



CardioKickboxing®. 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

May 19, 2013 (Sunday) 10:30a.m.-4:30 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?

Hickam Fitness/JBPHH Hickam AFB, Hawaii

Practicum and written exam = 2-years national certification 6 CEU's.

\$275, Early Registration, \$300 after April 12th.

Just want the training? *\$100 (non-certification option) 4 CEU's Continuing Education Units by American Fitness Professionals and Associates

Instructor package includes pre-mixed music CDs, workout DVDs, text & written exam, Certificate + membership & job placement assistance. Logo wear & publications sold separately. 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 3 steps at www.CardioKickboxing.com
Check the “Bill me Later” option for 6 months to pay w/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 and CardioKickboxing.com 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, of sound mind and body 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®
98-487 Koauka Lp. B-1704, Aiea, Hawaii 96701**

Email: marcus.devalentino@cardiokickboxing.com

Mobile (808) 457-7164, Fax (808) 354-0013

CASH RCPT# _____ 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- -MDHI05192013AFPA

THE OFFICIAL CARDIO KICKBOXING PROGRAM DIRECTOR



Marcus DeValentino

He is founder and director of DeValentino Shudokan Schools International. www.OkinawaKenpoDssi.com

Marcus DeValentino is the owner and director of the trade mark Cardio Kickboxing program

Marcus DeValentino has trained and certified over 1000 Cardio Kickboxing Group Fitness Instructors and trainers worldwide

He served as International Director of the National Karate and Kobudo (classical weapons) Federation and AAU National Vice Chairman for Martial Arts Chinese and open divisions

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

Accomplishments: Three times National Martial Arts Champion, Faculty member, advisory council member

Presenter for AFPA or American Fitness Professionals and Associates www.afpafitness.com

Formerly presenter for International Sports Sciences Association www.FitnessEducation.com

Member of AAFA—Aerobics and Fitness Association of America

Member of NESTA—National Exercise and Sports Trainers Association

Certified Mixed Martial Arts Coach Candidate NESTA.

Marcus has produced a complete series of martial arts and Cardio Kickboxing videos, CD & DVD (also @ GOOGLE & YOU TUBE).

Marcus 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, High Intensity Interval Training, Equipment Based, Mixed Martial Arts Workout with a Kick”

Cardio Kickboxing® is a registered trademark, Reg. No. 1,890,451, 1995.

Use of the name without permission is prohibited

Fire It UP

CARDIO KICKBOXING® INSTRUCTOR PROGRAM COURSE OUTLINE

ROUND ONE Cardio Kickboxing (CKB) Intro with lecture and Q/A

- **Registration and Waiver, Welcome, Intro & Course Materials Issue**
- **Overview of Instructor Certification Manual**
- **Workout Music Selection**
- **Music Tempo**
- **Cueing, Transitions, and Charisma**
- **Proper Training Attire, Shoes, Bag Gloves, and Equipment**
- **Safely transporting and position the standing heavy bag.**
- **Basic Anatomy Identification and Targeted Muscles**
- **Heart Rate, Perceived Rate of Exertion Monitoring, and Recovery**
- **Contraindicative technique, Over Exertion, and Hyper Extension**
- **Proper Exertion and Breathing**
- **Low Impact High Intensity Footwork, Stance/Active Phasic Knees**
- **Transitioning**
- **Defensive--hand positioning, Parrying, Moving, Evasiveness, Weaving, and Recoiling.**

ROUND TWO

Theory and Application of Cardio Kickboxing Punches / Strikes

- **Jab**
- **Hook**
- **Upper cut**
- **Cross**
- **Back Fist**
- **Spinning Back Fist**
- **Elbow Strike**

ROUND THREE

Theory and Application of Cardio Kickboxing Kicking Technique w / without equipment

- **Knee Kick (Power Knee)**
- **MMA Knee (Power Knee Crunch)**
- **Front Kick**
- **Side Kick**
- **Round House Kick (Round Kick)**
- **Back Kick**
- **Crescent Kick**
- **The Plyometric Jump Kick (Power Kick)**

