

ISCA Kick Box Certification Description

Personal Trainers and Group Fitness Instructors alike will discover the power, excitement and results that kickboxing has to offer. Learn how kickboxing incorporates the sport-specific techniques of boxing and martial arts to condition both the aerobic and anaerobic systems of the body. This high energy workout incorporates punching, footwork, punch mitts, the heavy bag and the jump rope into a scientifically designed system which provides the proper work and active rest intervals to optimize physical conditioning. Upon completion of this certification, you'll be able to easily and effectively use the components and combinations that you've learned to train clients, from beginner to world class athlete, or to design dynamic classes that really pack a punch!

ISCA Kick Box Certification Outline

9-hour certification; 10 hours total including lunch

Registration and Introduction	30 minutes
Explanation of the course, the objectives for the day, and the ISCA organization	
Science Lecture I	1 hour
The study guide is used for this part of the lecture	
Training Practical I – The Basics	1 hour, 15 minutes
Techniques (PUNCHES intro and advanced)	
Functional movement for punches	
Techniques (KICKS intro and advanced)	
Functional movement for kicks	
Training Practical II – Workout	45 minutes
45 minute workout	
Program Organization	30 minutes
Structuring the Class	
Lunch	1 hour
Science Lecture II	1 hour
The study guide is used for this part of the lecture.	
Training Practical III – Punch Techniques	1 hour
How to hold the mitts and punch the bag if available.	
Techniques (PUNCHES intro and advanced)	
Training Practical IV – Kick Techniques	1 hour
Techniques (KICKS intro and advanced); Functional combinations for kicks	
Techniques (PUNCHES intro and advanced); Functional combinations for punches	
Movement Progression	30 minutes
Punch-Kick combinations	
Practical Session	30 minutes
Functional techniques and participant's teaching skills.	
Written Exam	1 hour

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Host Site Department • Equipment Sales

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