

## Course Costs

Registration and course fee's come to \$180. However book at least 2 weeks prior to the course and receive an Early Bird Special of only \$120.

Registrations can be made online at [www.melbmartialarts.com.au](http://www.melbmartialarts.com.au) under courses or for more information contact us on 9620 5433.

Impress your clients with your new style and comprehensive knowledge! Watch them improve as they look better, feel comfortable and are eager to take on new exciting and challenging drills.

Next course	Date
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

# PERSONAL TRAINERS SEMINAR IN BOXING AND THAI/KICKBOXING

Recognised 4 CEC points Course



**Melbourne Martial Arts Academy**  
 Vaults 9 & 10 Banana Alley, 367 Flinders St, Melbourne 3000  
 Email: [mkk@mkk.com.au](mailto:mkk@mkk.com.au)

**(03) 9620 5433**  
 Web: [www.melbmartialarts.com.au](http://www.melbmartialarts.com.au)



## Are your clients getting the most out of their training session?

Need some new ideas for drills and combinations to keep your clients interested/motivated/concentrating?

Learn to hold Pads correctly for your safety and theirs!

Understand the principles of Boxing Thai/Kickboxing to improve your clients overall performance. They will notice the difference - it will feel right!

We can help you structure effective cardio workouts with new exciting combinations!

Use the right equipment and look impressive!

## Seminar Contents

The Effective use of Kickboxing Drill seminar is accredited by Fitness Australia. On completion of the course trainers will have gained 4 CEC points and feel confident in their knowledge of

- Executing basic punches (jab, cross, upper cut, and hook).
- Foot work with side steps and forward and backward slides
- Use blocking techniques such as cover, check, slip, dodge, and duck and weave
- Effectively employ front kicks, roundhouse kicks, and knee kicks
- Practically and effectively hold pads so your client works harder than ever before
- Prevent common injuries such as strains and sprains by using dynamic stretches, hand wrapping, etc

## Learn from the Best

This 4 hour intensive course will have trainers developing skills and understanding of techniques with Shihan George Kolovos.

George's 30years of experience in the industry and position as Head Instructor of Titan's Kickboxing makes him an invaluable source of practical knowledge. George holds Certificate IV in Sports Coaching and Workplace Training. He was awarded Instructor of the Year 2002 by Blitz Hall of Fame and is also affiliated with Ministry of Thailand Education Dept. in Thai Boxing.

There is no better place to be learning than with the BEST in Melbourne!

## Location - Our place or Yours?

Our seminars are held at Melbourne Martial Arts Academy - City Dojo. You can find this gym conveniently located on Banana Alley, in close proximity to Flinders St Station. We also have a shop stocking a comprehensive array of equipment and clothes. Alternatively we can organise a seminar at your centre having our trainers and equipment come to YOU!

These group booking are not only convenient but include a substantial discount in relation to group size.

