THE CARTOON BOOK OF

KETTLEBELL LIFTING



STRENGTH

SPORT ON EARTH

Sport on Earth Books · The Completing the programme Family

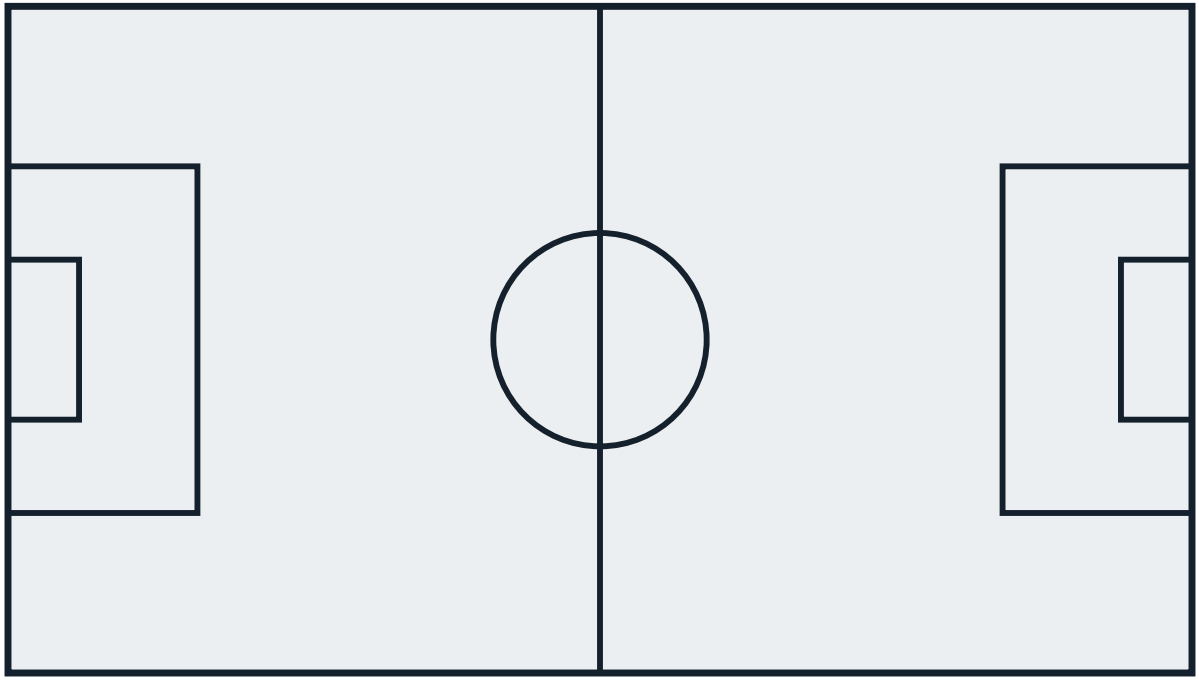
Original illustrations · No characters were copied in the making of this book

Meet Kettlebell lifting!

Competitive weightlifting, also called girevoy sport, in which athletes perform repeated kettlebell lifts over a fixed period of time.

