

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 has been rated as the top fat-burning workout at an average of 1000 calories per hour.**

**It has been endorsed by the Intl Kickboxing Federation IKF [www.ikfkickboxing.com](http://www.ikfkickboxing.com)**

**It is the Original Sport Specific Equipment Based High Intensity Athletic Interval Martial Arts Based Workout with a Kick**

**“In a World of Copy Cats be, an Original?”**

## **CARDIO KICKBOXING®**



### **OFFICIAL INSTRUCTOR CERTIFICATION PROGRAM**

**October 18, 2015 (Sunday) 10:00a.m.-4:00 p.m.**

**Marcus DeValentino, CKB Director and Presenter**

American Fitness Professionals & Associates

Member

National Exercise and Sports Trainers Association

Aerobics and Fitness Association of America

#### **WHERE?**

**D Movement Fitness Studio**

**4438 Culebra Road**

**San Antonio, TX 78228**

**(Site Sponsor, Dayna Offutt)**

Practicum and written exam = 2-years national certification

## **\$220**

Includes pre-mixed music CDs, workout videos, 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, NSPA, ACA, NSCA, AEA, NDEITA, AFAA**

Name (print) \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Country \_\_\_\_\_ Zip \_\_\_\_\_  
Date of Birth \_\_\_\_\_ age \_\_\_\_\_ height \_\_\_\_\_ sex \_\_\_\_\_  
Fitness Certification \_\_\_\_\_ Exp. \_\_\_\_\_  
Fitness Certification \_\_\_\_\_ Exp. \_\_\_\_\_  
CPR Certification \_\_\_\_\_ Exp. \_\_\_\_\_  
Martial Arts Certification \_\_\_\_\_ Issue Date \_\_\_\_\_  
Tel. \_\_\_\_\_ Email \_\_\_\_\_  
http: \_\_\_\_\_

I attest that I am medically cleared for participation in this program. I assume all risks. 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 hereto affirm with my signature below.

Signature \_\_\_\_\_ Date \_\_\_\_\_ amount enclosed \$ \_\_\_\_\_

**KEEP A COPY & RETURN A COPY OF THIS FORM AND PAYMENT TO:**

**MARCUS DEVALENTINO, Director, Cardio Kickboxing®**

**12734 Texas Thistle, San Antonio, TX 78253**

Email: [marcus.devalentino@cardiokickboxing.com](mailto:marcus.devalentino@cardiokickboxing.com) Tel. (808) 457-7164

At [cardiokickboxing.com](http://cardiokickboxing.com) you may also select the \$99 payment option with 6 months to pay

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](http://www.CardioKickboxing.com)

Office use/Approved by \_\_\_\_\_ Date \_\_\_\_\_

File no. CKB-777-SA- \_\_\_\_\_ -MD/D FIT-08302015-AFPA

# 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](http://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](http://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](http://www.afpafitness.com) and International Sports Sciences Association [www.FitnessEducation.com](http://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](mailto:marcus.devalentino@cardiokickboxing.com) Cardio Kickboxing® has been endorsed by International Kickboxing Federation [www.ikfkickboxing.com](http://www.ikfkickboxing.com)

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