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Kettlebell Lifting



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ
ІМЕНІ ІВАНА БОБЕРСЬКОГО

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з англійської мови

для самостійної та аудиторної роботи
з теми
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для студентів
денної та заочної форми навчання
за спеціальністю «фізична культура і спорт»

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У методичній розробці представлено тему “Спортивна спеціалізація” (*Гирьовий спорт*) для самостійної та аудиторної роботи студентів денної та заочної форми навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів спеціальності “фізична культура і спорт”, які навчаються за кредитно-модульною системою.

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Pre-text exercises

1. Read and learn the active vocabulary:

- | | |
|---------------------------|---|
| • above the head | – над головою |
| • arm switch | – перехоплення, зміна рук |
| • bell, <i>n</i> | – гиря |
| • biathlon, <i>n</i> | – двоборство |
| • clean, <i>n</i> | – підйом гир на груди |
| • competitive, <i>adj</i> | – змагальний |
| • equal weight | – однакова вага |
| • event, <i>n</i> | – змагальна вправа |
| • from knee level | – від колін |
| • grasp, <i>v</i> | – захопити руками |
| • in a single motion | – в один прийом, одним безперервним рухом |
| • jerk, <i>n</i> | – поштовх гир |
| • kettlebell lifter | – гирьовик |
| • kettlebell, <i>n</i> | – змагальна гиря |
| • long cycle | – поштовх гир за довгим циклом |
| • perform, <i>v</i> | – виконувати |
| • rack position | – вихідне положення перед виштовхуванням |
| • repetition, <i>n</i> | – повторення (<i>піднімання</i>) |
| • sanctioning body | – санкціонуючий орган |
| • set, <i>n</i> | – підхід |
| • set down | – опустити вниз |
| • snatch, <i>n</i> | – ривок гирі |
| • swing, <i>v</i> | – виконувати мах гирі |
| • to chest level | – на груди |
| • weight lifting sport | – силовий вид спорту |

2. Translate without using a dictionary:

lifting, history, cycle, single, level, classic, categories, lifter, biathlon, minute, position, period, weight, stabilised, format, composed, colour, purple, orange, international, union, organisation, standard, marathon, platform, the Olympics, federation, based, sanctioned.

3. Read and translate the text.

KETTLEBELL LIFTING

Kettlebell lifting is a weight lifting sport performed with kettlebells in a given period of time. Competitive kettlebell lifting has a long history, but it developed as an organised standard sport under the name kettlebell lifting during the 1960s.

The sport consists of three main lifts: the snatch, jerk and the long cycle. Jerk and long cycle can be performed with one bell or two kettlebells of equal weight. *Snatch*: a single kettlebell is swung using one hand from between the knees to above the head in a single motion. *Jerk*: two kettlebells are grasped in each arm at chest level and stabilised in the rack position, then jerked above the head. It can be performed with one kettlebell. *Long cycle*: two kettlebells are cleaned from knee level to chest level, then jerked to above the head. It can be performed with one kettlebell.

Classic competition format is usually composed of two to three categories: biathlon, long cycle and snatch. The lifter is given ten minutes for each event to perform as many repetitions as possible. Bells cannot be set down or the set is over. When using one bell, only one arm switch is allowed. *Biathlon* involves the kettlebell lifter performing a set of jerks for ten minutes, with at least 1 hour rest, followed by a set of snatches for ten minutes. *Long cycle* involves the kettlebell lifter performing a set of clean and jerks for ten minutes. *Snatch* is a ten minute set with only one arm switch allowed. Competition kettlebell colours are 8 kg (*pink*), 12 kg (*blue*), 16 kg (*yellow*), 20 kg (*purple*), 24 kg (*green*), 28 kg (*orange*), 32 kg (*red*).

The main international sanctioning body is the International Union of Kettlebell Lifting (IUKL) based in Riga, Latvia. Another competitor organisation is the International Girya Sport Federation (IGSF), currently based in Ukraine. The International Kettlebell Marathon Federation (IKMF) is main organisation for marathon kettlebell lifting which was previously sanctioned by IGSF. World Kettlebell Sport Federation (WKSF) was organized in 2018 offering a platform for countries to compete in the sport as it is being considered for the Olympics.

