

Rocket Science: A Review of the First German Kettlebell and Clubbell® Workshop

~Andreas Schroeder

I was tremendously excited when Scott Sonnon announced his first workshop in Germany. Even though it was on very short notice, I had to be there. I asked my boss for a short vacation and got it. Fortunately, the workshop took place not far from the village where my family lives, so it also provided me with a nice opportunity to visit my relatives.

My Google map seemed to be incorrect, and I found myself slightly lost in the small town of Haltern at the fringe of the Ruhrpott. I was looking for the

Choice-of-Champions Gym owned by Dr. Hermann Korte, who organized the workshop. I arrived just in time and didn't really know what was expected of me. The other participants seemed pleasant and the welcome was very warm. I had met RMAX Faculty Coach Ryan Murdock last year at his seminar in Hamburg, and he seemed happy to see a familiar face.

We started with a long session of Intu-Flow® Joint Mobility with very detailed explanations,

crossed over to the basics of Kettlebell training, and moved on at last to the basic movements of Clubbell® training.

The quantity of participants allowed us to skip the scheduled structure of the workshops and to deal with individual needs, as well as with every single question raised by each of the participants.

At the end of the day we did a slightly modified Trial by Fire: 100 double swipes, 50/50 mills and 100 hammer swings, using whichever weight we were most comfortable with.

Everyone finished the Trial by Fire, even those who had never touched a Clubbell before. One of these guys had just attended a kettlebell certification in Switzerland with Valery Federenko, Coach Sonnon and Coach Murdock the weekend before, which meant that this was his third day of training with just a one-day break. His break had been spent behind the steering wheel of his car, traveling about 800 km to get to this event. What an effort!



On the second day, after another Intu-Flow® session, we worked on Prasara, some more details of the Kettlebell techniques, and some more Clubbell® exercises. Scott showed us material I've never seen before, though I own most of the RMAX DVDs and Scott Sonnon Core Cadre material. Later, we had the opportunity for some private sessions -- for free! I also had a private Prasara session with Coach Murdock. I knew Prasara was difficult, but this was harder than the entire weight swinging workshop that came before -- and eye-opening. Coach Sonnon also did some bodywork with me: pure luxury and a hell of a (good) pain the next day.

In summary I can say that I got much more than I expected. The instruction was brilliant, and Coaches Sonnon and Murdock had no problem adapting it to individual needs and to the state of knowledge of the participants. At the same time, both were really entertaining. We were never bored and the presentation was never dry. Discussions about different training modalities and technique concepts were frank and honest. I left each day with my head filled with more information than I could possibly digest, and a book filled with notes that I'll work with over the coming months.

Thank you Scott and Ryan for such a good time!

