

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 20, 2015 (Sunday) 11:30a.m.-5:30 p.m.
Marcus DeValentino, CKB Director and Presenter

Member

American Fitness Professionals & Associates
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 - \$99

All others - \$199

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

Continuing Education Units by American Fitness Professionals and Associates
You may petition for six Continuing Education Credits. The Cardio Kickboxing Program was not created by the below associations. Please check with your accreditations
AFPA, NASM, NATA, SFA, NFTA, AFAA, NSPA, ACA, NSCA, AEA, NDEITA

Register on line in 2 steps at www.CardioKickboxing.com
Check “Paypal Credit” option for 6 months and no interest to pay!

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

WAIVER

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.

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# _____

Avoid \$20 late registration fee. Please register no later than Sept. 13, 2015

Cross Trainer Shoes, Bag Gloves, Carb Snack, 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-06282015-AFPA

Verification Required - MWR employee supervisor 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 that has trained/certified over 2,000 instructors.

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 Department of the Navy.

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 active 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, Member of National Association of Professional Martial Artists, Hawaii Karate Congress, Hawaii Karate Kodansha Kai and Official for the Hawaii Karate League.

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 Talk” and “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, Athletic Interval Workout with a Kick”.