(Originated from Wikipedia, the free encyclopedia)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- 1) an organised standard sport
- 2) classic competition format
- 3) a set of clean and jerks
- 4) with at least 1 hour rest
- 5) from between the knees to above the head
- 6) to perform as many repetitions as possible
- 7) with only one arm switch allowed
- 8) previously sanctioned by IGSF
- 9) currently based in Ukraine
- 10) to be considered for the Olympics

2. Match the definitions to the following notions:

- | | |
|------------------|--|
| 1) jerk | a) length of time a kettlebell lift is performed for; |
| 2) clean | b) changing the arm used with the kettlebell; |
| 3) set | c) moving kettlebell from the legs to chest level in rack position; |
| 4) long cycle | d) position of arm on the torso where kettlebell rests between the reps; |
| 5) marathon | e) movement of clean, jerk, drop to rack and re-cleaned for the next jerk; |
| 6) rack position | f) moving kettlebell in a pendulum motion; |
| 7) kettlebell | g) movement to launch kettlebell from rack to overhead position; |
| 8) switch | h) moving kettlebell from swing into overhead position; |
| 9) swing | i) cast iron or cast steel ball with a handle attached to the top; |
| 10) snatch | j) event that lasts for either 30 minutes, 1 hour or longer. |

3. Combine the following words and translate them:

- | | |
|----------------|-------------|
| 1) single | a) lifting |
| 2) arm | b) cycle |
| 3) rack | c) weight |
| 4) above | d) down |
| 5) kettlebell | e) position |
| 6) sanctioning | f) motion |
| 7) chest | g) the head |
| 8) long | h) switch |
| 9) set | i) level |
| 10) equal | j) body |

4. Insert the prepositions where necessary:

by, with(2), for(2), over, down, of(4), at(2), in(5), above(2), to(4), from(2), during, under.

1. It developed as an organised standard sport ... the name kettlebell lifting ... the 1960s.
2. A single kettlebell is swung ... between the knees ... the head ... a single motion.
3. Two kettlebells are grasped ... each arm ... chest level and stabilised ... rack position.
4. Two kettlebells are cleaned ... knee level ... chest level, then jerked ... the head.
5. Bells cannot be set ... or the set is ...
6. Classic competition format is usually composed ... two ... three categories.
7. Biathlon is 10min set ... jerks, ... least 1h rest, followed ... 10min set ... snatches.
8. Long cycle is a set ... clean and jerks ... ten minutes.
9. Snatch is a ten minute set ... only one arm switch allowed.
10. WKSF was organized ... 2018 offering a platform ... countries to compete ... the sport.

5. Match two parts of the sentences.

- | | |
|---|--|
| 1. Kettlebell lifting developed ... | a) ... biathlon, long cycle and snatch. |
| 2. The main lifts of kettlebell lifting are ... | b) ... with a single kettlebell. |
| 3. Jerk and long cycle can be performed ... | c) ... only one arm switch is allowed. |
| 4. Snatch is performed ... | d) ... previously sanctioned by IGSF. |
| 5. Competition is usually composed of ... | e) ... as a standard sport during the 1960s. |
| 6. Kettlebell lifter is given ... | f) ... of different colours. |
| 7. When using one bell ... | g) ... based in Riga, Latvia. |
| 8. The competition kettlebells are ... | h) ... with one or two kettlebells. |
| 9. Marathon kettlebell lifting which was ... | i) ... ten minutes for each event. |
| 10. The main sanctioning body (IUKL) is ... | j) ... snatch, jerk and long cycle. |

6. Complete the sentences with appropriate terms.

1. Kettlebell lifting is a weight lifting sport performed with k_____.
2. In s_____ single kettlebell is swung with 1 hand from between knees to above head.
3. In j_____ two kettlebells are stabilised in rack position and jerked above head.
4. In l_____ c_____ 2 bells are cleaned from knee to chest level and jerked to above head.
5. 10 minutes are given for each event to perform as many r_____ as possible.