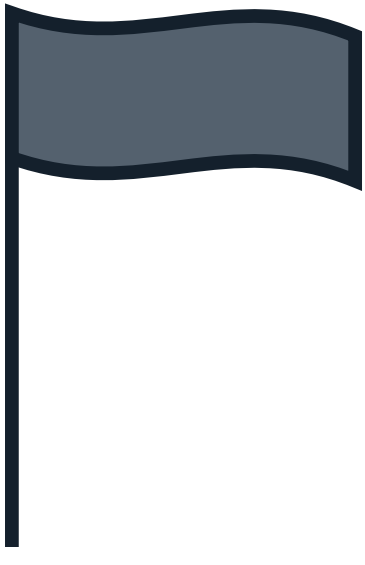


Where It Is Played



The Gear

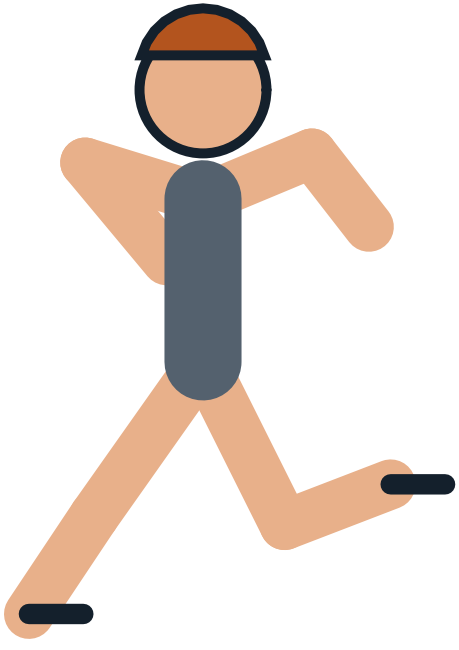




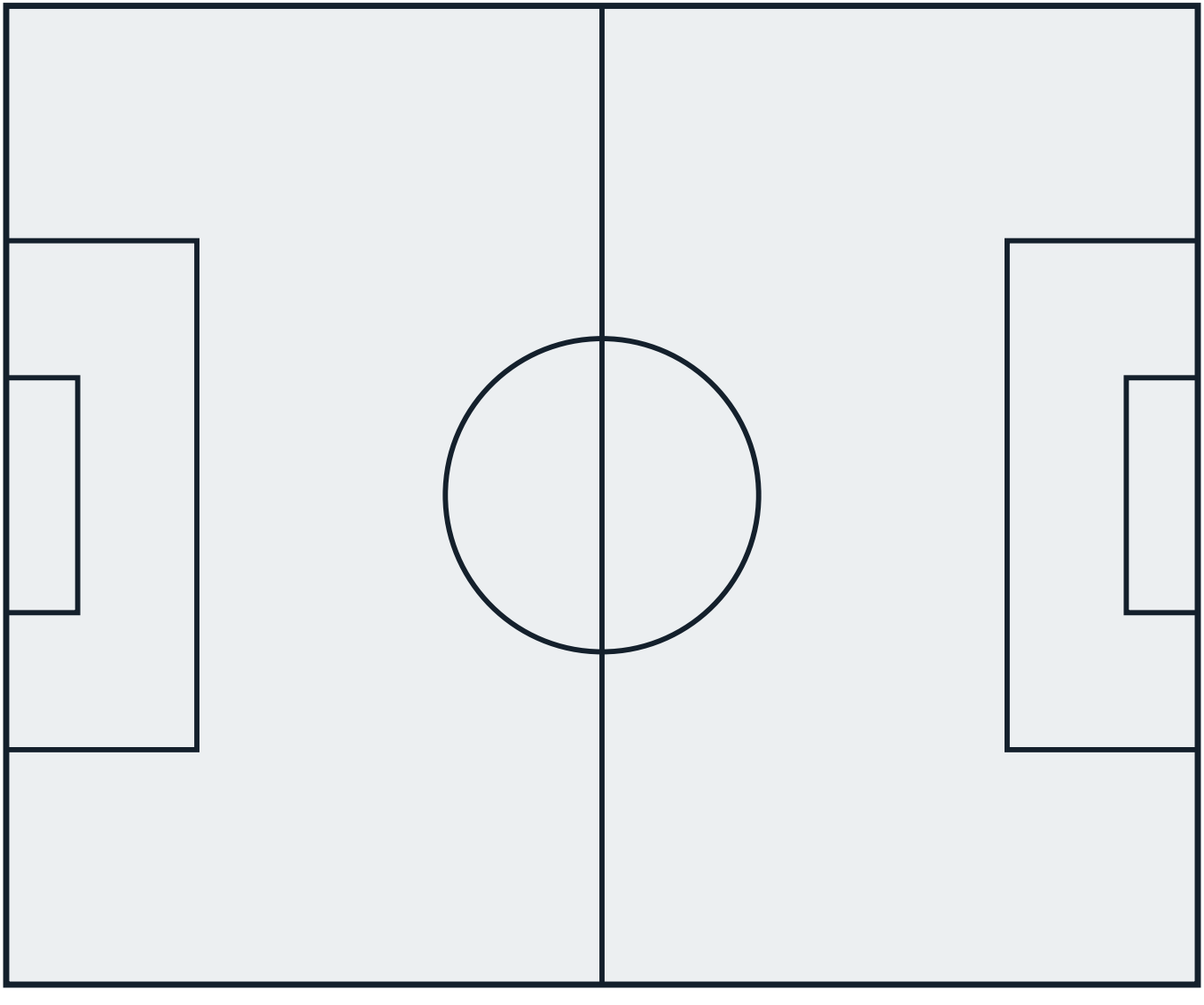
Meet the Completing the programme Family

- Gymnastics — Artistic, rhythmic and trampoline disciplines judged under the Code of Points.
- Diving — Springboard and platform diving, scored on difficulty and execution.
- Artistic Swimming — Choreographed routines in deep water — the renamed synchronised swimming.
- Weightlifting — The snatch and the clean and jerk for the heaviest total.
- Equestrian — Dressage, eventing and jumping — horse and rider as one team.
- Canoeing and Kayaking — Sprint racing on flat water and slalom on whitewater.

Action!



The Playing Area



Good to Know

Kettlebell lifting is governed internationally by bodies including the IUKL and the WKSF, under classic rules first formally adopted in 1962 for repeated lifts over a fixed time with overhead fixation. Changes under those codes, which vary between organisations and formats, are refinements rather than dated landmark replacements of the sport. No major dated rule change is carried for kettlebell lifting.

