

CrossFit / Russian Kettlebell Instructor Biography

Michael A. Krivka, Sr.

Michael A. Krivka, Sr. is a Washington, DC native who has been involved in Russian Kettlebell training since 2001 and is a certified Kettlebell Instructor (RKC) under Dragon Door, an RKC Team Leader, and a member of the RKC Leadership Team. He is currently listed as one of the most reviewed Kettlebell instructors in the world on the Dragon Door Web site. Mike has traveled coast-to-coast teaching kettlebells to a wide variety of people (SWAT/SERT teams, USMC officers and enlisted personnel, MMA and BJJ practitioners and even “Soccer Mom’s and Dad’s”) and has been universally lauded as being an *“exemplary instructor, an outstanding motivator and a highly accomplished and technically precise practitioner of the Kettlebell”*. In addition he is also a certified Level I CrossFit Trainer, CrossFit Olympic Lifting Trainer, CrossFit Kettlebell Trainer, and a CrossFit affiliate owner.

Mike’s approach to training is based on his many years of experience working with athletes from multiple backgrounds. While most athletes need a strong foundation in basic strength and conditioning principles they are also in need of a comprehensive indoctrination in flexibility and mobility. This holistic approach to training allows the athlete to continue to make strength gains while also increasing their flexibility, mobility and injury resistance.

His martial arts background spans early training in Tae Kwon Do, Judo, Wrestling, Western Fencing, Arnis, Escrima, Gung Fu and Ninpo Taijutsu. His lifelong devotion to the martial arts is highlighted by over 25 years of training in JKD Concepts (Jeet Kune Do Concepts) and the Filipino Martial Arts (Kali, Escrima and Arnis) where he is a Full Instructor under Guro Dan Inosanto.

In addition, he is the author of a best-selling eBook ([Code Name: Indestructible](#)), he runs a CrossFit affiliate (CrossFit Koncepts), a martial arts school (Martial Arts Koncepts), and a two kettlebell training consulting firms (Kettlebell Koncepts and Kettlebells Maryland) that provide training and program design assistance to civilian, law enforcement and military organizations. He is also the program director on a nationwide series of events, (Kettlebells For Warriors) that raise awareness and funds for the Wounded Warrior Project.



Contact Information

Michael A. Krivka, Sr.
c/o CrossFit Koncepts
16720 Oakmont Avenue
Gaithersburg, Maryland 20877
Website: CrossFitKoncepts.com
Email: cfkoncepts@gmail.com
Phone: 301/404-2571

