

# Jon Engum

## Master RKC

### The RKC Deep 6

The RKC Deep 6 Workout is a takeoff of the old Omelet, but is limited to the RKC's 6 core lifts. The Deep 6 allows the trainee to practice and develop deep skill in all of the basic six RKC lifts, hence the name Deep 6. It consists of three different levels and is appropriate for Kettlebell practitioners of varying levels of conditioning. The RKC Deep 6 is great practice for people looking to gain muscular endurance such as fighters or for people who would just like to up their conditioning level to have an easier time at the RKC. It can also stressproof the "getup" by practicing it in a pre-fatigued state.

### The plan goes like this:

All lifts are done right handed without setting the bell down between moves.

- 5 swings
- 5 snatches
- 5 clean and presses
- 5 front squats
- 1 Get up \* from the top down ala Shawn Cairnes "the Get down"
- After the last clean and press, from the lockout do the down phase of the getup until you are at the firing range position and then get back up.
- Now switch hands and repeat the sequence on the left. Try for 5 rounds.

**Beginners:** Rest 30 seconds after every hand switch, rest 1 minute between rounds.

**Intermediate Level:** Rest after you have completed both right and left. 30 seconds to 1 minute

**Advanced Level:** No rest, go through all 5 cycles.

**Suggested weight:** 24k for men and 12K for ladies. For people with masochistic tendencies use a 32k or 16k respectively.

### The Supercharged DOE

This is done the same as the original with a few evil tweaks. The swings are done at the bottom of a steep hill. The hill must be steep but not so steep that you can't run up it – no hands necessary. The hill should be around 50 to 100 yards long – the longer the hill the harder the work but also a longer rest period will be built in.

### The Plan:

Swings combined with a sprint up the hill. The trainee will then walk backwards down the hill and reset. On the original the run was active rest, on this supercharged version the run is fast, 80 percent effort, and the walk down is the active rest.

The uphill sprint will force you to lift the knees high and is great for "kickers". The weak or slow part of the kick is always the chamber. Everyone is fast in the final phase of a

kick but the greats are fast in all phases. The backward walk is knee friendly and forces you to go slow and gives you a nice calf stretch between sets. I like to do descending ladders with the swings i.e., 40 – 35 – 30 – 25- 20 – 15.

To add a little more heat to a spicy training session have a sparring partner at the top of the hill administer a beating before you walk down.