

Intro to Russian Kettlebell Lifting for Martial Artists

Instructor: Eric Kenyon RKC

At this 2 hour workshop learn the basic kettlebell drills that will change your game as a martial artist. Increase your hip speed & power, shoulder strength & injury resistance, core stability, and dynamic flexibility.



**Friday 7 May
1:00 to 3:00 pm
Grass Valley Judo
131 Joerschke
Cost: \$45.00**

**Form is Function
We can Rebuild You**

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