



Parag (left corner), participating in Clean and Jerk (long cycle event) at World Kettlebell Championships at Hamburg, Germany, Oct 14 (first person from India)

KETTLEBELL SPORT - Probably the toughest sport of lifting!



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World Kettlebell Bronze Medalist
Completed taking 200 Kettlebell workshops – PAN India

Kettlebell sport or Girevoy Sport (GS) is the traditional Russian sport of kettlebell lifting. It is the national sport of Russia and it evolved from athletic and military circles and slowly spread to the wider population across Europe, before it migrated to the US.

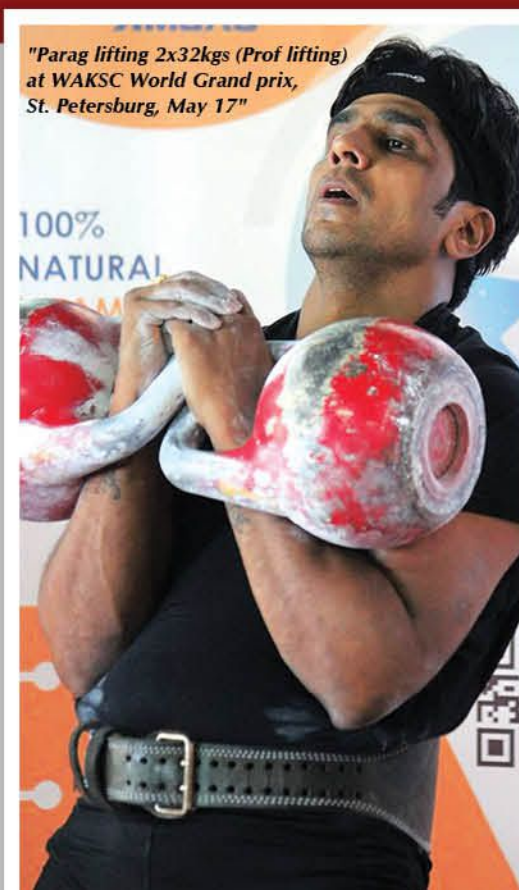
Kettlebell sport is a highly challenging strength–endurance feat of a cyclical nature. The lifter's success involves technique, flexibility, strength, power, proper breathing patterns, aerobic capacity, stability, and most importantly, mental strength.

There are two major lifts and athletes can choose the lifts based on level of fitness. 1. Biathlon (jerk and snatch- 2 events) and 2. Long cycle (Clean and jerk).

1) Biathlon is a total two lifts done back to back in a break of 30 minutes. Biathlon typically requires elite fitness levels as it demands recovery between the 2 lifts which is done for 10 minutes each; so a total of 20 mins of extreme lifting.

1st event is the double Jerk, done with 2 hands without putting the Kettlebells down on the floor. Two kettlebells are grasped in each arm at shoulder level and stabilized in the 'rack position', then jerked above the head. Athlete has to perform the lift non-stop for 10 mins.

2nd event Snatch is followed by a 30 min break, in which a single kettlebell is swung using one hand from between the knees to above the head in a single



motion. He can only switch hands once in a 10 min session without keeping the bells on the floor.

2) Long cycle is also called clean and jerk. In LC, the athlete has to clean 2 bells on iliac crest (hip bone) and jerk them overhead. He has to continue the session for 10 mins without keeping the bells down.

Either lift requires a very well-conditioned body to survive for 10 mins of lifting. The preparation has equal contribution of strength and cardio work. The athlete divides his training in volume based and intensity based training in which he trains for 1 rep max, and while using sub-maximal weight he trains for repetitive reps to improve muscular endurance.

Kettlebell competitions have been held in Europe and USA for many years, and the western countries have very well trained athletes. There are 2 categories in lifting: professional and amateur. Prof Male lifts 2x32kgs (red color kettlebells) for biathlon or long cycle, and amateur male lifts 2x24kgs (green color kettlebells). Female lifters usually use single Kettlebell instead of two. In recent years female lifters from western countries too have been using double kettlebells.

In Asian countries including India, the sport is still growing, so Prof Category for male is 2x24kgs for any lifts and for Amateur is 2x16kgs, for female prof weight for lifting used would be 16kgs and amateur would be 8 or 12kg. Weight category decides the athletes' participation in the sport. Lighter athlete lifting same weight as heavier athlete has advantage and can achieve the sport ranks of Kettlebell faster than a heavy athlete, based on fitness and conditioning levels.

Ranking system or rank tables differ with various organizations. These organizations like have their own ranking tables and athletes plan to achieve rank 3/ 2/ 1 / CMS (Candidate for Master of Sports)/ MS (Master of Sports)/ MSIC (Master of sports International class) / HMS (Honorary master of sports) ranking table are designed by top Russian Athletes. HMS is the TOP rank in Kettlebell sport. There are only a handful of HMS in the World, mostly Russian athletes who achieve this position and it takes 16-20 years of kettlebell lifting to reach the position. Lifters who accomplish this level of mastery are truly among the best of the best. They are the champions, the highest skilled, the most fit and quite possibly record holders of the Sport of Kettlebell Lifting.



Athletes do not have any age limit to participate in Kettlebell sport. Based on your current fitness level one can decide to compete by preparing himself in a time frame of 1 year. Kettlebell sport being cyclic in nature, it requires thorough practice and it is not just a 2 or 3 month's transformation. Cardiovascular conditioning drops even if you break the training for 8-10 days. Kettlebell sport has seen some athletes participating at the age of 55 or even 60. It is all about practice, lifting and effective recovery to succeed in the Kettlebell sport.

In India Kettlebell sport is growing and India should be ready with good Asian competitive athletes in 2 years and to compete on World level in another 2-3 years with consistency of lifting.

EKFA organization is promoting the kettlebell sport since the last 5 years. We have organized 5 national championships and since 3 years we are conducting state competitions in 10 states of India for promotion. There are over 100 sports athletes over-all in India who are already participating in state and national events within India and a few have also opted for Asian competitions overseas.

In order to learn KB sport in India, and participate in the state and national events, you can visit website www.ekfa.in for more details.

The author, Parag Mhetre is India's first CMS – Candidate of Master of Sports achieved in Tokyo, Japan. He has participated in over 5 International Kettlebell competitions Worldwide. He has bagged 5 Gold medals in various meets and created history by being the first Indian / Asian to bag a Bronze medal at World championships in Kazakhstan in Biathlon (jerk & snatch) event – Oct 2016. Also became India's first Pro-lifter, lifting 2x32kgs Kells in WAKSC Grand prix event in St. Petersburg, Russia (May 17)