More of the Completing the programme Family

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A Note on the Rules

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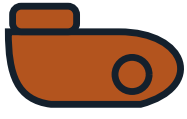
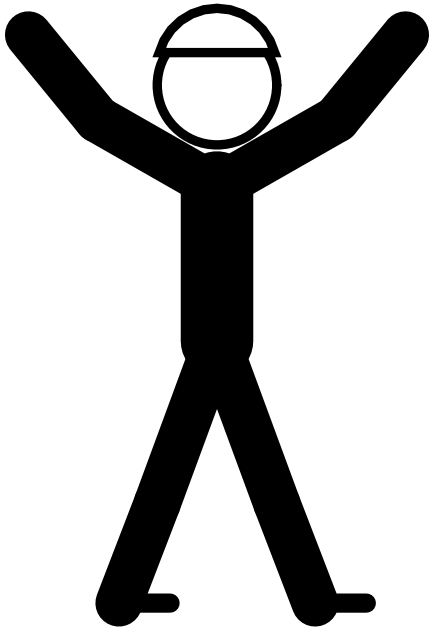
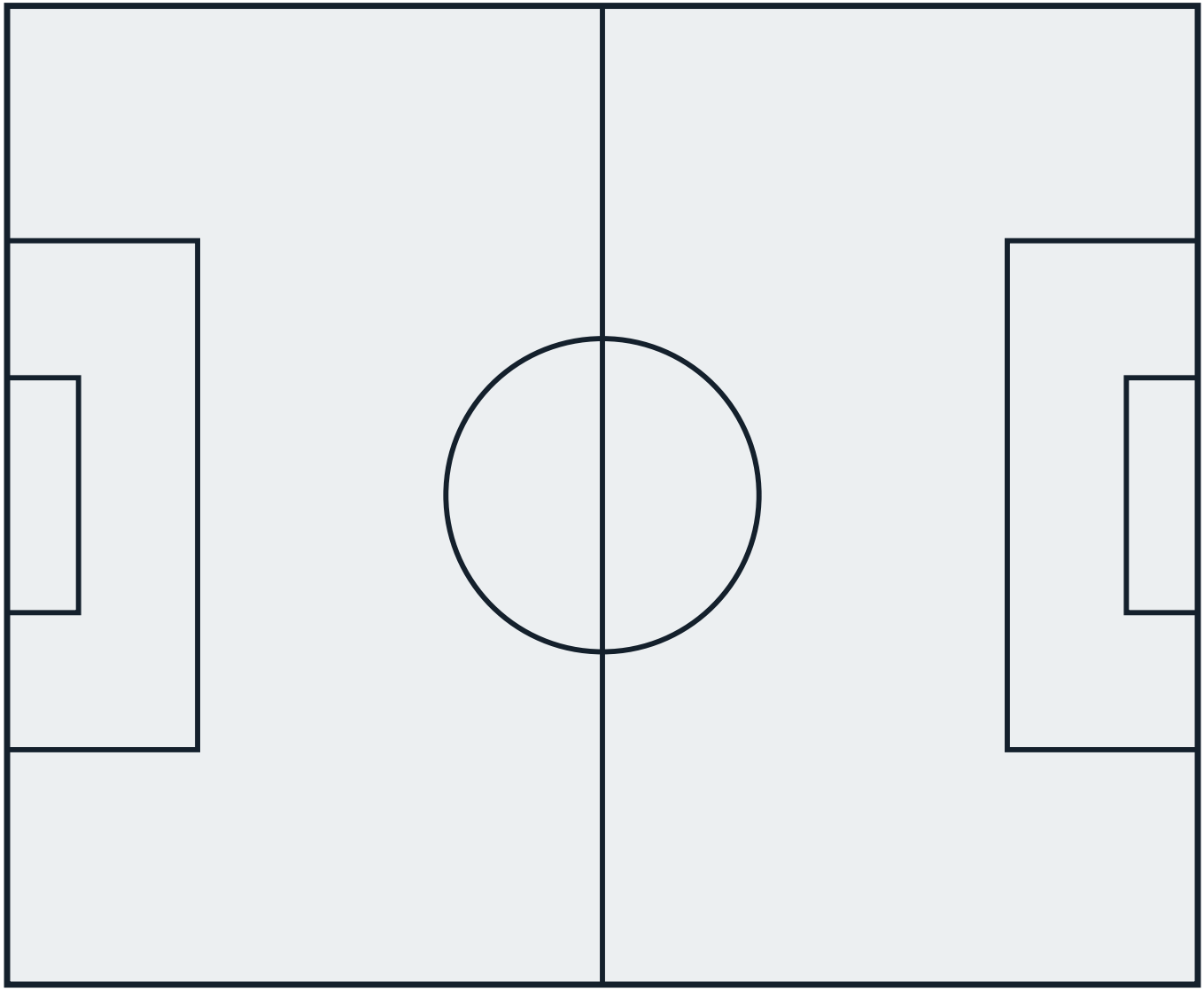


Colour the Action

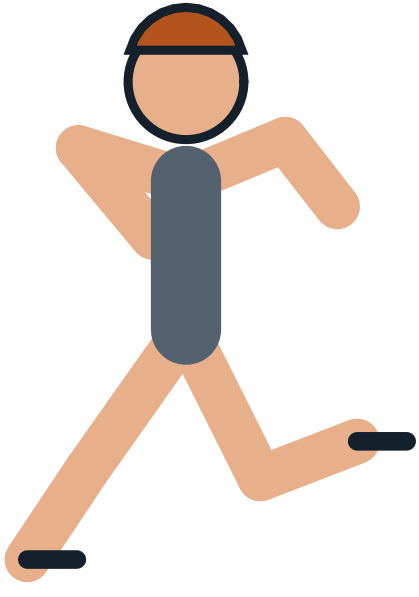


Psst — this page is a colouring page!

