

WB. *Subject Matter Expert* curriculum and outline, 2017. ♦

Wolf Brigade is proud to present our athlete and instructor *Subject Matter Expert* recognition/documentation opportunities for 2017. Since implementing the program in 2010, our goal has been the testing and acknowledgement of progress in athletes training in our program (*either in-house or satellite*) and the subsequent development some of those 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/trainee/ client.

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

Wolf Brigade “Subject Matter Expert” categories

- ***Kettlebell lifting***
- ***Bodyweight movements***
- ***“Odd Lifts”***

Cost

Cost is \$250 per category for “*Athlete SME recognition*”, and \$250 per category for “*Instructor SME recognition*”. Evaluation 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 and profile will be added to Wolf Brigade website, documentation will be presented, references will be available upon request (*for instructors*), 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. Formal recognition of such expertise by Wolf Brigade standards requires demonstration of proper position, execution, and mechanics in all reps and for each movement in chosen category. In addition, all participants must submit a written description outlining their perspective on why we do what we do.

Specifics of physical demonstration are as follows:

- 10- 20 expert-level repetitions of the prescribed (*unscaled*) version of each movement in chosen category (*reps required vary based on movement complexity/ duration- email with questions*).
- Sets may be broken into 5's or 10's with brief rest. Where appropriate, "reps"= "seconds".
- Completed demonstration of one movement before next begins. No interspersing.
- If one movement falls short of the required standards, participant may choose to continue for learning purposes, but will need to re-submit that movement at a later date to achieve recognition. Refinements to skill are made prior to- not during- a proficiency test.
- 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, and weight should be light/ moderate.

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* by Wolf Brigade standards requires demonstration of physical skill and proficiency, deep positional familiarity, and thorough conceptual understanding. *In short:* Expert-level comprehension of each movement in chosen category, and the ability to apply both movement and concept in widely varied conditions and to all skill levels.

The specifics of that demonstration are as follows:

- Clear, concise delivery of information in both 1-on-1 and group settings for each movement in chosen category.
- Visual awareness and verbal adjustment of common faults.
- Multi-level scaling of each movement 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 and/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, and the importance of passing it on in the detailed manner in which we do.

Movement list: Kettlebell Lifting

- Deadlift (*Regular and suitcase*)
- Swing (*2-arm to chin, 2-arm "True" overhead, 2-arm 2-second, 1-arm, power, stacked-hand*)
- Good Morning
- Clean (*Single and double kettlebell, from floor and swing*)
- Press (*Single and double kettlebell strict and push press, 50/50 press*)
- Snatch (*Single and double kettlebell*)
- Single kettlebell front squat
- Double kettlebell front squat
- Single kettlebell back squat
- High pull (*To chin*)

- High pull + Goblet squat
- Full-range high pull (*Overhead*)
- 1-arm row
- Figure-8
- Halo
- Halo + extension
- Arm bar stretch
- Windmill (*Single and double kettlebell*)
- Turkish Get-up (*2- count and standard*)
- Creation of 2, 3- movement kettlebell complexes

Movement list: Bodyweight

- Pull-up (*Jumping, strict, and kipping*)
- Chin-up
- Squat (*Air squat, wall squat, "stick squat" and jump squat*)
- Lunge (*Regular, walking, and full-range*)
- Push-up (*Start @ top, start @ bottom, rings*)
- Dip
- Inchworm (*Stationary and walking*)
- Box jump/ box step
- Broad jump
- Straight/ vertical jump
- Bodyweight row (*Rings, rope, bar*) + 3/1000 Bodyweight row (*Bar*)
- Burpee
- Burpee box jump
- Burpee broad jump
- Back extension
- Hip extension
- Headstand
- Handstand
- Front roll
- Back roll

Sit-ups:

- Abmat
- Rocking chair
- Skin the cat
- L-sit (*20 seconds*)
- 360
- Superman rock
- Hollow rock
- V-up
- Ab wheel
- Elevator
- Knees to elbows

Movement list: “Odd Lifts”

Mace:

- Shovel
- Shovel/ smash
- Squat
- Front pendulum
- Front pendulum + extension
- Front pendulum + shove
- Back pendulum
- Back pendulum and pull over
- Dynamic curl
- 360
- 360 + extension
- 10-2
- Varial

Kettlebell:

- Hand-to-hand swing (*Standard, and same-hand touch + catch*)
- Speed snatch
- Wall ball substitute
- Slam dunk (*Stationary and with step*)
- Figure-8 flip
- Creation of 2, 3-movement “*Odd Lifts*” complexes

Sledgehammer:

- 2- hand tire smash
- Hand-to-hand tire smash
- 1- hand tire smash stationary
- 1- hand tire smash w/ step

If you are interested in pursuing any of the paths outline above, or have questions regarding any aspect of our Subject Matter Expert program, please email [***training@wolfbrigade.com***](mailto:training@wolfbrigade.com)