



BY MARCUS DEVALENTINO "CARDIO KICKBOXING" ®
PROGRAM DIRECTOR AND PRESENTER FOR
AMERICAN FITNESS PROFESSIONALS AND ASSOCIATES

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Cardio Kickboxing®. What is it???

It is a registered trademark, "The original Sport Specific Workout with a Kick".

It is a program based on professional kickboxing training from the eighties.

It is kickboxing for fitness using sports specific techniques with and without equipment.

It is the top calorie-burning workout at an average of **1000 calories per hour**.

It is the fitness kickboxing program endorsed by the Intl Kickboxing Federation IKF

www.ikfkickboxing.com

It is **not** karate.

It is **not** Traditional Aerobic Dance with kicks, punches & dance moves thrown in.

It is **not** Tae Bo or Karate and Aerobics choreographed to music.

It is **not** Fitness Kickboxing on a step bench, trampoline, or swimming pool.

GET THE REAL ONE, GET THE ORIGINAL!

Sunday May 21, 2006 11:00 a.m.-4:00 p.m.

Bloch Arena Fitness Center Pearl Harbor Hawaii (808) 473-1710

REQUIREMENTS: 4 practical and 1 written exam for a 2-year certification

FEES: Only \$200 (pre-register by May 14TH) check or money order.

(Late registration add \$20).

Includes 2 premixed music C.D., 3 choreography videos/DVD, text, Q&A, certificate + card and job placement assistance. Shirts, hats and logo wear sold separately.

(Apply for cec's separately)

CEC's: 5 Continuing Education Credits are available for these accreditations:

AFPA, ACE, NASM, NATA, SFA, NFTA, AFAA, NSPA, ACA, NSCA, AEA, NDEITA, and ISSA

**AMERICAN FITNESS PROFESSIONALS AND ASSOCIATES
CARDIO KICKBOXING® INSTRUCTOR CERTIFICATION PROGRAM**

INSTRUCTOR REGISTRATION APPLICATION

FEE: \$200, (Add \$20 past pre registration date on flyer)

Name of Applicant _____

Address _____ City _____ State _____

Country _____ -Zip _____

Date of Birth _____ age _____ height _____ weight _____ sex _____

Fitness Certification: _____ Date of expiration _____

Fitness certification: _____ Date of expiration _____

CPR Certification: _____ Date of expiration _____

Martial Arts Certification _____ Date of issue _____

Tel. _____ Email _____ http: _____

Apply for 6 available Continuing Education Credits? Yes () No ()

Applicants must apply for Continuing Education Credits separate through AFPA.

I hereby fully and unconditionally release Marcus DeValentino, the MWR, AFPA, it's officers, executors and sponsoring activities from any and all claims for any and all injuries, accidents, illness, liabilities, or loss which might occur in relation to my participation in the **Cardio Kickboxing® Instructor Program.**

Total amount enclosed \$ _____ Signature _____ Date _____

RETURN FORMS AND NON REFUNDABLE FEE TO:

**MARCUS DEVALENTINO, Program Director
Cardio Kickboxing® 98-410 Koauka Lp. 21-H, Aiea, Hawaii 96701**

Email: marcus.devalentino@cardiokickboxing.com

Website: www.cardiokickboxing.com

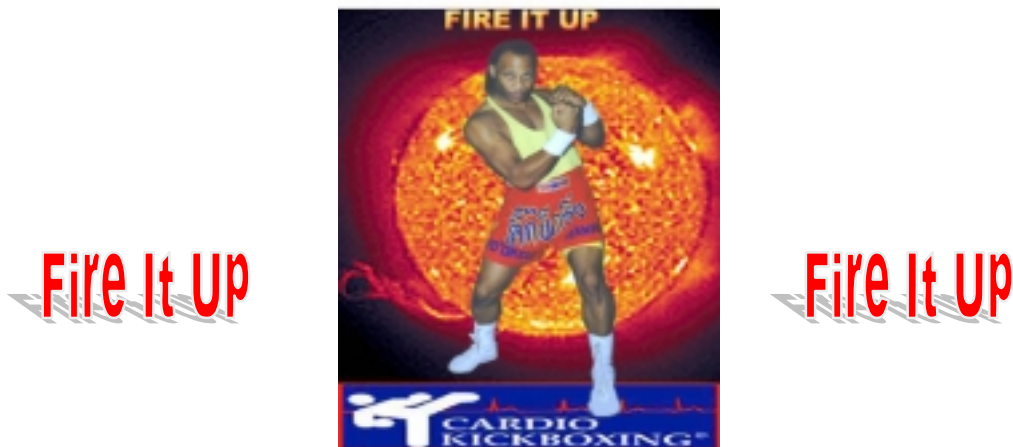
Mobile (808) 457-7164, Toll Free (866) 365-6429, Fax (443) 321-4662

CASH PMT _____ CHECK PMT# _____ M.O. PMT _____ CC PMT _____
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Approved by _____ Date _____ File no. #CK-777- -MD-HI-06

THE OFFICIAL CARDIO KICKBOXING PROGRAM DIRECTOR

MARCUS DEVALENTINO



Who is he? The Motivated Program Director of the Original trademarked Cardio Kickboxing Fitness Program.

Where does he come from? He's a Kama aina of Hawaii, alumni of Chaminade University of Honolulu, and Veteran of the USMC, Department of the Navy, and Department of Defense.

What are his qualifications? He is an established martial arts expert and Consecutive National Champion who began training in 1970. Certified by Masters in five different systems, he is founder and director of DeValentino Shudokan Schools International www.OkinawaKenpoDssi.com

Marcus provides Training, Certification and Continued Education Internationally. www.CardioKickboxing.com

Accomplishments: Faculty member, advisory council member, and presenter for AFPA or American Fitness Professionals and Associates www.afpafitness.com and International Sports Sciences Association www.FitnessEducation.com .

