

# IKLTC-FGSI Level 2 Trainer Course



## Program:

**09:00—10:00** Registration

**10:00—11:30** Snatch and Jerk Exams

**11:30—12:30** Depth study of Snatch technique

**12:30—13:30** Break

**13:30—14:30** Depth study of Jerk technique

**14:30—15:40** Study of Long Cycle technique

**15:40—16:20** Double Snatch technique

**16:20—17:30** Kettlebell Juggling techniques

**17:30—18:00** Assistance exercises: Get Up, Windmill, Kettlebell Jumps, specific exercises for Jerk and Snatch techniques improvement

JERK EXAM	WEIGHT CAT.	KETTLEBELL	SUFFICIENT	GOOD	EXCELLENT
MEN	70 kg	16+16	45	55	80
	85 kg	20+20	40	50	80
	+85 kg	24+24	35	50	70
WOMEN	65 kg	12	60	70	100
	+65 kg	12	70	90	110

SNATCH EXAM	WEIGHT CAT.	KETTLEBELL	SUFFICIENT	GOOD	EXCELLENT
MEN	70 kg	16	100	110	150
	85 kg	20	95	105	125
	+85 kg	24	85	95	115
WOMEN	65 kg	12	70	90	135
	+65 kg	12	80	100	140

**SUFFICIENT** is the minimum score needed to continue the course, and adds your name in the list of Level 2 trainers. **GOOD** adds your name in the list of Level 2 trainers. **EXCELLENT** adds your name and your picture in the list of Level 2 trainers.

## REGISTRATION AND PRICES

Registration can be made by mailing [info@ghirisport.it](mailto:info@ghirisport.it) or calling at **+39 320 9465503**

Course fees must be paid at least three weeks before the date of the course chosen.

The payment details:

PayPal: [info@ghirisport.it](mailto:info@ghirisport.it)

Please confirm payment has been made by mail ([info@ghirisport.it](mailto:info@ghirisport.it)) or by phone (**+39 320 9465503**).

You can go directly and participate the course, upon payment of the fee increased by € 50.

The certificate of IKLTC-FGSI Level 2 Trainer is recognized by  
International Gira Sport Federation

More info: [info@ghirisport.it](mailto:info@ghirisport.it) - 320 9465503 - [www.ghirisport.it](http://www.ghirisport.it)

Course price is 260€.