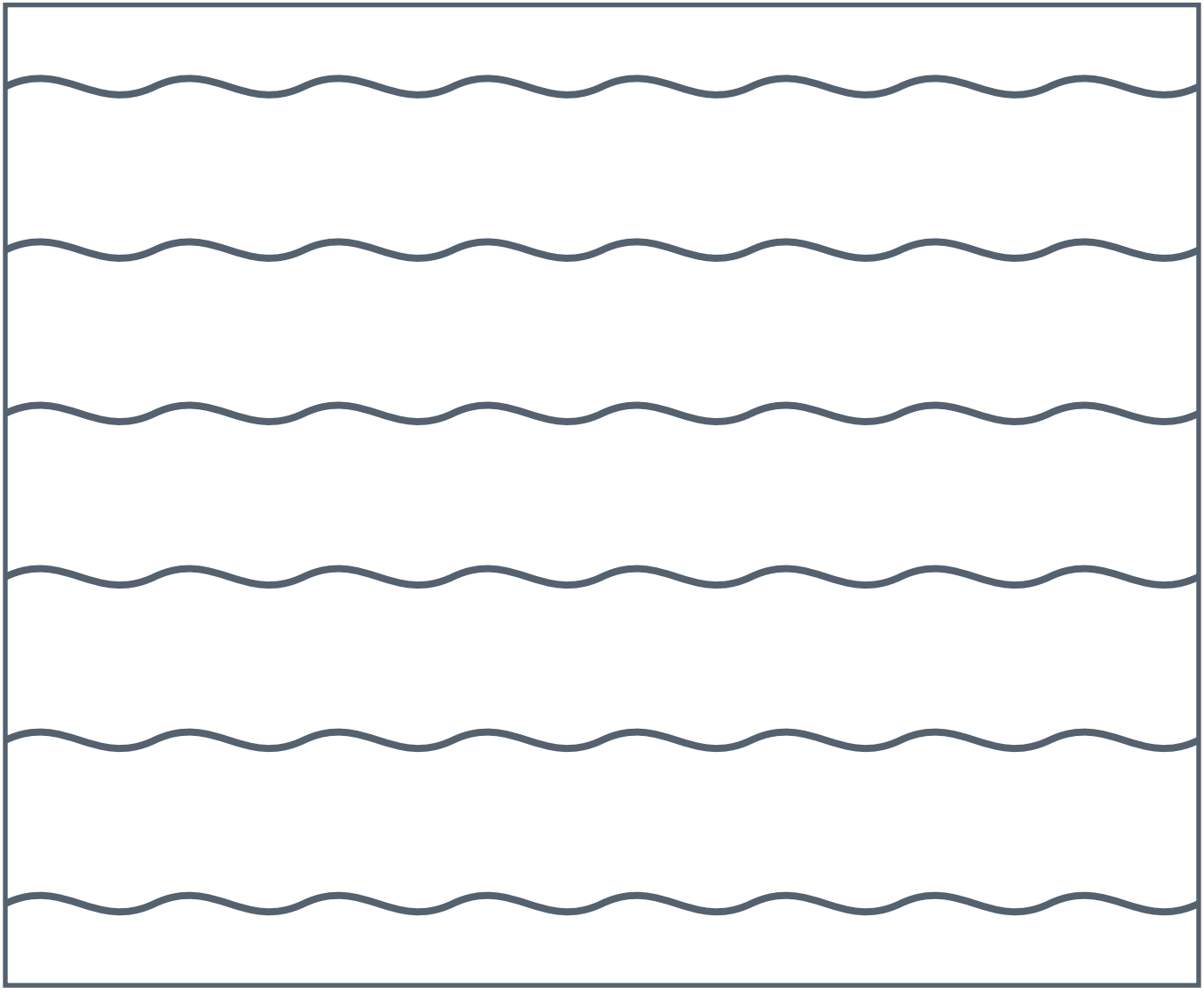
The Sport Today



At School and College



Play It Near You



Through the Year



The Completing the programme Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

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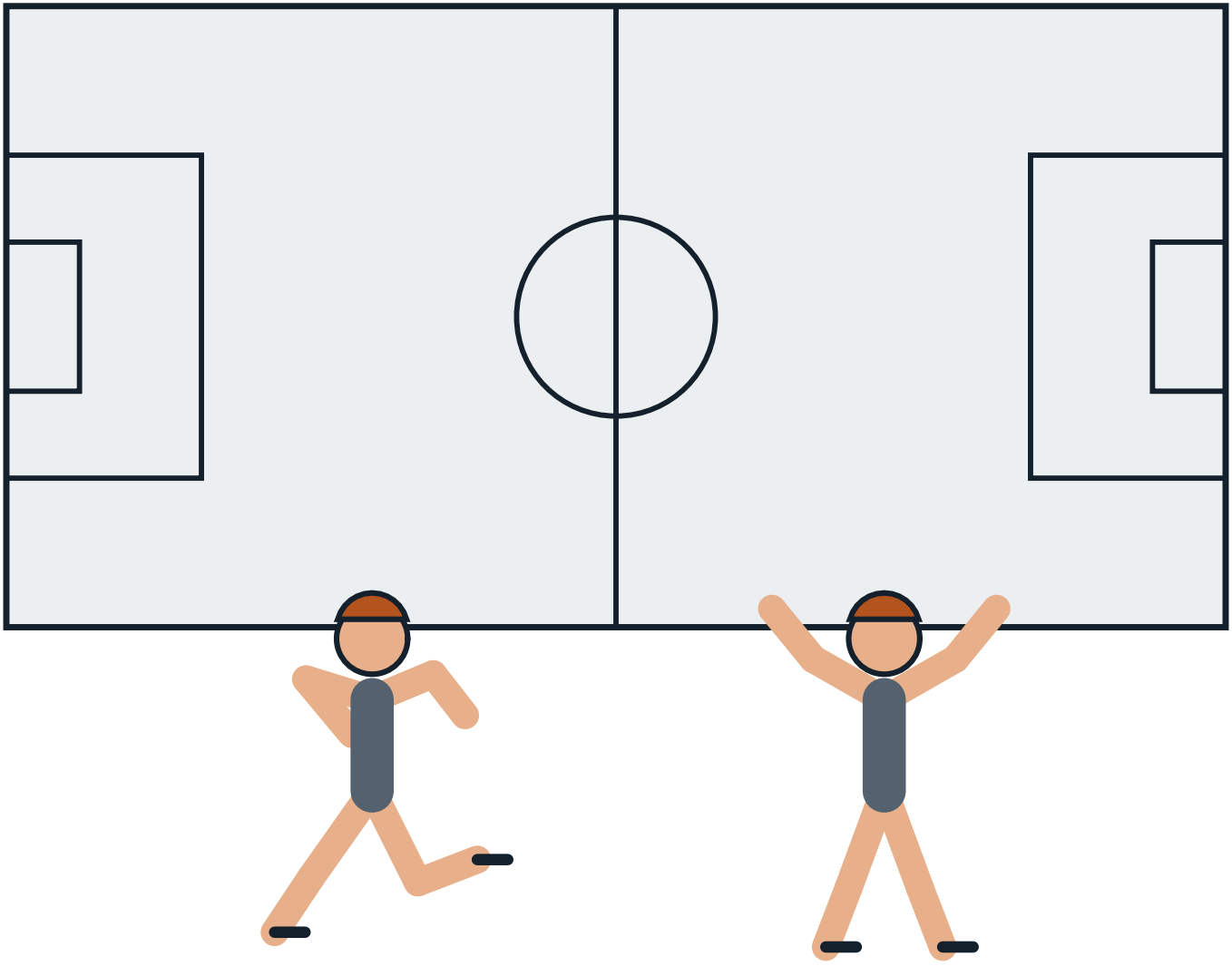
Game Day!