Marcus is International Director of National Karate Kobudo Federation. He has produced a complete series of martial arts and Cardio Kickboxing videos, CD & DVD. Marcus hosted a seven years martial arts television program in Hawaii. For information, please visit the Web Sites or email marcus.devalentino@cardiokickboxing.com

Cardio Kickboxing is the only Fitness Kickboxing Program endorsed by International Kickboxing Federation www.ikfkickboxing.com

CARDIO KICKBOXING®
The Original Sport Specific Workout with a Kick
Instructor Program Course Outline and Description
Six hours = Six Continuing Education Units
Presented by Marcus DeValentino, Program Director

ROUND ONE “Cardio Kickboxing Intro with Q/A” 30 Minutes

- Registration and Waiver, Welcome, Introduction and Equipment Issue
- Questions and Answers plus overview of Instructor Certification Manual
- Workout Music Selection
- Music Tempo
- Cueing, Transitions, and Charisma.
- Discussion of proper training attire, shoes, hand wraps, and equipment.
- Basic Anatomy Identification and Targeted Muscles
- Heart Rate Monitoring and Recovery
- Contraindicative Hyper extension
- Proper Exertion and Breathing
- Low Impact High Intensity Footwork
- Stance or Phasic Knee Transitioning
- Defensive, hand positioning, Ducking, Bobbing and Weaving, Slipping.

ROUND TWO “Skip Rope Warm up 5 Minutes

Employing the use of the skip as a cardio warm up and coordination exercise

ROUND THREE Perform Cardio Kickboxing Workout 1 hour

Covers all components of the complete workout including limbering, warm up, fundamentals, combinations, target heart rate, equipment, sculpting floor work, cool down, and stretch phases.

ROUND FOUR “Cardio Kickboxing Punches / Strikes” 25 Minutes

- Theory and Application Overview of:
- Jab
- Hook
- Upper cut
- Cross
- Back Fist
- Spinning Back Fist
- Elbow Strike
- Theory and Application of CK Punches / Strikes as Body Weapons

ROUND FIVE “CK Kicking Technique” 30 Minutes

- Cardio Kickboxing Kicking Technique Without Equipment covering
- Knee Kick
- Front Kick
- Side Kick
- Round House Kick (Round Kick)
- Back Kick
- Crescent Kick
- The Plyometric Jump Kick (Power Kick)
- Theory and Application of Cardio Kickboxing Kicks as body weapons

ROUND SIX “Shadow Boxing & Shadow Kickboxing” 5 Minutes

Reviews all of the above as non-stop activity

ROUND SEVEN “Heavy Bag Applications for CK Punches / Strikes” 25 Minutes

Note: Hand wraps, or bag gloves recommended.

- Jab
- Hook
- Upper Cut
- Cross Punch
- Back Fist
- Spinning Back Fist
- Elbow Strike
-

ROUND EIGHT “Power Contact Bag Drills” 30 Minutes

Actual contact is considered the most effective training concept for developing true power and feel for kick boxing technique. The bag is heavy and solid enough to offer resistance. Making contact with the bag as a target is not the same as punching an invisible target. We will acquire an in depth understanding of proper tension/relaxation or breathing element, proper hand & foot positioning, how to pivot and transfer your weight safely to the supporting leg and, generate power per square inch. The heavy bag measures power and facilitates proper technique while building confidence.

ROUND NINE “Heavy Bag Applications for CK Kicks” 30 Minutes

- Front Kick
- Side Kick
- Round House Kick
- Crescent Kick
- Knee Kick

ROUND TEN “Power Contact Mitts Workout” 30 Minutes

Are the most effective means of one-on-one training and direct feedback from the trainer or, person you are working with since standard bags cannot cause a person to instinctively react to offense and defense as like the smaller mitts that are controlled by the trainer. Proper distance, timing, and realism all go into this training that can be very intense. In other words, the focus mitts can not only improve fitness but, also condition for the sport specific kick boxer look and feel. The instructor/trainer wields the mitt and may change directions as well as offense and defense that train reflexes, instincts, and fast twitch muscles for explosive speed and power as well as agility. This works to a better understanding of the biomechanics or concept of using the entire body and not just the arms and legs to perform proper technique.

From South Paw (Left Hand Lead)

Trainer / Partner holds mitts and throws high hook punches in between your punch or offense forcing you to duck. Repeat from right side and then rotate partners.

Note: Trainer/Partner carefully holds mitts away from face with arms relaxed.

- Jab and Duck
- Jab, Cross and Duck
- Jab, Jab, Cross, Hook and Duck
- Jab, Cross, Hook, Upper Cut and Duck
- Jab, Cross, Hook, Upper Cut, Spinning Back Fist and Duck
- Jab, Cross, Hook, Upper Cut, Spinning Back Fist, Duck then Front Kick

All of the above are part of the over all Cardio Kickboxing “Full Power” (with equipment) program and are also important circuits in kickboxing/martial arts training. Perform one minute each drill and alternate between patrons.

ROUND 11 “Floor Work” 30 Minutes

Body sculpting and core conditioning with cool down

ROUND 12 “Choreography” 30 minutes

Perform Cardio Kickboxing Cueing, Transitions, and Team Teaching Drills.

Principles of Cardio Kickboxing Program Direction

Overview of written exam, closing remarks, and issue of completion certificates

30 Minutes

End of Workshop

Note: Short breaks will be interspersed during the workshop for personal refreshments.

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