6. Only one a__ s_____ is allowed when using one bell.
7. The s__ is over if bells are set down.
8. B_____ involves 10 minute set of jerks, 1 hour rest, 10 minute set of snatches.
9. Long cycle involves a kettlebell l_____ performing 10 minute set of clean and jerks.
10. IGSF stands for the I_____ G_____ S_____ F_____.

7. Answer the following questions.

1. When did kettlebell lifting develop as an organised standard sport?
2. How many lifts does the sport consists of?
3. How much time is the lifter given for each event?
4. How many categories is the competition usually composed of?
5. Is any arm switch allowed?
6. All the lifts can be performed with one kettlebell, can't they?
7. What is the weight of competition kettlebells?
8. What does IUKL stand for?
9. What other kettlebell organizations do you know?
10. Which of them was organized recently?

8. Finish the following sentences.

1. Kettlebell lifting is a ...
2. The sport consists of such main lifts: ...
3. Jerk and long cycle can be performed with ...
4. Snatch is performed with ...
5. Classic competition format is usually composed of ...
6. Competition kettlebell colours are ...
7. The main international sanctioning body is ...
8. IGSF is currently based in ...
9. The main organisation for marathon kettlebell lifting is ...
10. WKSF was organized in ...

1. Read the text to find the information about:

- 1) the original use of kettlebells;*
- 2) the beginning date of kettlebell sport development;*
- 3) the competitions that evolved into the modern kettlebell sport;*
- 4) the period of the kettlebell sport gaining popularity with youth;*
- 5) the date of introducing the title Master of Sport in kettlebell lifting;*
- 6) the date of the first World Championship in kettlebell lifting;*
- 7) the date of the first kettlebell sport competition for women.*

Kettlebell sport is a weightlifting sport performed with kettlebells. Unlike Olympic or power lifting which is about maximal weight lifted, the sport of kettlebell lifting is classified as a cyclical sport where competitors have to lift a submaximal load, and perform as many repetitions as they can in a 10 minute time frame or longer to become champion.

Kettlebells date back to the 18th century. Back then, kettlebells were originally used as scale weights to measure goods at the market, but farmers would sometimes swing and press the bells to show off their strength.

After a time, kettlebells became commonplace at festivals, fairs, and circuses with various movements and juggling becoming popular acts.

It was in the 1940s when kettlebell sport was developed in rural areas and military groups. This was the era when kettlebell sport competitions were being held by strongmen, the army and the navy which has evolved into the modern sport of kettlebell lifting.

The first official kettlebell sport competition took place in 1948. Contestants performed the two-kettlebell jerk and single-arm snatch.

In 1950s training with kettlebells gained popularity with youth, farmers, and soldiers. Kettlebell competitions were held in the form of strongman events, but unlike today's meets, there were no rules, classification standards, or time limit.

In 1962 there was kettlebell sport competition triathlon event consisting of the press, jerk and snatch with no time limits for men only.

Kettlebell press was removed from competition in 1984.

The prestigious title Master of Sport in kettlebell lifting was introduced in 1985.

In 1989 the 10 minute time limits were established, long cycle became an event, and power juggling was developed to promote kettlebell sport and entertain spectators.

The first World Championship took place in 1993.

The kettlebell relay event was founded in 1998.

In 1999 there was the first kettlebell sport competition for women with 16 kg in the snatch event.

Women were included in the snatch competition for the first time in 2001.

In 2007 women started competing with 24 kg.

To date, since kettlebell sport has spread around the world different associations have introduced new events, weights, rules and regulations. In addition to traditional long cycle and biathlon (jerk and snatch) events for men, and snatch only for women, modern kettlebell sport competition events now include the following single and double lift events: long cycle, biathlon, and jerk only for women using single and double kettlebells. Also snatch only and double jerk only for men.

