CrossFit's First Ever

Training Seminar

July 15 – 16, 2006 at CrossFit San Diego

Presenters:

John Hackleman - CrossPit/MMA
Mike Burgener - Olympic-style Weightlifting
Michael Rutherford - Dumbbells
Mark Rippetoe - Slow lifts
Jeff Martone - Kettlebells
Tony Blauer - Combatives/Personal Defense Readiness
Roger Harrell - Gymnastics
Jesse Woody - Parkour
Jim Cawley (Dynamax) - Medicine Balls
Jeff Martin - Krav Maga
Mikki Martin - Kids' CrossFit
Robb Wolf - Nutrition
Angela Hart (Concept 2) - Rowing
Rob Miller - Climbing
Steve Kenyon - SST/Chapman Installations
Karl Geissler (Gill Athletics) - Sprint Mechanics
Chris Robinson - Situational Awareness
Tyler Hass - Rings
Ryan Atkins - CrossFit

Plus Greg & Lauren Glassman, Nicole Carroll, Annie Sakamoto, Eddie Lugo, Greg Amundson, Tony Budding

Structured like a trade show; spend as much time as you want with each presenter. Two full days $500 (group/affiliate discounts avail).

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This two-day event is structured much like a trade show. The presenters will be set up throughout a 50,000 sq-ft floor ready to answer questions, provide coaching, demo movements and techniques, run workouts, and more. There is no fixed schedule of classes, giving you the opportunity to visit as many or as few presenters as you like. You will create your own curriculum and use the two days to best serve your needs and interests. We recommend you wear workout clothing and be ready for anything!

John Hackleman – CrossPit/MMA
Striking, fighting, defense techniques.
Founder The Pit, former kickboxing world champion, Chuck Liddell's trainer.

Mike Burgener – Olympic-Style Weightlifting
Clean and jerk, snatch, skill transfer exercises.
Founder Mike's Gym, USAW Senior International Coach, Former US National team coach. Father of Casey Burgener, the current PanAm heavyweight gold medalist.

Michael Rutherford – Dumbbells
Versatile CrossFit training with dumbbells.
Founder CrossFit Kansas City, current US National Masters Weightlifting Champion (94kg class).

Mark Rippetoe – Slow Lifts
Deadlift, Back Squat, Press, Bench Press.
Founder CrossFit Wichita Falls, former competitive powerlifter, author of *Starting Strength*.

Jeff Martone – Kettlebells
Basic, advanced, and "Hand-2-Hand" kettlebell techniques for CrossFit training programs.
Founder of Tactical Athlete Training Systems, RKC, SWAT, SPEAR certified instructor.

Tony Blauer – Combatives/Personal Defense Readiness
S.P.E.A.R. System Fundamentals: Innovative self-defense based on physiological responses to danger, extreme close-quarter tactics.
Founder Blauer Tactical Systems, consultant to many US military and law enforcement groups.

Roger Harrell – Gymnastics
Gymnastics basics and progressions.
Former competitive gymnast and current gymnastics coach.

Jesse Woody – Parkour
Parkour basics and progressions.
Co-founder American Parkour.

Jim Cawley (Dynamax) – Medicine Balls
Functional, athletic, and explosive training with medicine balls.
Founder Dynamax, competitive masters decathlete, track and field coach.

Jeff Martin – Krav Maga
Krav Maga (Israeli Defense Forces hand-to-hand combat system), self-defense basics and techniques.
Co-founder Brand X Martial Arts, certified Krav Maga instructor, fifth-degree black belt Kenpo Karate, CrossPit trainer, CrossFit Coach.

Mikki Martin – Kids' CrossFit
Scaling and programming CrossFit workouts for kids.
Co-founder Brand X Martial Arts, publisher of CrossFit Kids Magazine and CrossFitKids.com, CrossFit trainer, certified Krav Maga instructor, black belt Kenpo Karate, youth fitness trainer.

Robb Wolf – Nutrition
Eating for performance, Zone basics.
Founder CrossFit NorCal, publisher Performance Menu, former research biochemist for the Fred Hutchinson Cancer Research Center, CrossFit Coach, USAW Club Coach.

Angela Hart (Concept2) – Rowing
Indoor rowing techniques, Concept2 rower fundamentals, rowing workouts and training.
Competitive rower and coach, Indoor Rowing Training and Certification Institute (IRTCI) director.

Rob Miller – Climbing
Climbing basics and techniques, CrossFit for climbing.
Freeclimbing pioneer.

Steve Kenyon & Dan Bunz – SST/Chapman Installations
Creating a CrossFit gym, CrossFit workouts, training high school athletes.
Steve: Co-founder Sports Specific Training (SST), former National High School Strength Coach of the Year, Level II USAW weightlifting coach.
Dan: Co-founder SST, 1978 first round draft choice and two-time Super Bowl Champion with SF 49ers, over 20 years teaching experience in JC, HS and Middle School.

Karl Geissler (Gill Athletics) – Sprint Mechanics
Running and jumping techniques, coaching psychology.
USATF Level II Certified Coach (sprints/hurdles/jumps) and Lead Instructor in Level I program. Masters degree in kinesiology from the University of Illinois (1999). Former collegiate track and field competitor and current coach.

Chris Robinson – Tactical Options
Scenario-based safety tactics, basic weapons defense.
Combatives instructor, former Navy SEAL, Yosemite Park Ranger, paramedic.

Tyler Hass – Rings
Ring exercises, basics and progressions, integration of rings into CrossFit.
Founder Ringtraining.com, publisher Power Athletes Magazine.

Ryan Atkins – CrossFit
CrossFit foundations, techniques, and workouts.
Founder CrossFit Racine, CrossFit trainer, gymnastics coach, former professional MMA fighter, USAW certified weightlifting coach.