

**CERTIFICATION PROGRAM OF CARDIO KICKBOXING
INSTRUCTOR REGISTRATION FORM**

Date of this Workshop _____

FEE: \$275 (Add \$15 past pre registration date on flyer)

Applicant _____ 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 _____

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

Applicants must apply for Continuing Education Credits separate through AFPA.

I unconditionally release Cardio Kickboxing.Com, its sponsors, officers, and executors 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.

Amount enclosed \$ _____ Signature _____ Date _____

**RETAIN A COPY PLUS RETURN FORMS AND NON REFUNDABLE FEE
TO:**

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CASH PMT _____ CHECK PMT# _____ M.O. PMT _____ CC
PMT _____

Approved by _____ Date _____ File no. #CK-777- - MDHI-09

THE OFFICIAL CARDIO KICKBOXING PROGRAM DIRECTOR

Fire It Up

MARCUS DEVALENTINO

Bring it On



Who is he? The Motivated Program Director & CEO 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, 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 .

Served as 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® Instructor Program Course Syllabus and
Description
6 hours = 6 Continuing Education Units**

Presented by Marcus DeValentino, CEO, Program Director

**ROUND ONE Cardio Kickboxing Intro with
Q/A 15 Minutes**

- **Registration and Waiver, Welcome, Intro & Course Material 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, bag gloves, and equipment plus, transporting the heavy bag safely.**
- **Basic Anatomy Identification and Targeted Muscles**
- **Heart Rate Monitoring and Recovery**
- **Contraindicative technique, Over Exertion, and Hyper Extension**
- **Proper Exertion and Breathing**
- **Low Impact High Intensity Footwork, Stance/Active Knee Transitioning**
- **Defensive--hand positioning, Moving, Bobbing and Weaving, Slipping and Re-coiling.**

ROUND TWO

Overview of Cardio Kickboxing

Punches / Strikes

25 Minutes

Theory and Application of Technique

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

ROUND THREE

Cardio Kickboxing Kicking Technique

30 Minutes

- **Cardio Kickboxing Kicking Technique Without Equipment covering**
- **Knee Kick (Power Knee)**
- **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 weapon**

ROUND FOUR

Heavy Bag Applications

Cardio Kickboxing Punches / Strikes

25 Minutes

Bag gloves recommended.

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

ROUND FIVE

Cardio Kickboxing Heavy Bag Applications

Kicking Technique

30 Minutes

- **Front Kick**
- **Side Kick**
- **Round House Kick**
- **Crescent Kick**
- **Back Kick**
- **Knee Kick/Strike**

ROUND SIX

Shadow Kickboxing/Modified Sparring Review

5 Minutes

Segment to be performed non-stop & non-contact during the actual workout

Controlled Targeting and the Target in Front of the Target

- **Shadow Kickboxing**
- **Modified Sparring Offense vs. Defense**
- **Modified Sparring Offense and Defense Combined**

ROUND SEVEN

Cardio Kickboxing

Cardio Sets and Power Sets

15 Minutes

Employing Cardio Interval Exercises as Timing Drills with
Instructors

Jumping Jacks

Twists

Squats

Twists

Butt Kickers

Twists

Speed Bag

Twists

Runners (Road Work)

Twists

Swimmers

Twists

100's (Standing Crunches with Cross Over's Left and Right
Sides)

Twists

Skip Rope

"Road Work"

Runners

Start Front, to the left, to the right, shuffle to the left, shuffle to
the right, turn around to the left, turn around to the right,
backwards, down, up, down, up, down, up, forward, football
stance-down-set—sprint

Left turn four times @ four seconds between turns and then
repeat with turns to the right, Jumping Jacks x 8, eight Left
Hooks, Jumping Jacks x 8, eight Right Hooks, Jumping Jacks x
8, eight left Upper Cuts, Jumping Jacks x 8, eight Right Upper
Cuts, Jumping Jacks x 8, eight Left Cross Punches, Jumping

