



KETTLEBELLS FOR WARRIORS



WOUNDED WARRIOR
PROJECT

Sunday August 01, 2010 in Los Angeles, CA

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

The event consists of a six (06) hour Russian Kettlebell Workshop where participants will learn the fundamental skills and techniques to safely and effectively use this powerful fitness tool. Workshop attendees will receive a full day of professional Kettlebell training with **100% of the profits going directly to the Wounded Warrior Project** to fund unique, direct programs and services to meet the needs of America's wounded warriors.

Throughout the day there will also be demonstrations and activities to keep the whole family entertained - everything from **Indian Clubs**, to **Nail Bending**, to **Filipino martial arts**. Come out and purchase tickets to **win prize baskets** from our national, regional, and local sponsors - you could win a Kettlebell, MMA, or TRX training basket!

EVENT DETAILS

Date: Sunday August 01, 2010
Location: Inosanto Academy of Martial Arts
13348-13352 Beach Avenue
Marina Del Rey, CA 90292
Time: 10:00 am to 05:00 pm
Donation: \$150/person
Registration: Contact Mike Krivka at 301/404-2571 or at
kettlebellsforwarriors@gmail.com

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FUTURE EVENTS

August 07, 2010
San Diego, CA

September 11, 2010
Washington, DC