(Originated from Kettlebell Athletica)

2. Are the sentences true or false? Correct any false sentences.

1. Like Olympic or power lifting, the sport of kettlebell lifting is about maximal weight lifted.
2. Back to the 18th century, kettlebells were originally used as scale weights to measure goods at the market.
3. After a time, kettlebells became commonplace at festivals, fairs, and theatres with various movements and juggling becoming popular acts.
4. The 1940s were the era when kettlebell sport competitions were held by strongmen, the army and the navy.
5. At the first official kettlebell sport competition in 1948 contestants performed the two-kettlebell snatch and single-arm jerk.
6. In 1950s training with kettlebells gained popularity, but unlike today's meets, there were no rules, classification standards, or time limit.
7. In 1989 the 30 minute time limits were established, long cycle became an event, and power juggling was developed to entertain spectators.
8. The first World Championship took place in 1993, and the kettlebell relay event was founded in 1998.
9. In 1999 there was the first kettlebell sport competition for women with 24 kg in the snatch event.
10. Modern kettlebell sport competition events now include long cycle, biathlon, and jerk only for women using single and double kettlebells.

3. Work in pairs. Ask and answer your own questions on the text.

4. Title the text and write an abstract of it.

1. Read the text. Translate it in a written form.

Rules

Snatch Event (10 minutes)

Snatch only – single kettlebell is swung between the legs and up to the overhead position in one uninterrupted movement, finishing with the arm fully extended overhead, then snatched as many times overhead as possible. Only one hand switch is permitted.

Jerk Events (10 minutes)

Two arm jerk (TAJ) – two kettlebells are cleaned to the chest into the rack position, then jerked as many times overhead as possible. The finish position must have their knees and elbows in full lockout and knees locked out before each jerk.

One arm jerk (OAJ) – single kettlebell is cleaned to the chest into the rack position, then jerked as many times overhead as possible. The finish position must have their knees and elbows in full lockout. Only one hand switch is permitted.

Biathlon Event – a combination of jerk and snatch (10 minutes per event)

Biathlon (TAJ plus snatch) – competitors jerk two kettlebells over head for as many repetitions as possible in 10 minutes, followed by a minimum of 30 minutes rest period, then 10 minutes of snatches one arm switch.

Biathlon (OAJ plus snatch) – competitors jerk one kettlebell overhead for as many repetitions as possible in 10 minutes, followed by a minimum of 30 minutes rest period, then 10 minutes of snatches. Only one hand switch is permitted for single arm events. This event is a women's only event.

Long Cycle Events (10 minutes)

Two arm long cycle (TALC) – clean two kettlebells to the chest in the rack position, jerk them to the overhead position, then allow the kettlebells to drop back into the rack position, followed by the back swing, and clean into the rack position again. Repeat the cycle for reps. The finish position must have their knees and elbows in full lockout and knees also need to be locked out before each Jerk overhead.

One arm long cycle (OALC) – exercise performed as above but with a single kettlebell. Only one hand switch is permitted. OALC event is a women’s only event.

Kettlebell Marathon (30 minute and 1 hour)

The kettlebell marathon is an event that lasts for either 30 minutes which is called the half marathon, 1 hour or longer performing jerk, snatch or long cycle. Kettlebell marathons are performed with one or two kettlebells. The main difference between the 10 minute single kettlebell events and the kettlebell marathon is that the athlete can switch hands as often as they like.

Kettlebell Relay (3 minutes per athlete)

The kettlebell relay is an opportunity for individuals to compete as a team. This is a very exciting fun event after the main lifts have finished. Spectators will witness a friendly team battle. The relay includes the classic jerk, LC or snatch using 1 or 2 kettlebells. There are traditionally seven weight categories consisting of seven competitors per team and a 3 minute all out sprint (fastest pace as possible per athlete). The team with the most repetitions wins. Single kettlebell lifts can only switch once.

Regulations and medals

Lifters have the opportunity to win Gold, Silver or Bronze medals in their weight class, age class and also to become overall winner in each event by performing the most repetitions in the Professional, Amateur or Novice divisions. The winners in each event and weight class are determined by summing up of points in each discipline. If two athletes in the same weight class perform the same amount of repetitions, the lightest person in the weight class becomes the winner.

