

Muay Thai Kickboxing Series: Online Coaching Techniques

Bring Your Fight Online

Course Overview

This virtual workshop is an interactive Muay Thai kickboxing online coaching fundamentals that will educate you the mechanics and methodology of teaching Muay Thai kickboxing as a coach / instructor remotely. Learn the secret of an effective coaching cues in every kicking, punching, building an interesting combo and workout structures. At the end of this virtual workshop, you will be able to help clients on maximizing their results by creating safe and fun Muay Thai kickboxing session online.

Course Highlights

- Verbal Coaching Cues on Kick and Punching
- Structure Your Online Session
- Combo Progression for Your Clients

Course Objectives

- Teaching the fundamental commands, verbal coaching cues on kick and punching techniques through virtual workout session. Guiding your clients virtually to a fun yet safe workout.
- Learn how to structure your online Muay Thai kickboxing session and combo progression to maximize client's calorie deficit.
- Take your Muay Thai kickboxing coaching to a new level, you will be able to teach your client one-on-one, small groups or large group anytime anywhere through our world class proven workout format.

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course EduTrainer

Zawen Anwar, *ACE CPT, International Sport of Kickboxing Association (ISKA) Level 4 Trainer, LILA Exogen Master Trainer – High Performance Fight Specialist*
FEA EduTrainer, Personal Trainer

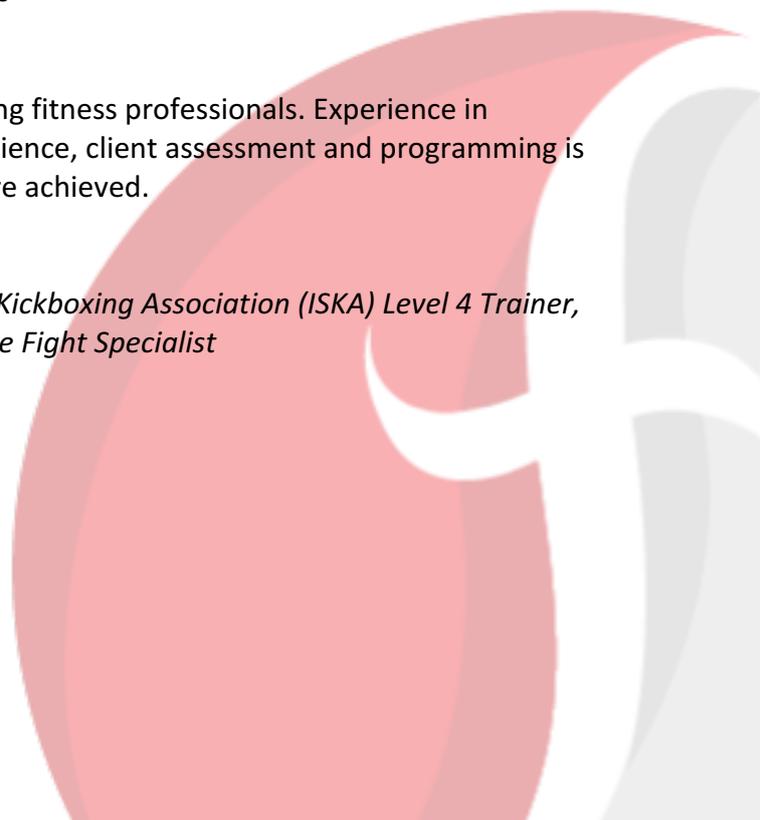
Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

N/A

Fitness Edutraining Asia (FEA)



Course Duration

2 hours

Learning Materials

Electronic Materials

Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course Completion

Grading Criteria

Completion of course participation and assignment(s)

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

Laptop

Course Capacity

Unlimited

Language

Information displayed above is correct during time of publishing and may subject to change without prior notice