

## Muaythai Kickboxing for Personal Trainers Level 1 & 2

### 泰踢拳培训课程 第一级与第二级

Fight Fat Away, Build Power and Endurance with Muay Thai

学习泰拳，甩掉脂肪，建立爆发力与耐力

#### Course Overview 课程介绍

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!

我们大部分的客户都有身材变好，减脂或是健体等身体成分目标。有些则想提升精力，精实，轻松应付日常活动。有些则想要有个好玩，暴汗，释放压力的课程。我们听到你的需求了！泰踢拳课程能够满足上述客户所有需求。透过有趣且挑战的锻炼，你的客户能在不知不觉中消耗卡路里，能建立有氧体适能，改善协调与反应能力。想参加，但不是打手，没问题！这是为其 2 天 100% 的术科课程，我们将一步步带领你，并让你有能力在第二天体验带领第一堂泰踢拳私人教练课！

#### Course Highlights 课程亮点

- 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  
我们将出拳脚踢技巧分解成简单步骤，让你的客户快速上手，并开始进入组合训练
- Non-verbal coaching cues; there's no time for lengthy instructions in such a fast-paced workout, create the synergy and communicate effectively  
教练在节奏快课程没有时间给出指令，学习非口语指令能够加强默契，有效沟通
- 6 Protocols to Muaythai Kickboxing Workout session – use it AS a workout or PART of your usual workout routine  
泰踢拳课程的六大步骤，能运用于运动当中，或是日常运动的一部分
- Tested and proven pad holding techniques for Personal Trainers to keep your joints healthy, prevent occupational hazard for the longevity of your career  
经过多次打磨测试的持靶技巧，让教练维持关节健康，预防职业伤害，以延长职业生涯。

Why Should You Consider This Course? 您为什么需要参与这项课程？

- You want to learn the correct way of pad holding so your clients can strike without injuring themselves or yourself  
学习正确持靶技巧，让你的客户在脚踢时不受伤
- Incorporate Muaythai kickboxing into your clients' aerobic and anaerobic fitness training  
将泰踢拳结合到您客户的有氧与无氧适能训练
- 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  
学习不同的泰踢拳技巧，组合，以及最重要的训练形式，您可以使用并调整以搭配不同训练或配合方案阶段与木靶哦。

### What Are the Topics Covered? 课程内容包含了哪些主题？

- How to conduct a safe, non-contact form of modern kickboxing that's quick, easy and safe  
如何快速，简单、安全的进行安全，无肢体接触形式的现代踢拳
- The science, structure and methodology behind the moves  
学习动作背后的科学，结构与方法。
- Progressive programme design  
循序渐进的方案设计
- The fundamental techniques for kicking, punching, pad holding, safety and coaching cues, both physical and verbal  
踢，打击，持靶，安全与指导技巧的基础技巧，包括肢体与口语的辅导技巧
- Combo variations with focus mitts and Thai pads  
手靶与泰靶的组合变化
- Numerous warm up exercises, as well as static and dynamic stretching  
多项热身运动，其中包括静态与动态拉伸
- Intermediate to advanced footwork and striking techniques (punches, elbows, knees and kicks), defensive and offensive techniques, as well as Muaythai kickboxing combo variations  
中阶到高阶步法与打击技巧（打击，肘击，膝击与踢），防御与攻击技巧，其中包括泰踢拳组合变化
- Advanced coaching cues  
高阶指导口令
- Safe and effective methods of using equipment like kick bags and belly pads  
安全有效的使用器材，如拳击沙袋，腹部垫

### Who Will This Benefit? 这项课程适合谁？

- Fitness Professionals  
体适能训练专家
- Strength and Conditioning Professionals  
肌力与体能训练专家

### Pre-requisite 参课条件

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 课程提供单位

Fitness Edutraining Asia (FEA)

### CEC Points 继续教育学分

Level 1 & 2 : 1.6 CECs

Level 1 & 2: NASM 1.6 CEUs

### Course Duration 课程时长

16 hours (2 days)

16 小时 (2 天)

### Learning Materials 学习材料

Handouts, course manual and/or presentation slides

讲义, 课程教材和/或 PPT

### Awards 证书

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

全程参与并完成工作坊/课程后, 方能获取证书。条件为:

- full attendance  
全程参与
- completion of workshop/course  
完成工作坊/课程
- passing all evaluations (practical and theory exam)  
通过所有评测 (术科与笔试)

### Grading Criteria 通过标准

You are required to meet the following evaluation criteria:

你须达到以下评测标准:

- Written exam: PT Session Workout Design – 20%  
笔试: 教练课程课表设计 – 20%
- Practical evaluation:  
术科评测:
  - Shadow Boxing – 30%  
影子拳击 – 30%
  - Pad Holding – 20%  
持靶 – 20%
  - Personal Training Skills & Coaching Cues – 20%  
教练技巧与指令 – 20%
  - Overall Course Understanding – 10%

### 课程整体理解 – 10%

- Passing Score: 70%  
合格分数: 70%

### Recertification 重新认证

N/A

### Exam Fee 考试费用

Retake Fee RM 100 (USD 25)

重考费用 RM100 (USD 25)

### Dress Code 着装规范

Fitness attire

运动服装

### What Do I Need to Bring? 我需要带什么?

- Stationery and a spare change of clothes  
文具与一套换洗衣物
- 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  
自备手绑带，或是课程当天以 RM35 (USD 8) (存货有限) 向我们购买。向我们购买前请事先通知。
- Shared equipment will be provided. You may opt to bring your own boxing gloves  
现场提供设备共享，你也可自备拳套等配备。

### Course Capacity 课程人数

A minimum of 12 pax and a maximum of 20 pax

至少 12 人，最多 20 人

### Language 语言

English / Mandarin (Translation): Course will be conducted in English by Edutrainer; There will be live onsite Mandarin translation

英文 / 中文: 课程将由讲师以英语授课; 课堂现场会有中文翻译

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

以上资讯若有更动，恕不另行通知。