(Originated from Kettlebell Athletica)

2. Compile a vocabulary of kettlebell lifting terms.

3. Make a presentation of kettlebell lifting.

General Rules for Competition

Competitions are conducted with kettlebells weighing 8, 12, 16, 20, 24, 28, and 32 kg.

Events in a classic competition include:

- Jerk – jerk one (women) or two kettlebells (men) from chest level to overhead.
- Long Cycle – clean one (women) or two kettlebells (men) to chest level, and then jerk to overhead.
- Snatch – snatch one kettlebell (men and women) to overhead.
- Classic Biathlon – compete in the jerk, then the snatch.

For all single-arm lifts, the athlete can change hands only one time.

Uniform and Equipment

The lifters:

- Lifters must wear shorts, a weightlifting suit, t-shirt or a sleeveless shirt so the knees and elbows are visible.
- Weightlifting belts are allowed, but with width no more than 12 cm and length no more than 1.5 m.
- Wrist wraps are allowed, but with width no more than 10 cm and length no more than 25 cm. They cannot be inflexible or consist of any hard material.
- Knee caps or knee wraps and groin protection are allowed for medical reasons only.
- Appropriate athletic shoes are required.
- Nothing may be on the hands but chalk.

The kettlebells:

- Cannot deviate from the standard weights by more than 100 grams
- Height – 280 mm
- Diameter of body – 210 mm
- Diameter of the handle – 35 mm

(Originated from Kettlebell Athletica)

Rules of Performance

Athletes compete in weight categories, and the number of categories will vary depending on the host organization's ranking tables.

Lifters are given ten minutes to put up as many reps as possible. Each properly executed repetition is accompanied by a signal from the judge. The judge declares the signal as soon as all parts of the competitor's body are motionless. If the competitor violates any rules of the technical performance, the judge can issue a "no count" or "stop set."

Lifters are given ten minutes to put up as many reps as possible. Each properly executed repetition is accompanied by a signal from the judge.

For example, in the jerk, the "stop" signal is issued whenever the kettlebells are held in a position lower than the hands (i.e. farmer's carry). A "no count" is declared when there is additional push with the legs or additional press with the arms or when the athlete does not fixate the kettlebell in both starting and overhead positions. In addition, the kettlebell(s) must ascend in a continuous manner without stopping.

In the clean portion of the long cycle competition, kettlebells cannot be held motionless in a position lower than the hands. Kettlebells cannot be placed on the shoulder or roll from shoulders into the tack position. The same rules outlined above for the jerk apply to the jerk in long cycle.

For the snatch, the judge will declare "stop" any time the kettlebell touches the platform or the kettlebell is held motionless in a position lower than the hip. A "no count" is issued if there is a press of the kettlebell; an absence of fixation in the overhead position; or the free hand touches any part of the body, platform, kettlebell, working hand, legs, or trunk.

Fulfilling the allotted ten minutes is not necessary in order to win or achieve rank. In fact, it's common for a lifter to perform a set in less than ten minutes. Various reasons include overtraining, lifting a heavier weight than he or she is accustomed to, or lifting at a faster pace than the one prepared for. With consistent and thorough training, though, the lifter will have the endurance to fulfill the ten minutes and earn a higher result of quality reps.

(Originated from Kettlebell Athletica)

Exercise

By their nature, typical kettlebell exercises build strength and endurance, particularly in the lower back, legs, and shoulders, and increase grip strength. The basic movements, such as the swing, snatch, and the clean and jerk, engage the entire body at once, and in a way that mimics real world activities such as shoveling or farm work.