**Jacks x 8, eight Right Cross Punches,
Jumping Jacks x 8, eight left Back Fist Strikes, Jumping Jacks x
8,
Eight right Back Fist Strikes, Jumping Jacks x 8, eight front Left
Knee Strikes, Jumping Jacks x 8, eight front Right Knee Strikes,
Jumping Jacks x 8, eight left Front Kicks, Jumping Jacks x 8,
eight right Front Kicks, Jumping Jacks x 8, March Down.**

**Mixed Martial Arts Crunches w/o Medicine Ball
Sit on floor with hands on guard, tilt back 90 degrees
Elevate heels 4-6 inches from floor
Touch floor at left hip and then at right hip on a 1-2-3-1, 1-2-3-2
count.
Perform 3 sets of 10 for a total of 30**

**Assume Floor position to Cobra Stretch
Position for Push-ups
Begin Push-Ups on a 1-2-3-1, 1-2-3-2 count.
Perform 2 sets of 5 with Cobra Stretch between sets**

**Assume Floor Position for Leg-ins
Seated on the floor and resting with hands based on floor
behind you,
Bring knees to chest (start position)
Press both feet forward (extending legs) and return knees to
chest level to work core muscles Out & In on a 1-2-3-1, 1-2-3-2
count.
Perform 1 sets of 10**

**For more of a challenge, keep hands on guard but, extend arms
across chest while extending legs as opposed to resting hands
on the floor behind you.**

ROUND EIGHT
Cardio Kickboxing Workout

1 hour & 15 minutes

Covers all components of the complete workout including

Limbering

Warm Up

Fundamentals Review

Combinations

PRE (Perceived Rate of Exertion) and Recovery

Core Training/Sculpting Floor Work

Now Integrated into the Workout Interval except for Tri-Pump

Cool Down/Stretch

ROUND NINE

Non-Contact Sparring **Shadow Kickboxing** **Offense, Defense, and Combined** **Cardio Kickboxing Heavy Bag Workout** **(Bag Gloves Required)** **20 Minutes as Integrated into the Workout Interval**

Although the modified sparring training of the Cardio Kickboxing program, as is shadow kickboxing, is non-contact however, actual contact for the heavy bag drills is considered a most effective training concept in developing power and sensation of 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 safely transfer your weight and energy to the supporting leg and, generate power. The heavy bag measures power and facilitates proper technique while building confidence and endurance.

ROUND TEN

Cardio Kickboxing Focus Mitts Workout

25 Minutes

An effective means of one-on-one training and direct feedback from

person you are working with causing offense and defense reaction.

This works to an understanding of the biomechanics of using the entire

body as one force. Start slowly with each drill and alternate between

patrons.

- Jab, move.
- 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 Tri-Pump (Resistance Training)

20 Minutes

Body sculpting featuring the Tri-Pump strength resistance workout.

TRI-PUMP

STRENGTH/ENDURANCE CIRCUIT USING DUMBELLS

Three sets of ten per at three thirds--low, mid, full ranges of motion.

Use two thirds of normal weighted resistance
Perform stretch intervals for 20 seconds between stations.

Arm Curls x 3 sets—stretch

Upward rows x 3 sets—stretch

Shoulder press x 3 sets—stretch

Overhead rows x 3 —stretch

Lateral raises x 3— stretch

Kick Lunge Laterals (Mixed Martial Arts Lunges with dumbell)

Cool Down and Stretch Phases.

ROUND 12

Cardio Kickboxing Choreography Drill

45 minutes

**Perform Cardio Kickboxing Cueing and Team Teaching Drills.
Alternating Group Leaders with “Jab, Jab, Cross” sets.**

**Principles of Team Cardio Kickboxing Instructorship
Covering Customer Relations, Complaints, Injuries,**

**Taking Breaks vs. Recovery for Optimal Performance and
Results.**

Overview of Written Exam

Questions & Answers

Closing Remarks

Issue of Completion Certificates

Photo Opportunity

End of Workshop Practicum

www.cardiokickboxing.com

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