

# Muaythai Kickboxing for Personal Trainers Level 1 & 2

Fight Fat Away, Build Power and Endurance with Muay Thai

## Course Overview

Most of our clients have body composition goals ie looking good, reducing body fat or physique transformation. Some may want to increase their energy level, become fitter and be able to perform daily activities at ease. While some just want to have a good and fun session sweating and getting distracted from their daily chores! We've got you covered – satisfy all the aforementioned clients by incorporating Muaythai Kickboxing into your personal training sessions now. With this fun and challenging workout, your clients will be burning calories, building anaerobic fitness, improving coordination and reactivity without them realising! Not a fighter? Not a problem, our 2 days 100% practical workshop is designed to give you the tools you need and guide you step by step, you will be able to conduct your very first Muaythai Kickboxing personal training session the next day!

## Course Highlights

- Punching and Kicking techniques broken down to as simple as 1,2,3 ; it is so simple and effective your clients will pick up the technique so fast they can start working with combos
- Non-verbal coaching cues; there's no time for lengthy instructions in such a fast-paced workout, create the synergy and communicate effectively
- 6 Protocols to Muaythai Kickboxing Workout session – use it AS a workout or PART of your usual workout routine
- Tested and proven pad holding techniques for Personal Trainers to keep your joints healthy, prevent occupational hazard for the longevity of your career

## Why Should You Consider This Course?

- You want to learn the correct way of pad holding so your clients can strike without injuring themselves or yourself
- Incorporate Muaythai kickboxing into your clients' aerobic and anaerobic fitness training
- Learn different Muaythai kickboxing drills, combos and most importantly, the formats that you can use and modify to make it suitable for different training or programming phases and goals

## What Are the Topics Covered?

- How to conduct a safe, non-contact form of modern kickboxing that's quick, easy and safe
- The science, structure and methodology behind the moves
- Progressive programme design
- The fundamental techniques for kicking, punching, pad holding, safety and coaching cues, both physical and verbal
- Combo variations with focus mitts and Thai pads
- Numerous warm up exercises, as well as static and dynamic stretching

- Intermediate to advanced footwork and striking techniques (punches, elbows, knees and kicks), defensive and offensive techniques, as well as MuayThai kickboxing combo variations
- Advanced coaching cues
- Safe and effective methods of using equipment like kick bags and belly pads

### **Who Will This Benefit?**

- Fitness Professionals
- Strength and Conditioning Professionals

### **Pre-requisite**

This course is designed for fitness professionals who wish to incorporate MuayThai kickboxing into their personal training session. Basic fitness instructing/personal training certification is recommended.

### **Course Provider**

Fitness Edutraining Asia (FEA)

### **CEC Points**

Level 1 & 2: ACE 1.6 CECs & NASM 1.6 CEUs

### **Course Duration**

16 hours (2 days)

### **Learning Materials**

Digital course slide handouts

### **Awards**

Upon meeting all requirements of this workshop/course, you will be awarded a Certificate of Successful Workshop/Course Completion. Requirements are as such:

- full attendance
- completion of workshop/course
- passing all evaluations (practical and theory exam)

### **Grading Criteria**

You are required to meet the following evaluation criteria:

- Written exam: PT Session Workout Design – 20%
- Practical evaluation:
  - Shadow Boxing – 30%
  - Pad Holding – 20%
  - Personal Training Skills & Coaching Cues – 20%
  - Overall Course Understanding – 10%
- Passing Score: 70%

### **Recertification**

N/A

Fitness Edutraining Asia (FEA)

**Exam Fee**

Retake Fee RM 100 (USD 25)

**Dress Code**

Fitness attire

**What Do I Need to Bring?**

- Stationery and a spare change of clothes
- Hand wraps are required. Please bring your own or you may purchase them from us on course day at RM 35 (USD 8)/pair (while stocks last). Please inform us in advance if you are purchasing your hand wraps from us
- Shared equipment will be provided. You may opt to bring your own boxing gloves

**Course Capacity**

A minimum of 6 pax and a maximum of 20 pax

**Language**

English

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