ROUND FOUR

Cardio Kickboxing Heavy Bag Applications for Punches / Strikes

- **Bag gloves recommended.**
- **Jab**
- **Hook**
- **Upper Cut**
- **Cross Punch**
- **Back Fist**
- **Spinning Back Fist**
- **Elbow Strike**

ROUND FIVE

CARDIO KICKBOXING Non-Contact Modified Sparring Segment

- **The Target in Front of the Target Concept in Non-Contact Sparring**
- **Shadow Kickboxing**
- **Modified Sparring Offense vs. Defense and Vice Versa**
- **Modified Sparring (Offense and Defense Combined)**

ROUND SIX CKB CARDIO SETS (Non-equipment based cardio intervals)

Cardio Set One “Twist n Go”

- **Jumping Jacks**
- **Twists**
- **Squats**
- **Twists**
- **Butt Kickers**
- **Twists**
- **Speed Bag**
- **Twists**
- **Swimmers**
- **Twists**
- **Road Runners (AKA Flash Dance)**
- **Twists**
- **100’s (Knee ups Standing Lateral Crunches Left Side)**
- **Twists**
- **100’s (Knee ups Standing Lateral Crunches Right Side)**
- **Twists**
- **Skip Rope**

Cardio Set Two “Road Runners”

- **Start Road Runners to the front, and backwards**
- **Shuffle lateral to the left**
- **Shuffle lateral to the right**
- **360 turn around to the left**
- **360 turn around to the right**
- **Begin elevators down and up for a ten countdown**

Cardio Set Three “Fantastic Fours”

- **Four count jumping jacks x 4 left turns, 4 count jumping jacks x 4 right turns**
- **Four count bouncers (boxer’s shuffle) x 4 left turns, 4 count bouncers x 4 right turns**
- **Four counts road runners x 4 left turns, 4 count road runners x 4 right turns**
- **Four counts skip rope x 4 left turns, 4 count skip rope x 4 right turns**

Cardio Set Four “Run Jumpers”

- **Run in place for a seven count then, jump and turn to the left.**
- **Do this four times and then repeat to the right side.**

Cardio Set Five “Suicides”

- **Lateral shuffle to the left-touch the floor with right hand,**
- **Lateral shuffle to the right-touch floor with the left hand.**
- **Repeat for three sets of ten.**

Cardio Set Six “Ka-Booms”

- **Jumping Jacks x 8 and eight left jabs, repeat with right side**
- **Jumping Jacks x 8, and eight Left Hooks, repeat with right side**
- **Jumping Jacks x 8 and eight left Upper Cuts, repeat with right side**
- **Jumping Jacks x 8, and eight left Cross Punches facing forward, repeat with right side**
- **Jumping Jacks x 8, and eight left Back Fist Strikes, repeat with right side**
- **Jumping Jacks x 8, and eight left elbow strikes, repeat with right side**
- **Jumping Jacks x 8, and eight Left front Knee crunches, repeat on right side**
- **Jumping Jacks x 8, and eight left cross Knee crunches, repeat on right side**
- **Jumping Jacks x 8, and eight left front Kicks, repeat on the right side**
- **Jumping Jacks x 8, and eight left round kicks, repeat on the right side**
- **Count down last set of jumping jacks**

ROUND SEVEN

CARDIO KICKBOXING Power Sets (Equipment Based Resistance Training)

CKB Power Set One “Dumbbell Loaded Jump Squats”

Set up with medium weighted dumbbells

- Three squats down and one jump up x 3 sets of ten
- e.g. 1-2-3-one, 1-2-3-two, military count

CKB Power Set Two “Single Dumbbell Loaded MMA Crunches”

