



PROfusion

Combat Fitness Instructor

Course Overview

Our Combat Fitness Instructor workshop is for any fitness instructor or personal trainer who would like to learn how to use focus/coaching mitts and kick shields within their classes or personal training. How to use martial art techniques whilst working to music is also investigated.

Using this equipment adds variety and enjoyment as well as being a very effective means of training. You will learn how to implement combat games and drills into a traditional circuit layout, allowing you to run a combat circuit class, or spice up your fitness circuit to keep your clients coming back for more.

Course Content

- ✓ Correct hand technique (punches and strikes)
- ✓ Different mitt positions
- ✓ Combining techniques
- ✓ Health and safety
- ✓ Games and drills
- ✓ Structuring a group session
- ✓ Working with individuals

Profusion Range Format

1 day attendance

Entry Requirements

Over 16 and Level 2 Fitness Instructor Qualification

Assessment

No assessments

Certification

Amac Certificate in Combat Fitness Instructing



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