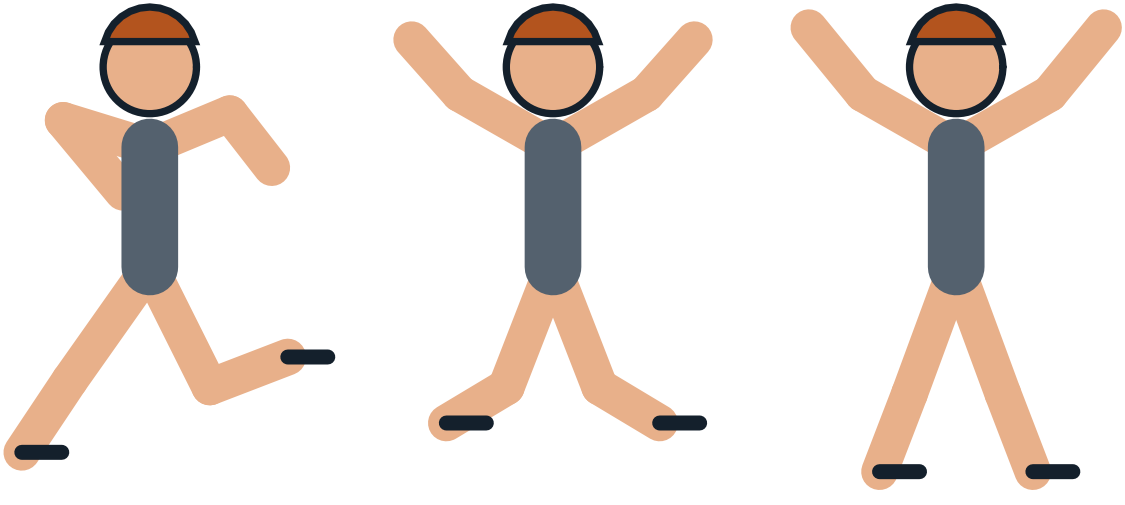


The Sport on Earth Mark

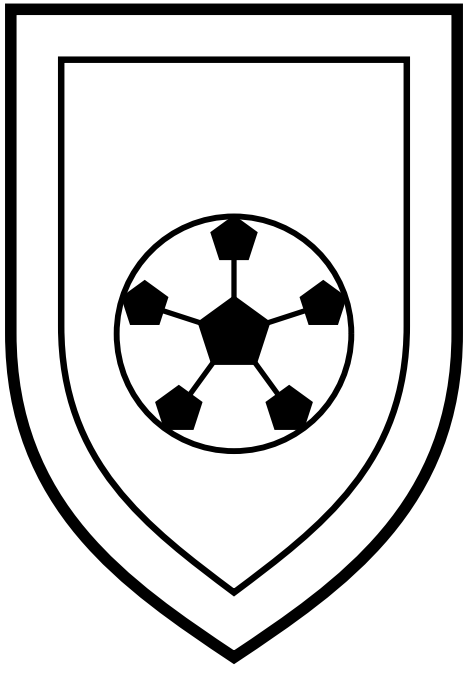
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game



