result of an injury, I am financially responsible for such transportation and medical treatment costs. If I am injured during this course it is my responsibility to seek appropriate medical care and to notify the organizers. I understand that this waiver will have no bearing on any workers compensation claims that I may make as a result of my participation in this event.

I UNDERSTAND AND AGREE WITH THE CONTENTS OF THIS DOCUMENT. ANY QUESTIONS I MAY HAVE HAD ABOUT THIS DOCUMENT WERE ANSWERED TO MY SATISFACTION.

Participant’s Printed Name	Participant’s Signature	Date
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Participant’s Address (please include city, state and zip code)

Participant’s E-mail	Participant’s Phone Number
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Emergency Contact person	Emergency Contact’s phone number
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SFG Level I Certification Talent/Model Release & Media Policy

IF THE PARTY IS 18 years old or older, complete the following down to the Consent section; otherwise, the parent or legal guardian must also sign.

I, **PRINT YOUR NAME HERE**, hereby forever grant to Pavel Tsatsouline, StrongFirst, Inc., and his/her/its legal representatives, successors, assigns, licensees, advertising agencies, and all person or corporations acting with his/her/its permission, the irrevocable and unrestricted right to use, re-use, publish and re-publish, and copyright my performance, likeness, picture, portrait, photograph, sound and/or voice recording, including the negatives, transparencies, prints, film, video, tapes, digital or other information pertaining to them in all forms of media now or hereafter known and in all manner, including electronic media, in still, single, multiple, moving or video format, in whole or part and/or composite representations, in conjunction with my own of a fictitious name, including alteration, modifications, derivations and composites thereof, throughout the world and universe for advertising, promotion, trade or any lawful purposes. This right shall include, but not be limited to, the right to combine my likeness with others and to alter my likeness, by digital means or otherwise, for the purposes set forth herein.

I waive my right to inspect or approve the finished product, including written copy that may be created in connection therewith or the use to which it may be applied.

I acknowledge that the photography session and/or film or video production was conducted in a proper and professional manner, and this release was willingly signed at is termination. I am fully able to contract in my own name without breach of any prior agreement or applicable law, including but not limited to prior agreements with modeling or talent agencies or any other person, company or entity.

Film or digital photography, video photography, and/or audio recordings of any kind of the **instruction and training** at the course are strictly prohibited without the express permission of Pavel Tsatsouline, and/or StrongFirst, Inc.

All film, digital or video imagery and audio recordings are copyright protected. Any person found to have infringed such copyright would be liable to immediate legal action.

I have had sufficient time to review and seek explanation of the provisions contained above, have carefully read and understand them, and agree to be bound by them. I voluntarily and irrevocably give my consent and agree to this Release and Waiver.

Participant's Signature
(Signature of person whose printed name appears above.)

Date