Unlike the exercises with dumbbells or barbells, kettlebell exercises involve large numbers of repetitions in the sport, and can also involve large reps in normal training. Kettlebell exercises are in their nature holistic; therefore they work several muscles simultaneously and may be repeated continuously for several minutes or with short breaks. This combination makes the exercise partially aerobic and more similar to high-intensity interval training rather than to traditional weight lifting. In a 2010 study, kettlebell enthusiasts performing a 20-minute snatch workout were measured to burn, on average, 13.6 calories/minute aerobically and 6.6 calories/minute anaerobically during the entire workout. When training with high repetitions, kettlebell progression should start out slowly to build muscle endurance, support the joints and prevent injury.

Like movements performed with any exercise tool, they can be dangerous to those who have back or shoulder problems, or a weak core, when performed without proper education and progression. However, if done properly, they are very beneficial to health. They can offer improved mobility, range of motion, agility, cardio vascular endurance, mental toughness and increased strength.

For some exercises, multiple kettlebells can be held in the same hand, for trainees lacking sufficiently heavy kettlebells. In any movement involving the rack or overhead position, the kettlebell can be held with the ball in an open palm for a greater stabilisation challenge, or for even more precise control and added grip challenge, the bottom-up hold, squeezing the kettlebell by the handle upside-down. This is especially useful for training to stay tight while pressing. Holding a single kettlebell in the rack position bottom-up with two hands makes for goblet exercise variants.

(Originated from Wikipedia, the free encyclopedia)

Kettlebell swing

The kettlebell swing is a basic ballistic exercise used to train the posterior chain in a manner similar to broad jumping. The kettlebell is swung from just below the groin to somewhere between the upper abdomen and shoulders, with arms straight or slightly bent, the degree of flexion depends on the trajectory of the kettlebell.

The key to a good kettlebell swing is effectively thrusting the hips, not bending too much at the knees and sending the weight forwards, as opposed to squatting the weight up, or lifting up with the arms. This requires an intense contraction of the gluteal, abdominal and latissimus muscles. The swing can also be performed with a release and catch of the kettlebell, which helps train the proper swing pattern where the arms aren't pulling up at the top. This can be done with two hands switching to a supinated catch. The one-arm swing presents a significant anti-twisting challenge, and can be used with an alternating catch switching between arms.

Further variations include the walking swing taking a step forward at the apex of each swing, the outside swing where the kettlebell swings outside the leg, and the kneeling swing, swinging between the legs in a one-leg half-kneeling position.

There are many variations of the kettlebell swing, some are, but not limited to:

- single arm swing
- one kettlebell double arm swing
- two kettlebells double arm swing
- suitcase swing
- swing squat style
- high swing

There is controversy within the kettlebell world about whether a swing can only be performed with a hip hinge, and not with a squat. Within the kettlebell sport world, employing knee flexion during the swing is more common.

(Originated from Wikipedia, the free encyclopedia)

Grips

The kettlebell has over 25+ grips that can be employed, to provide variety, challenge different muscles, increase or decrease complexity, and work on proprioception. Some of the grip categories are, but not limited to:

- pressing grips
- racking grips
- lifting grips
- ballistic grips
- juggling grips

Lifting styles

Contemporary kettlebell training is represented basically by five styles.

Hardstyle has its roots in powerlifting and karate training. With emphasis on the "hard" component and borrowing the concept of kime, the hardstyle focuses on strength and power and duality of relaxation and tension.

Girevoy, sometimes referred to as the fluid style in comparison to the Hardstyle, represents the training regimen for the competitive sport of kettlebell lifting, focusing on strength endurance.

Crossfit kettlebell refers to implementation of kettlebell training as in crossfit curricula, often with significant modifications to preceding styles.

Juggling is a training style where the practitioner releases and catches the kettlebell with all manner of spins and flips around the body.

Kettlebell training is all that is done with a kettlebell outside of the above 4 categories. Kettlebell training is extremely broad and caters to many different goals, some being, but not limited to: mobility, flexibility, cardiovascular endurance, strength, speed and power. If an athlete is training in the gym, on the beach, or in the park, and not performing any of the above disciplines, they are participating in kettlebell training.

(Originated from Wikipedia, the free encyclopedia)

Backswing: The portion of the swing or snatch in which the bell is moving backward between the legs.