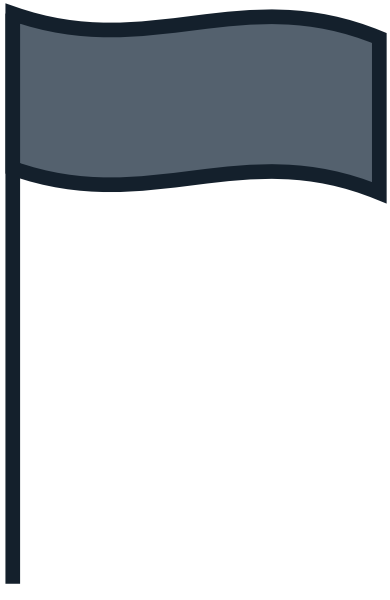
Design a Badge



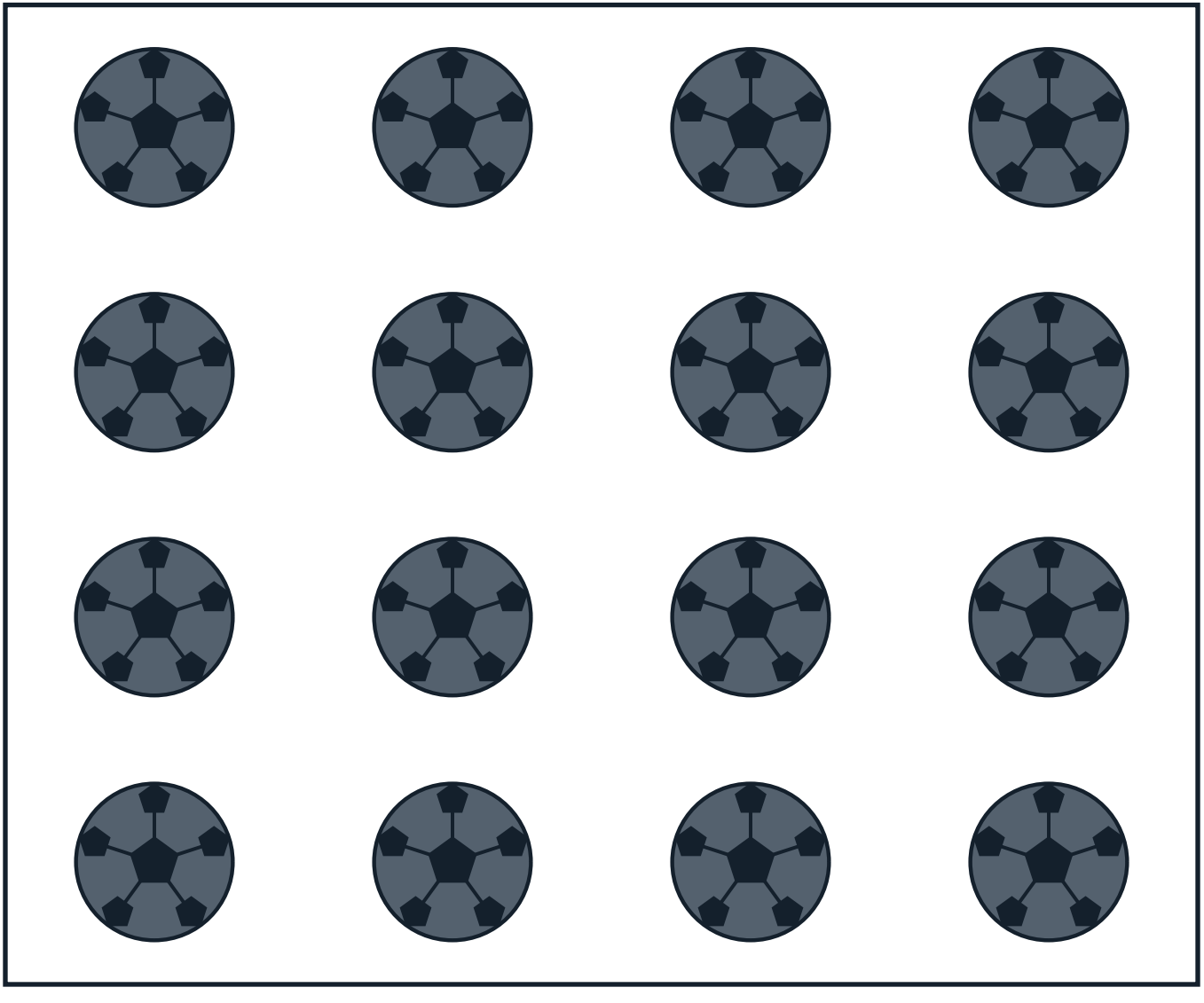
Draw and colour a badge for your own team.

