

# ISCA Kick Box Round II 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!

Personal Trainers and Group Fitness Instructors alike will discover the power, excitement and results that kickboxing has to offer. Experience the next step in sports fitness and move ahead of the rest with this advanced training program designed for seasoned and certified professionals. Learn how kickboxing incorporates the sport-specific techniques of boxing and martial arts to condition both the aerobic and anaerobic systems of the body. Learn the importance of the kinetic chain, and how it will increase your balance, core strength and functionality. This program will offer professionals safe and effective techniques that are bio-mechanically correct, balanced in application and effective for fitness results without injury.

Kick Box Round II incorporates the basic and advanced boxing skills for punching, footwork, mitts, thai pads, the heavy bag, the kicking shield and the jump rope. It also incorporates physical fitness components along with martial arts integration to provide 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!

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<b>Registration and Objectives</b>	<b>30 minutes</b>
<b>Lecture, ISCA Standards and Guidelines, Kinetic Chain</b>	<b>1 hour</b>
<b>Technique Punches</b> stances, base of support and dynamic base of support, jab, cross, hook, upper cut	<b>1 hour</b>
<b>Technique Kicks</b> stances, dynamic base of support, front, side, round house	<b>1 hour</b>
<b>Punch Mitts punches with equipment</b> stances, base of support and dynamic base of support, jab, cross, hook, upper cut	<b>1 hour</b>
<b>Break</b>	<b>1 hour</b>

**Program Design** **1 hour**  
one on one or group session with timed interval work/rest

**Workout** **1 hour**  
time interval 3 minute work and one minute recovery  
3 rounds of shadow box  
3 rounds of bag  
3 rounds of mitts  
3 rounds of kicking shield  
3 rounds of jump rope

**Break up into groups with practical exam** **1 hour**  
teaching techniques  
Pick a punch or a kick

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Host Site Department • Equipment Sales

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