

PRESS RELEASE - Kettlebells for Warriors 2010

Benefiting the Wounded Warrior Foundation

The [York Barbell Company](#), The CrossFit Journal, [Fitness Anywhere](#) and [Dragon Door](#) have joined forces with Russian Kettlebell Certified (RKC) instructor, Michael Krivka, to raise awareness and funds for the [Wounded Warrior Project](#) (WWP) through the **1st Annual Kettlebells for Warriors** (KFW).

Krivka and his national sponsors have organized four fund raising events for the summer of 2010, with several more planned for the fall. Each event consists of a six hour Russian Kettlebell workshop where participants will learn the fundamental skills and techniques to safely and effectively use this powerful fitness tool. Workshop participants will receive a full day of professional Kettlebell training for the discounted price of \$150.00/person with all profits going directly to the Wounded Warrior Project to fund unique, direct programs and services to meet the needs of America's wounded warriors.

"These men and women have sacrificed so much," says Krivka, "and their service doesn't end when they come home. They continue their long painful journey by working hard to heal their minds and bodies. We wanted to raise awareness and funds by honoring their sacrifice and journey back to health with our own pain, sweat and tears. The Kettlebells for Warriors events give people a chance to directly impact the lives of our warriors while making a difference in their own health and well being - everyone wins."

The first event was held on July 10 in York, Pennsylvania at the York Barbell Company corporate headquarters. This was followed by another event held in Los Angeles, California on August 01 2010 at the Inosanto Academy of Martial. The most recent event is planned to be held on August 07 in San Diego, California and followed by September 11 in Washington, D.C. Additional events are planned for Atlanta, Georgia; Chicago, Illinois; Dallas, Texas; Jacksonville, Florida; and Columbia, South Carolina in the fall of 2010.

For more information about the project, and for organizations and individuals who want to know how to help sponsor the fund raising efforts of the 1st Annual Kettlebells for Warriors, contact Mike Krivka at kettlebellsforwarriors@gmail.com or at 301/404-2571.

KFW Lead Instructor - Michael A. Krivka

A Washington, DC native, Michael has been involved in training with Kettlebells since 2001, is an RKC (Russian Kettlebell Certified) instructor under Pavel Tsatsouline, and is the [number one reviewed Kettlebell instructor](#) in the world on the Dragon Door Web site. Michael travels extensively throughout the United States teaching Russian Kettlebells to a wide variety of people, such as SWAT/SERT teams, USMC officers and enlisted personnel, MMA and BJJ practitioners and even soccer Moms and Dads. He is universally lauded as an "*exemplary instructor, an outstanding motivator and a highly accomplished and technically precise practitioner of the Kettlebell.*"

Michael is also a Level I CrossFit Trainer, CrossFit Kettlebell and Olympic Lifting Trainer, and operates a CrossFit affiliate (CrossFit Concepts) in Gaithersburg, MD. For more detailed experience and credential information about Michael Krivka, lead instructor for the 1st Annual Kettlebells for Warriors events, please visit the following Web sites: [CrossFit Concepts](#) and [Martial Arts Concepts](#).

PRESS RELEASE - Kettlebells for Warriors 2010

Benefiting the Wounded Warrior Foundation

Workshop, Donation and Sponsor Information

Additional information about these events will be posted on the York Barbell, CrossFit Journal and Dragon Door websites in addition to emails and other online postings.

A donation page is going to be established for each event and will be posted shortly. Please remember that your donation is tax deductible and goes to help heal our warriors and support their caregivers. **NOTE:** WWP Event ID: 239958

Sponsors interested in becoming part of this series of events should contact Michael Krivka immediately via email at kettlebellsforwarriors@gmail.com or at 301/404-2571 for sponsorship details.