

Muay Thai Instructor (Foundation) Certification Day Course

SMTI-F-0120-5 v2

- Description** : Muay Thai is an all rounded martial arts utilising all major body parts including fists, elbows, knees and legs. It is an ideal aerobic and endurance training for both man and woman alike, with the benefit of improving cardiovascular strength and muscle power. Being so powerful in attack and defense, substantial injuries can be resulted if not properly trained; hence it is important to receive correct training by qualified instructors. During the Muay Thai Instructor certification course, students will learn the safe and correct fighting techniques, as well as preparing ourselves to be a professional Muay Thai fighter
- Participant Suitability** : This course is suitable for all Athletes, Personal Trainers, Group Fitness Instructors and Fitness Professionals as well as fitness enthusiasts, participants need to have relevant training more than 1 year
- Duration** : A total of 27 hours – 15 hrs lessons with examinations, 6 hrs Online Training and 9 hrs Self-Directed Training
- Contents** :
- Basic skills such as jabs, kicks, knees, elbows, stance, skipping, balance and corrective stance
 - Shadow fighting techniques, equipments introduction and usage
 - Upper and lower body combined techniques
 - Instruction skills and sparring techniques with boxing gloves and shields
 - Practical Workshop: Muay Thai Fitness Workshop & Muay Thai Skills Workshop
 - Self-Directed Training
- 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 \$3,800 Non-member \$3,950 (Including hand-wrap)
 **EARLY BIRD DISCOUNT - a HK\$150 discount will be offered to registration received three weeks prior to the course commencement date
- Course Date** : 23, 30 June, 7, 14, 21 July 2020 (Every Tuesday, total 5 lessons)
- Time** : 10:00 a.m. – 1:00 p.m.
- Venue** : The Greastest Thai Boxing & Martial Arts Fitness : Rm 4C, 4/F., Po Foo Bldg., 84-94 Percival Street, Causeway Bay, H.K. (Foo Ming Street Entrance, MTR - Causeway Bay station, exit F, Tel : 28933617)
- 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.