



April 21 of 2012 in Worms (Germany) was held kettlebell championship of 3-German regions on nontraditional exercises.

Hessen, Rheinland-pfalz and Baden-Württemberg.

Main organizer of this event – KSV 1905 Worms (head coach Aleksey Dornhof).

Not a lot of participants came here, but it was just beginning. There were 12 competitors.

They could compete in one of nomination:

- press of kettlebell (1 min);
- one arm jerk (3 min);
- double arm jerk (5 min);
- snatch (3 min);
- long cycle (5 min).

And they could use 8, 12, 16, 20, 24 or 32 kg kettlebells. They had two weight categories: 90 kg and more then 90.

One of the best result is one arm jerk 32 kg 51 reps.