The Gear Parade

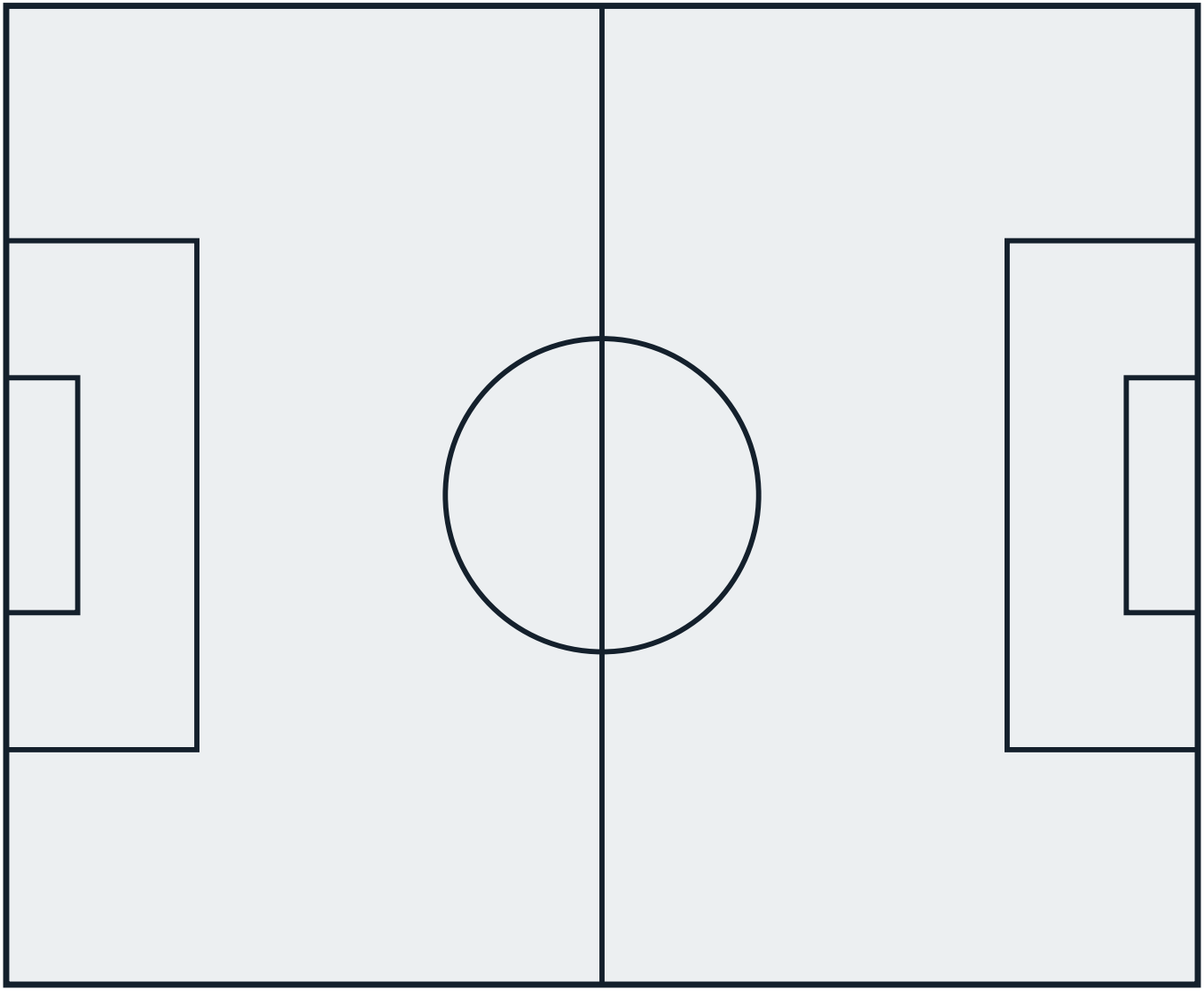




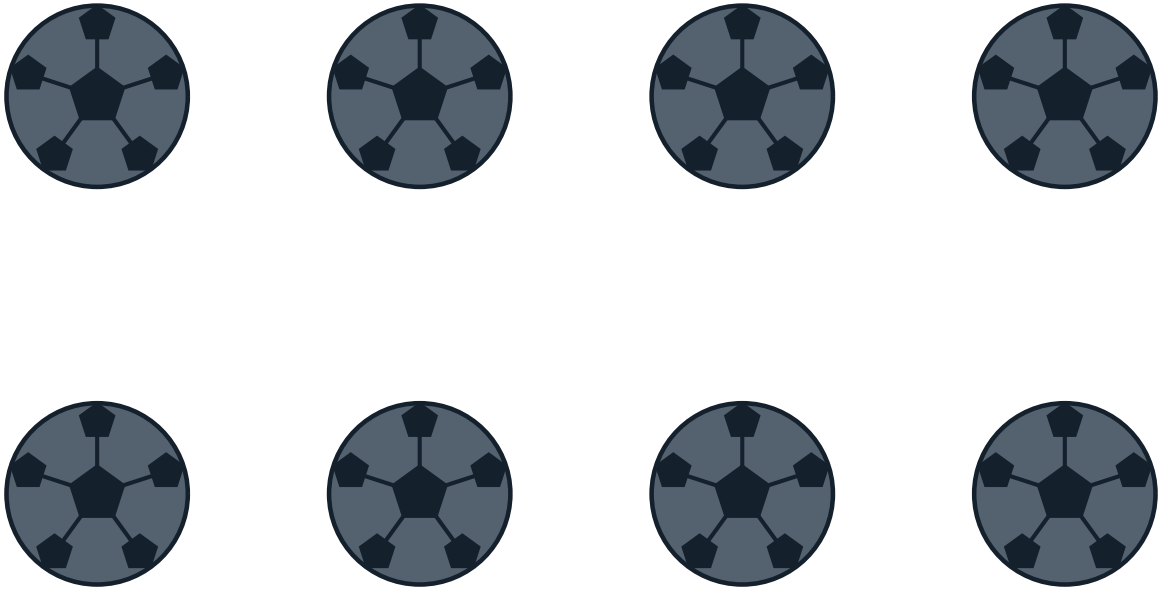
Pattern Play



The Arena From Above



Count the Balls!



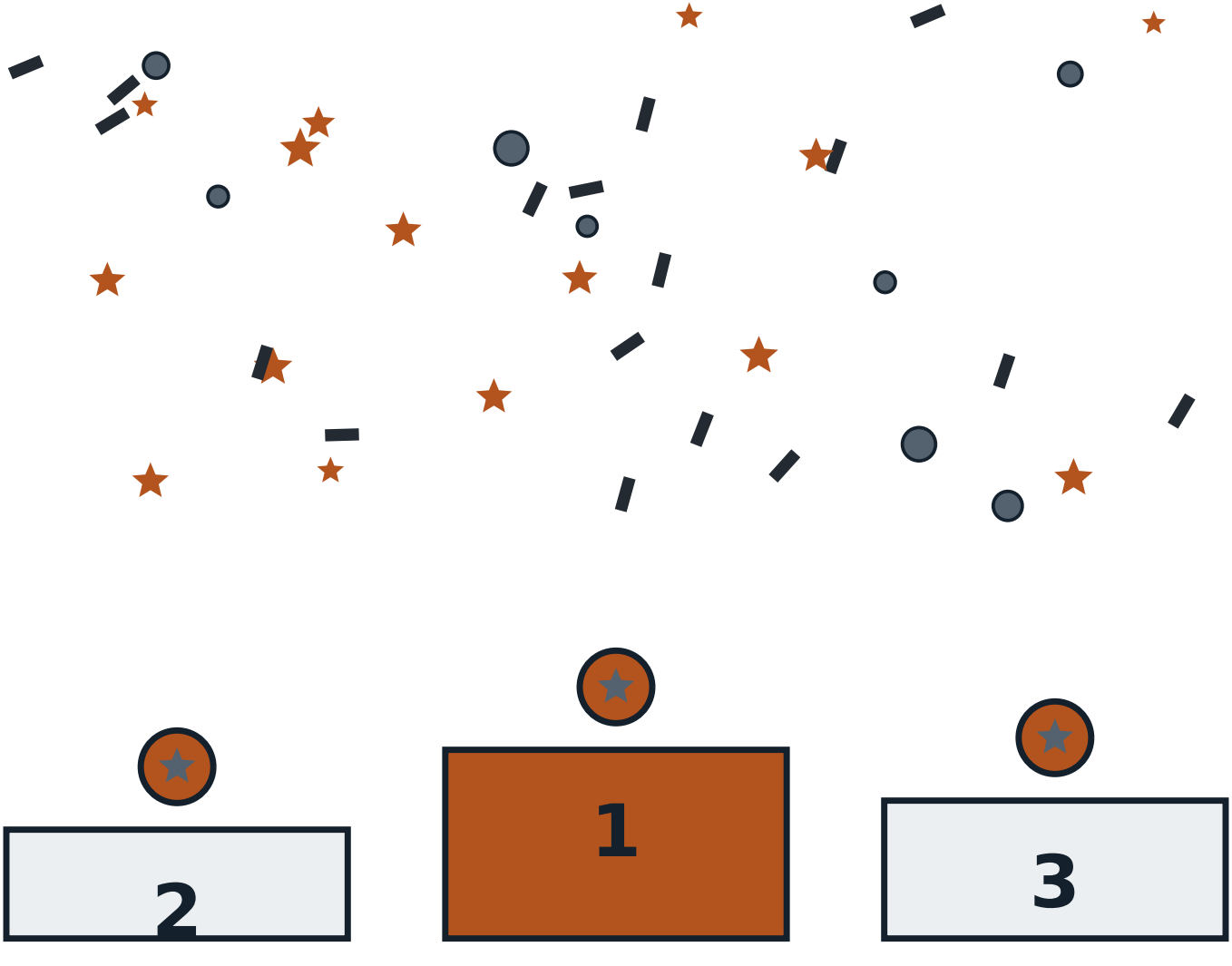
How many can you count? Write the number here: _____

