

Marcus DeValentino



Cardio Kickboxing®. What is it???

It is not karate.

It is not Traditional Aerobic Dance with Kicks, Punches & Grapevines thrown in.

It is not Tae Bo, or Karate and Aerobics Choreographed to Music.

It is not Fitness Kickboxing on a Step Bench, Trampoline, Swimming Pool or Yoga Mat.

It is fitness based on sport specific conditioning & coaching science.

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

It is endorsed by the Intl Kickboxing Federation IKF www.ikfkickboxing.com

It is the Original Sport Specific Equipment Based High Intensity Low Impact Interval Training

Mixed Martial Arts Based Workout with a Kick

"In a World of Copy Cats Why not be, an Original?"

CARDIO KICKBOXING®



OFFICIAL INSTRUCTOR CERTIFICATION PROGRAM

September 28, 2014 (Sunday) 10:00a.m.-4:00 p.m.

Marcus DeValentino, CKB Director and Presenter

American Fitness Professionals & Associates

National Board of Fitness Examiners

Member

National Exercise and Sports Trainers Association

Aerobics and Fitness Association of America

WHERE?

Wahiawa Annex Fitness Center

500 Center Street, Bldg. 446

Wahiawa, Hawaii 96786

Practicum and written exam = 2-years national certification.

MWR Staff Special Rate Course Offer - \$50

Includes pre-mixed music CDs, workout DVDs, text & written exam, Certificate + membership & job placement assistance. Logo wear & publications sold separately.

Continuing Education Units by American Fitness Professionals and Associates
You may petition for six Continuing Education Credits. Please check with your accreditations
AFPA, NASM, NATA, SFA, NFTA, AFAA, NSPA, ACA, NSCA, AEA, NDEITA, AFAA

**Register on line in 2 steps at www.CardioKickboxing.com
Check "Bill Me Later" option for 6 months to pay and no interest!**

Name _____
Address _____ City _____ State _____
Country _____ Zip _____
Date of Birth _____ age _____ height _____ weight _____ sex _____
Fitness Certification _____ Expiration _____
Fitness Certification _____ Expiration _____
CPR Certification _____ Expiration _____
Martial Arts Certification _____ Date of issue _____
Tel. _____ Email _____ http: _____

I unconditionally release and hold harmless Marcus DeValentino of 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. This I affirm with my signature below.

Amount enclosed \$ _____ Signature _____ Date _____

RETURN A COPY OF THIS FORM AND NON REFUNDABLE FEE TO:

**MARCUS DEVALENTINO, Director, Cardio Kickboxing®
12734 Texas Thistle, San Antonio, TX 78253**

Email: marcus.devalentino@cardiokickboxing.com

Mobile (808) 457-7164

CASH PMT AMT. _____ CHECK PMT# _____ ON LINE PMT CONF# _____

Cross Trainer/Court Shoes, Bag Gloves, and Sport Drink is Recommended.
Order Team CKB Shirts & Publications Today at www.CardioKickboxing.com

Office use/Approved by _____ Date _____

File no. #CKB-777-SA- _____ -MDHI-06222014-AFPA

Required - MWR activity duty phone Number _____

THE OFFICIAL CARDIO KICKBOXING PROGRAM DIRECTOR

Fire It Up

MARCUS DEVALENTINO

Bring it On



Who is he? The Motivated Program Director and Owner of the Original Trade Mark Cardio Kickboxing Fitness Program.

Where does he come from? He's a Kama Aina of Hawaii, graduate of Chaminade University of Honolulu, Alumni of Hawaii Pacific College, and Veteran of the USMC.

What are his qualifications? He is an established martial arts expert and National Champion who began training in 1970. Trained & Certified by Masters in five different systems, TaeKwonDo, Shobukan, Chinese Goju, Okinawa Kenpo, and the Okinawan Classical Weapons Art of Kobujutsu.

He is founder and director of DeValentino Shudokan Schools International.

www.OkinawaKenpoDssi.com and served as International Director of the National Karate Kobudo Federation and AAU National Vice Chairman for Martial Arts.

Marcus provides Training, Certification and Continued Education Internationally.

www.CardioKickboxing.com

Accomplishments: Three times National Martial Arts Champion, 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, member of AAFA—Aerobics and Fitness Association of America, and member of NESTA—National Exercise and Sports Trainers Association. Certified MMA Coach Candidate NESTA.

He has produced a complete series of martial arts and Cardio Kickboxing videos, CD & DVD (also at YOU TUBE). Marcus co-hosted “Karate Stars”, a seven years martial arts television program in Hawaii. For information, please visit the Web Sites or email.

marcus.devalentino@cardiokickboxing.com Cardio Kickboxing® has been endorsed by International Kickboxing Federation www.ikfkickboxing.com

“CARDIO KICKBOXING®The Original Sport Specific, Equipment Based, Mixed Martial Arts Workout with a Kick”.