



End of 2015 they in Russia had **all-Russian kettlebell marathon “Russian snatch - 2016”**. Rules of “Russian snatch” are very easy. Every participant should do 2016 snatches with 16 kg kettlebell. The athlete who shows the best time of snatch will win this competition.

They in Russia had a lot of same competitions in different cities around the country the same time. Some people did snatch without competition – just to take part of this great event.

The first time same style competition was held in December 2012 in Tomsk city. This year it became all-russian kettlebell event.

Kettlebell lifters have our style of celebrating the New year!