

# Inosanto Academy Kettlebell Workshops 2008



1/19 --- Kettlebells for BJJ & Grappling  
2/9 --- Kettlebells for Ultimate  
Conditioning  
3/8 --- Kettlebells for Rehab & Pre-hab

4:00 - 6:00 PM  
\$50.00

Workshops taught by:

Dr. Mark Cheng, L.Ac., Ph.D., RKC Team Leader



Dr. Mark Cheng

Dr. Mark Cheng is the chief instructor of Kettlebells Los Angeles. He has trained extensively as a private student of Pavel Tsatsouline weekly for years, and earned his RKC directly from Tsatsouline himself. Dr. Cheng has been enthusiastically pursuing kettlebell training as a means of rehabilitation and health ever since he experienced the successful rehabilitation of his own lower back and shoulder injuries with Russian kettlebells. He also dropped 20 pounds after becoming regularly involved with kettlebell training!

No ordinary private trainer, Dr. Cheng brings extensive medical knowledge as a specialist in Chinese medicine orthopedics to each and every one of his clients and students. Always looking to increase his knowledge and understanding of the rehabilitative and prehabilitative applications of kettlebell training and the RKC system, Dr. Cheng attended the 2007 RKC Level 2 Certification, which focused on Functional Movement Screen technologies as presented by Sr. RKC, Brett Jones, as well as many other therapeutically applied movement sciences. His teaching method reflects an eye towards detail, safety, and constant fun.

He has trained such luminaries as Guro Dan Inosanto, Machado Brazilian Jiu-Jitsu's Rigan Machado, and assisted his mentor, Pavel Tsatsouline, with law enforcement and military training. Few, if any, instructors bring the rare mix of martial arts master, physician, and kettlebell instructor to the mix like Dr. Cheng does.