Set up with light to medium weighted dumbbells

- Sit on floor with hands holding vertical, a single dumbbell at chest level
- Tilt back 90 degrees and elevate heels 4-6 inches from floor
- Twist towards the left hip then, towards the right hip with a military count.
- Perform 3 sets of 10 for a total of a 30 count

CKB Power Set Three “Rolling Thunder” (Dumbbell Loaded Speed Bag)

- Set up with a light set of dumbbells for average resistance
- Stand with feet shoulder width holding dumbbells at chest level
- Begin small circles forward with both hands as if pedaling
- Variations include performing this exercise forward or backwards
- Perform 3 sets of 10 for a total of a 30 count

CKB Power Set Four “Dumbbell Loaded Tri-Pump”

- Set up with a light to medium set of dumbbells
- Stand with feet shoulder width holding dumbbells
- Begin biceps curls x 3 sets of 10, one second up-3 seconds down
- Timing concentric 1 second-eccentric 3 seconds
- Sequence-10 to hips level, ten to chest level, and ten to shoulder level
- Variations include performing this exercise with Upward Row, Shoulder Press,
- Overhead Press, Lateral Arm Raises and Triceps Extensions
- Perform 3 sets of 10 for a total of a 30 count

CKB Power Set Five “Dumbbell Loaded Lunge and Twist”

- Set up aerobic bench step with a total of six risers average resistance
- Hold a light to medium set of dumbbells one in each hand at chest level
- Place left foot at center position of bench with right foot heel raised
- Perform reverse dips dropping right knee
- While dropping down, twist upper body towards your left while facing forward
- Return to center face when returning to start position
- Variations include use without bench or dumbbells
- Perform 2 sets of 10 with a military count (1,2,3-1)

CKB Power Set Six “Loaded Upper Cuts” with Resistance Bands

- Assume left bow and arrow stance (front knee bent & back leg locked)
- Place center of band under right foot while grasping both hand grips in right hand
- Perform three sets of uppercuts military count with quick concentric and controlled eccentric contraction
- 1ST 10 to navel level, 2nd 10 to chest level, 3rd 10 to chin level
- Repeat for a total of two sets and repeat on other side

CKB Power Set Seven “Loaded Cross Punch” with Resistance Bands

- Assume front facing horse riding stance and stand on the band (feet shoulder width)
- Make an “x” or cross grip and hold the hand grips in each hand (left and right hand)
- Perform cross punches left-right-left (biceps to chest) with military count
- Perform 3 sets of 10 while maintaining neck and spinal alignment
- Note: To increase resistance, move foot forward after each set

CKB Power Set Eight “Reverse Dips” (with Aerobic Step Bench Base)

- Set up aerobic bench step with a total of six risers (3 for each end) average resistance
- Seated center position of bench, perform reverse dips with knees bent
- Variations include straight legs or alternating legs
- Perform 3 sets of 10 for a total of a 30 count

CKB Power Set Nine “Reverse Dips” (with Aerobic Step Bench Base)

- Set up aerobic bench step with a total of six risers average resistance
- Seated center position of bench, perform reverse dips with knees bent
- Variations include straight legs or alternating legs
- Perform 3 sets of 10 for a total of a 30 count

CKB Power Set Ten “Flutter Kicks” (with Aerobic Step Bench Base)

- Set up aerobic bench step with a total of six risers average resistance
- Seated center position of bench, perform flutter kicks
- Legs straight and alternating left-right to chest level
- Perform 3 sets of 10 for a total of a 30 count

CKB Power Set Eleven “Leg-Ins Crunch” (with Aerobic Step Bench Base)

- Set up aerobic bench step with a total of six risers average resistance
- Seated center position of bench, start with knees to chest
- Extend legs straight and return knees to chest level
- Variations include performing this exercise off of left and right hip
- Perform 3 sets of 10 for a total of a 30 count

CKB Power Set Twelve “Inclined Push-Ups” (with Aerobic Step Bench Base)

