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Kirby Sams

has successfully completed eight hours of training and passed the required tests to teach the three key HKC kettlebell exercises (Goblet Squat, Get-Up and Swing) and is certified as an HKC instructor.

John Du Cane

John Du Cane, Founder and CEO

Date: February 8, 2014

EXPIRES IN THREE (3) YEARS FROM ABOVE DATE

**HARDSTYLE
KETTLEBELL
CERTIFIED™**