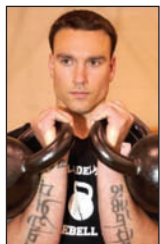


## The Top Ten RKC Instructors—by Review

Note: this Top Ten RKC Instructor list is highly volatile and is likely to be quite different, if you visit our Find a Certified Russian Kettlebell Instructor Near You website at <http://www.dragondoor.com/rkc> today.

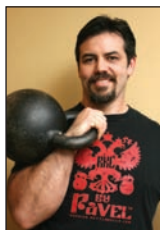
The list below shows the rankings at 11:15am CST on December 13, 2007:



### 1. Jason C. Brown

RKC Team Leader,  
36 reviews  
Philadelphia, PA  
United States  
Phone: 215 480 5564  
Email:

[jason@kettlebellathletics.com](mailto:jason@kettlebellathletics.com)  
Web Site: <http://www.kettlebellathletics.com>



### 2. David Whitley

Senior RKC Instructor,  
33 reviews  
Nashville/  
Hermitage, TN  
United States, 37076  
Email:

[ironamerdave@hotmail.com](mailto:ironamerdave@hotmail.com)  
Web Site: <http://www.ironamer.com/>



### 3. Michael Stehle

RKC II Instructor, 30 reviews  
The Training Room  
406 Main Street  
Avon-By-The-Sea, NJ  
United States, 07717  
Phone: 732-988-1555  
Email:

[thetrainingroom@optonline.net](mailto:thetrainingroom@optonline.net)  
Web Site: <http://www.NewJerseyCrossFit.com>

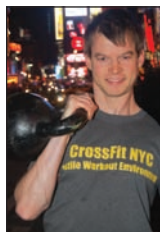


### 4. Jon Engum

RKC Team Leader,  
30 reviews  
Brainerd,  
Detroit Lakes, Fargo  
712 Washington Street  
Brainerd, MN  
United States, 56401  
Phone: 218-828-7063  
Fax: 218-828-7063



Email: [info@extremetraining.net](mailto:info@extremetraining.net)  
Web Site: <http://www.extremetraining.net>



### 5. Court Wing

RKC Instructor, 29 reviews  
New York, NY  
United States  
Phone: 917-816-8542  
Email:  
[Court@CrossFitNYC.com](mailto:Court@CrossFitNYC.com)  
Web Site:  
<http://CrossFitNYC.com>



### 6. Dr. Mark Cheng

RKC Team Leader,  
23 reviews  
Chung-Hua Institute (by  
appointment only)  
2901 Ocean Park Blvd.,  
Suite 207

Santa Monica, CA  
United States, 90405  
Email: [kettlebellsla@yahoo.com](mailto:kettlebellsla@yahoo.com)  
Web Site: <http://www.kettlebellslosangeles.com>



### 7. Rannoch Donald

RKC Instructor,  
21 reviews  
Edinburgh, OT  
Scotland, EH9  
Phone: 07904605645

Email: [rannochdonald@aol.com](mailto:rannochdonald@aol.com)  
Web Site:  
<http://www.kettlebellscotland.com>



### 8. Will Williams

RKC Team Leader,  
20 reviews  
Malvern, PA  
United States  
Email:

[will@mainlinekettlebells.com](mailto:will@mainlinekettlebells.com)  
Web Site: <http://www.mainlinekettlebells.com>



### 9. Timothy Anderson

RKC Instructor,  
16 reviews  
Fuquay-Varina, NC  
United States, 27526  
Phone: 919-244-9498  
Email:

[TAsfitness@earthlink.net](mailto:TAsfitness@earthlink.net)  
Web Site: <http://www.TAsfitness.com>



### 10. Yoana Snideman

RKC Team Leader,  
16 reviews  
7524 La Jolla Blvd.  
La Jolla, CA  
United States, 92037  
Phone: (858)603-2154  
Fax: (858)456-7386

Email: [yoana@revolutionlajolla.com](mailto:yoana@revolutionlajolla.com)  
Web Site: <http://www.revolutionlajolla.com>

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