Black snatch: A method of training grip and endurance for snatch in which one or multiple swings are added before each snatch. Repeat for desired amount of time (or until you drop the bell).

Clean: Kettlebell movement that involves moving the bell using the hips in a pendulum motion from between the legs to chest level in front of the body in the rack position or the top of the swing position.

Clean and press: Kettlebell movement that is composed of the clean, followed by the press.

Clean and push Press: Kettlebell movement that is composed of the clean, followed by the push press.

Fixation: When the lifter and kettlebell completely stop all movement at the completion of a repetition, the component of a lift that determines whether the repetition will be counted towards the competition score; also a chance to rest.

Half snatch: Kettlebell movement in which dropping into rack is substituted for the snatch drop.

Jerk: Kettlebell movement that uses the triple extension to launch the kettlebell from the rack position to overhead position. Jerk begins with a dynamic push-press with the heels lifting, followed by a squat under the overhead lockout and finishing with standing up with straight legs.

Joint stacking: Ensuring proper alignment of joints in overhead lockout position, meaning a straight line can be drawn from wrist to elbow to shoulder to hip to knees to ankles.

KB: Often used abbreviation for kettlebell.

Kettlebell high pulls / Kettlebell standing pull-up: Kettlebell movement; kettlebell is between the feet then grabbed with both arms maintaining flat back then ascended and raised to waist followed by pulling it directly in front of the face (elbows stay high and reach eye height (handle is at chin level)).

Lockout: When the arm is fully extended in the overhead position – wrist over shoulder, and the knees are straight as if you are standing in an upside down handstand.

Long Cycle (also called long jerk or (kettlebell) clean and jerk): kettlebell movement that is composed of the clean, followed by the jerk, then a drop to the rack and the re-cleaned for the next jerk.

OAJ: One arm jerk – using one kettlebell.

OALC: One arm long cycle, meaning long cycle with one kettlebell.

Olympic snatch: A style of snatch in which the backswing is eliminated and the bell moves in a straighter path up and down, often employed once the lifter's forearms have fatigued at the end of a set.

Pendulum: Path the kettlebell takes as it moves from between the legs to either the rack or overhead position in snatch.

Press / military press: Kettlebell movement that relies on the strength of the arm alone to get to the overhead position.

Push press: Kettlebell movement that utilizes strength from legs to get the bell to the overhead position.

Rack position: The V-position of the shoulder, elbow, and wrist on the torso where the kettlebell rests between repetitions of jerk or long cycle. Ideally the elbow rests on the top portion of the hip joint.

RPM: Repetitions per minute, which is used to pace a kettlebell set.

Set: Length of time a kettlebell lift is performed for.

Snatch: Kettlebell movement that uses the legs and hips to move the kettlebell from the swing into the overhead position.

Static/dead hang: When the lifter is just holding the KB without moving. Not allowed in competitions.

Strict press: Also called the military press or standing press, the kettlebell is held in the rack position and pushed overhead with one arm, keeping the body rigid.

Swing: Kettlebell movement that involves moving the bell in a pendulum motion from between the legs to the overhead position. Basic and start up kettlebell exercise. Can be performed with one or two hands.

Switch: When the lifter changes the arm used with the kettlebell – one switch rule (classic International Union of Kettlebell Lifting competition) or unlimited/multiple switches rule (marathon International Kettlebell Marathon Federation competition).

TAJ (Jerk or Double Jerk): Two arm jerk – uses 2 kettlebells.

TALC: Two arm long cycle, meaning long cycle with two kettlebells.

Triple extension: Full extension of the hips, knees, and ankles that provides the power to launch the kettlebell overhead in the jerk movement.

Upswing: The portion of the swing or snatch in which the bell is moving forward and up towards the top of the swing or overhead position.

Windmill: Kettlebell movement; stance is wider than shoulder width. Kettlebell is held above head with straight arms. If KB is held in the right hand, the body is inclining to left side in an attempt to touch floor with left hand and vice versa.

(Originated from Wikipedia, the free encyclopedia)

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