

Muay Thai Instructor (Intermediate) Certification Course

MTI-I-0119-17

- Description** : The Intermediate course is an advancement of the foundation course. As a professional trainer of Thaiboxing, one should have comprehensive techniques and training skills. The padwork and sparring skills taught in the course are very important for a trainer to learn. Through mock thaiboxing competitions, one can enhance the techniques of Muay Thai effectively.
- Participant Suitability** : Suitable for AASFP Muay Thai Instructor (Foundation) Certification holder
- Duration** : A total of 39hours - 30 hours included Practical Lessons, Mock Examinations, Mock Muay Thai competitions & Practical Examinations, 9 hours Self-Directed training
- Contents** :
- intermediate muay thai techniques
 - intermediate padwork training
 - intermediate attacking and defending skills
 - how to guild the trainees to learn intermediate techniques
 - signal-based double padwork training
 - Mock lessons as a trainer
 - Mock Thaiboxing competition
- 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 \$5,250 Non-member \$5,400
 (Including mouth Guard)
 **EARLY BIRD DISCOUNT - a HK\$150 discount will be offered to registration received three weeks prior to the course commencement date
- Course Date** : 1, 8, 15, 22, 29 Nov., 13, 20 Dec. 2019, 3, 10, 17 Jan. 2020 (Every Friday, total 10 lessons)
- Time** : 8:00 p.m. – 11:00 p.m.
- Venue** : The Greastest Thai Boxing & Martial Arts Fitness
 Flat C, 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.

