

# **WB** ♦ *Subject Matter Expert* curriculum & outline, 2011 ♦

Wolf Brigade is proud to offer both athlete & instructor Subject Matter Expert recognition & documentation opportunities for 2011. Our rationale in doing so is to test and acknowledge progress in athletes training in our program either in-house or satellite, and eventually develop such standout athletes into standout instructors.

We believe that being an athlete/participant is a necessary precursor to being a quality instructor in our brand of training. Although there are expert instructors in many fields that either cannot or do not “*Do*”, that is not what ***we*** “do”.

We believe that in the fields of fitness, strength & conditioning, and martial arts the best instructors and coaches are those that have an intimate physical and mental relationship with all the material they are teaching. Anything short of that, we feel, does not best serve the athlete/client.

There has to be background and substance behind the method, explanation, and execution. Immersion, repetition, exhaustion, and comprehension; *then* instruction.

And... repeat.

## WB SME categories

- Kettlebell lifting
- Bodyweight motions
- “Odd Lifts”
- Self-defense

## WB SME cost

Cost is \$250 per category for “*Athlete SME recognition*”, and \$250 per category for “*Instructor SME recognition*”. Process will take 2-3 hours and must be scheduled and paid for at least 14 days in advance. Cancellation fee is 50%.

Upon successful completion, name & profile will be added to WB site, documentation will be presented, and other tokens of recognition will be issued.

## Athlete SME specifics

An “expert” by definition is someone that has special skill or knowledge in a particular field. Recognition as an *Athlete/SME* by WB standards will require demonstration of proper technique/ adherence to form, and sustained proficiency for every motion in chosen category. The specifics of that demonstration are as follows:

- A written description of why we do what we do.
  - 20 perfect repetitions of the prescribed version of each motion in chosen category.
  - Sets may be broken down in 10’s but no lower. Where appropriate, “reps”= “seconds”.
  - Demonstration of one motion must complete before next begins. No interspersing.
  - If one motion falls short of the required form & function participant may choose to continue for learning purposes, but will need to re-submit motion at a later date to achieve recognition.
- Refinements to skill are made prior, not during.
- While intensity is a vital, respected component on most days, demonstrating proficiency is the goal of *this* day. Speed is not a substitute for form.

## **Instructor SME specifics**

An "expert" by definition is someone that has special skill or knowledge in a particular field. Such a specialist, once the physical demonstration has been completed, may desire to pass the information on as an instructor.

Recognition as an *Instructor/SME* by WB standards will require demonstration of skill, knowledge, proficiency, and physical & mental comprehension of every motion in chosen category.

The specifics of that demonstration are as follows:

- Clear, concise delivery of information in both 1-on-1 and group settings for each motion in chosen category.
  - Visual awareness and verbal adjustment of common faults.
  - Scaling of each motion in chosen category.
  - Programming for beginner, intermediate and advanced athletes.
  - Commencement and safe operation of live group class.
  - Identification and description of your own faults &/or shortcomings as an athlete.
  - Comprehension and use of command composure and non-verbal cues.
- Simply speaking louder does not show understanding of material.
- A written description of why we do what we do.

### **WB SME Motions List: *Kettlebell Lifting***

- Swing (2-arm to chin, 2-arm OH, 2-arm 2-second, 1-arm, power)
- Clean, 1 & 2 kettlebell (from floor & swing)
- Press (military/ strict, seated, & push)
- Snatch, 1 & 2 kettlebell
- Regular high pull (to chin)
- Full-range high pull (OH)
- Figure 8
- Halo
- Hand positioning for front/ goblet squat
- Windmill
- Turkish Get-up
- Good Morning
- Deadlift (regular, 2-inch, & suitcase)
- Creation of 2, 3 motion kettlebell complexes

### **WB SME Motions List: *Bodyweight Motions***

- Pullup (jumping, strict & kipping)
- Pushup (start @ top, start @ bottom, & DB pushup row)
- Dip
- Squat (air & jump squat)
- Lunge (regular & full range)
- Burpee
- Inchworm
- Bodyweight row

- Back Extension
- Hip Extension
- Box jump/ box step
- Headstand
- Handstand
- Front roll
- Back roll

### *Situps:*

- Abmat
- Rocking chair
- V-up
- Toes-to-Sky
- Abmat
- Elevator
- Knees to elbows
- L-sit (20 seconds)
- 360
- Hollow rock
- Catapult
- Skin the cat
- Toes-to-Bar

### **WB SME Motions List: "Odd Lifts"**

#### Sledgehammer:

- 2-hand tire smash
- 2-hand tire smash L to R hand switch
- 2-to-1 hand tire smash
- 1-hand tire smash stationary
- 1-hand tire smash w/ step

#### Mace:

- Virtual shovel/ gravediggers
- Front pendulum
- Front pendulum shove
- Back pendulum
- Back pendulum & pull over
- Flips
- 360
- 10-2

#### Kettlebell:

- Hand-to-hand swings
- Speed snatch
- Wall ball substitute
- Slam dunk stationary
- Slam dunk w/ step
- Figure 8 flip
- Creation of 2, 3 motion "Odd Lifts" complexes

**WB SME Motions List: *Self-defense***

Self-defense recognition is by invitation, not request.

Any questions regarding this aspect of the SME program, please email  
*training@fightfitness.net*

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If you are interested in pursuing any of the paths outline above, or have questions regarding any aspect of the SME program, please email Greg Walsh at *training@fightfitness.net*