My Favourite Part of Kettlebell lifting

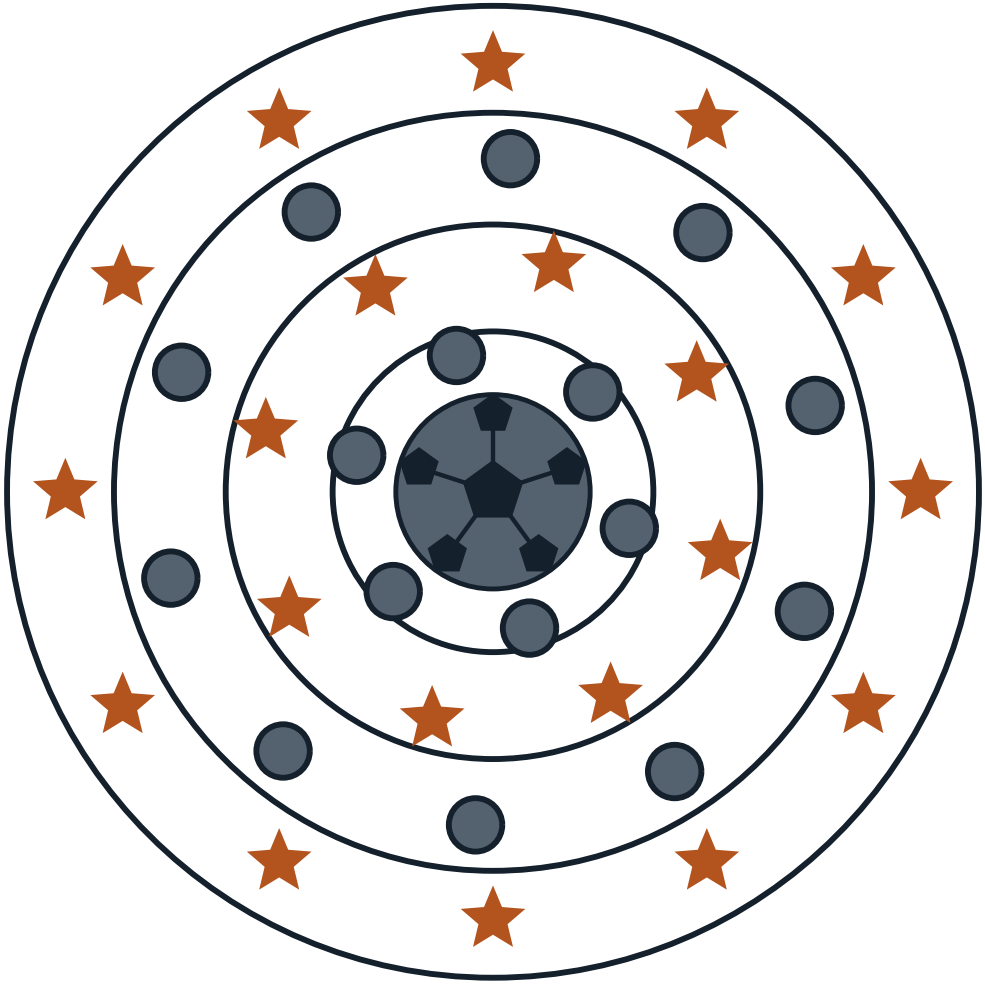
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Gymnastics
- The Cartoon Book of Diving
- The Cartoon Book of Artistic Swimming
- The Cartoon Book of Weightlifting
- The Cartoon Book of Equestrian
- The Cartoon Book of Canoeing and Kayaking
- The Gymnastics Colouring Book
- The Diving Colouring Book

My Notes

Kettlebell lifting

The Cartoon Book of Kettlebell lifting — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