- Set up aerobic bench step with a total of six risers average resistance
- Assume push-up position from the end of the bench, start with arms extended
- Begin push-ups while maintaining neck and spinal alignment
- Variations include performing this exercise a modified count or hold plank
- Perform 3 sets of 10 for a total of a 30 count

CKB Power Set Thirteen “Mountain Climbers” (with Aerobic Step Bench Base)

- Set up aerobic bench step with a total of six risers average resistance
- Assume push-up position from the end of the bench with arms extended
- Extend legs straight and return knees to chest level alternating left and right
- Variations include performing this exercise with a modified count
- Perform 3 sets of 10 for a total of a 30 count with neck and spinal alignment

ROUND EIGHT

SETTING UP THE CARDIO KICKBOXING WORKOUT

Pre-set up for optional equipment based workout using standard fitness center equipment ...
Align stations 7 or more rows across and seven rows deep (depending on size of general exerciseroom)

Each station will need 1 aerobic bench step, 6 bench step risers (3 for each end), a light to medium set of dumbbells, a light to medium set of resistance bands/tubes, a pair of bag gloves, an exercise floor mat, a sport bottled rehydration/recovery drink, and a towel. Place all items underneath the assembled bench step. Stations should be aligned and six feet apart with all equipment sturdy

Standing Bags

Align the standing bags 6 feet apart along the two back rows of the group exercise floor so that teams of 2, 4, or 6 may safely and effectively work the bag drills simultaneously.

Note: Only certified CKB instructors or experienced students may transport the standing heavy bag.

ROUND NINE

CARDIO KICKBOXING WORKOUT/60 MINUTES

Covers components, structure, and choreography of the complete workout as follows...

Provide a brief intro of approximately 30 seconds. Sample introduction...

“Hello everyone, I am Jane Doe and this is Cardio Kickboxing. In the next hour we will cover totalfitness with a kick. Please listen to my instruction and watch my technique. Do not hyper extnd your punches or kicks but stay loose and have fun”

- **Limbering (small muscles head to toe or vice versa)**
- **Warm Up (Body core temperature)**
- **Fundamentals Review (CKB strikes, kicks, & footwork)**
- **CKB Cardio Sets**
- **Combinations (CKB Progressions of Choreography)**
- **PRE (Perceived Rate of Exertion) and Recharge/Recovery**
- **CKB Strength Sets**
- **Core Training/Sculpting Floor Work (Integrate into the workout or perform just before cooldown)**
- **Non-Contact Sparring**
- **Shadow Kickboxing**
- **Offense, Defense, and Combined**
- **Cardio Kickboxing Heavy Bag Workout (Bag Gloves Required)**
- **Cool Down/Stretch Phases**

Note: The following segment is optional and requires focus mitts, bag gloves, and instructorsupervision for one on-one training and direct feedback. Start slowly and cadence each drill. Evtually allow the patrons to alternate for 1 minute each on their own then switch their roles.Alow only contact with the mitts. Patrons should perform these drills only after receiving experinced instructorship.

ROUND TEN

CARDIO KICKBOXING FOCUS MITTS WORKOUT (ONE ON ONE)

- **Jab, move (duck)**
- **Jab, cross, move**
- **Jab, cross, hook, move**
- **Jab, cross, hook, upper cut, move**
- **Jab, cross, hook, upper cut, spinning back Fist, move**
- **Jab, cross, hook, upper cut, spinning back fist, front kick, move**

ROUND 11

CARDIO KICKBOXING TEAM TEACHING DRILLS

- **Perform “Jab, Jab, Cross” Progression Sets as Group Leaders.**
- **Principles of Team Cardio Kickboxing Instructorship**
- **Covering Customer Relations, Complaints, Injuries,**
- **Taking Breaks vs. Recharge/Reload (Recovery) for Optimal Performance and Results.**
- **Overview of Written Exam**
- **Questions & Answers**
- **Closing Remarks**
- **Issue of Practicum Completion Certificates**

End of Workshop Practicum.

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