



## Muay Thai Instructor (Advanced) Certification Course

**MTI-A-0122-6**

- Description** : The Advanced course is an advancement of the intermediate course. As a Muay Thai instructor, we should have comprehensive techniques and instruction skills. This advanced course will be more focus of Thaiboxing instruction skills and also how to apply the thaiboxing movements on the ring sparring. To enhance instruction skills, advanced padwork techniques and sparring skills by learning and application sessions.
- Participant Suitability** : Suitable for AASFP Muay Thai Instructor ( Intermediate ) Certification holder
- Duration** : A total of 39 hours – 30 hours theory, practical, exam (practical and physical fitness test) & 9 hours skills training
- Contents** :
- Theory on the Muay Thai culture, competition rules & Muay Thai history
  - Advanced attacking and defending skills, included clinch work and throw skills
  - Heavy bag training skills ( Punches, Elbows, Kicks and Knees combinations )
  - Instructions skill of attacking and defending combinations
  - Enhance instructions skill by learning and application sessions
  - Advanced Padwork techniques with a combat sense ( Punches, Elbows, Kicks and Knees combinations )
  - How to apply the thaiboxing movements on the sparring sessions
  - Boxer Bootcamp – circuit training demo & practise
- Lecturer** : **Master Benny Yu, International Muay Thai Instructor & Referee, Wushu Duan Wei (Chinese Wushu Association), Champion of Hong Kong Opening Shanshou Kickboxing Competition 56kg in 1999-2000**  
Benny Yu is a Muaythai lecturer of Asian Academy for Sports & Fitness Professionals (AASFP), President of Benny Sino Thai Martial Arts Association, and Chief Instructor of Greatest Thaiboxing & Martial Arts Fitness. He is an Martial Arts enthusiast and received training in Chinese traditional Wushu & full-contact Kickboxing since childhood. Master Benny now specializes in Muaythai and Shanshou Kickboxing. In 1992, he represented Hong Kong in International Shanshou Kickboxing. In 2000, he was the only Hong Kong representative of Shanshou Kickboxing in the 5th Asian Wushu Championships held in Vietnam. Being a many times champion of Chinese traditional Wushu & champion of Shanshou Kickboxing, Benny is dedicated to promoting martial arts. In collaboration with AASFP, he has designed a Fitness Certification Course in Muaythai for AASFP in 2004. Benny has extensive experience in teaching and promoting Martial Arts since 1992. Over the course of 14 years, many of his students have become top athletics in Hong Kong under his supervision.
- Fee** : AASFP Member \$6,130                      Non-member \$5,980  
\*Elow protector included  
\*\*EARLY BIRD DISCOUNT - a HK\$150 discount will be offered to registration received three weeks prior to the course commencement date
- Course Date** : 6, 13, 20, 27 Jan / 10, 17, 24 Feb / 3, 10, 17 Mar 2022  
(Every Thursday, total 10 lessons)
- Time** : 8:00 p.m. – 11:00 p.m.
- Venue** : The Greatest Thai Boxing & Martial Arts Fitness –  
Rm 4C, 4/F., Po Foo Bldg., 84-94 Percival Street, Causeway Bay, H.K.
- CEU** : 1.2 CEUs
- Language** : Bilingual (Cantonese & English)
- Enquiries** : Any enquiry, please contact us at 2578 9877 for more details. Email : aasfp@aasfp.com  
Website : www.aasfp.com.