



APRIL 10TH & 11TH 2010

LOCATION

MMA EXPO: Tradex Convention Centre, 1190 Cornell Street, Abbotsford, BC, Canada

REGISTRATION OPTIONS

Mail Registrations:

Money Orders or Certified Cheques accepted with mail in registrations. Make cheques payable to:
Fitness Kickboxing Canada Inc.

Online Registrations:

Visa, MasterCard and Amex are accepted for PayPal online registrations.

[ONLINE REGISTRATION & PAYMENT](#)

Participants may register by completing the registration form supplied with this brochure and mail registration form to **Fitness Kickboxing Canada Inc.** – 75 First Street, suite 214, Orangeville, ON, L9W 5B6. **Early bird** registrations must be postmarked and mailed by **March 20th, 2010**.

WORKSHOP SELECTION:

Each day offers one (1) Certification workshop. Participants register for each workshop individually. Register early!

CONTINUING EDUCATION CREDITS:

Saturday, April 10th

11:00 a.m. - 5:00 p.m.

MMA Fitness/Conditioning Level 1 Instructor Course
Can-Fit-Pro: 4, CPTN: 5, BCRPA 5.5

Sunday, April 11th

11:00 a.m. – 5:00 p.m.

Fitness Kickboxing Level 1 Instructor Course
Can-Fit-Pro: 4, CPTN: 5, BCRPA 5.5

TRADESHOW:

The MMA Expo Trade Show will feature numerous exhibitors with top brands in MMA, fitness products and services. Your CEC registration payment includes entrance to the tradeshow area. Meet MMA stars and watch tournament bouts. Visit www.mmaexpo.com for a list of exhibitors in attendance.

DEMO EQUIPMENT SALE:

To pre-order conference demo equipment contact Fitness Kickboxing Canada directly.



SATURDAY, April 10, 2010

11:00am – 5:00pm

MMA Fitness Conditioning Instructor Course - Level 1

Ross O'Donnell

Fitness Kickboxing Canada

MMA (Mixed Martial Arts) is the newest phenomenon to sweep North America. Learn "real" MMA striking techniques, combinations and floor bag-work designed by a Certified Competitive Boxing-Kickboxing Coach and Certified Personal Trainer for the ultimate in authenticity and fitness, ensuring a safe and efficient class or personal training session. This workshop is specifically designed for you, the trainer, to tap that market by incorporating authentic MMA drills for cardio, strength, striking, kicking and ground work floor bag work into a rigorous training program format.

Special Bonus FREE Skipping Rope Clinic included...Value \$39.00

(Fee Includes admission to MMA Expo – Value \$20.00).

CEC's 4 Can-Fit-Pro PTS/FIS, .5 CPTN , 5.5 BCRPA

SUNDAY, April 11, 2010

11:00am – 5:00pm

Fitness Kickboxing Instructor Course - Level 1

Ross O'Donnell

Fitness kickboxing Canada

Learn "Real" Boxing/Kickboxing punch and kick techniques as well as actual combinations designed by a Certified Competitive Boxing/Kickboxing Coach and Certified Personal Trainer. From the warm-up, hand wrapping, stance, footwork, boxing & kickboxing drills and combinations utilizing focus pads and partner training, abs routine and cool down stretches. This workshop is designed for the ultimate in authenticity and fitness ensuring a safe and efficient class or personal training session.

Special Bonus FREE Skipping Rope Clinic included...Value \$39.00

(Fee Includes admission to MMA Expo – Value \$20.00)

CEC's 4 Can-Fit-Pro PTS/FIS, 5 CPTN , 5.5 BCRPA

WORKSHOP PRESENTER



Ross O'Donnell, BA, CPT

Ross is president of Fitness Kickboxing Canada Inc. (FKCI) and oversees operation of the Fitness Kickboxing Certifications programs and continuing education (CEC) courses across Canada. Ross is an experienced fitness and martial arts presenter, a fitness columnist with over 250 published articles, 15 instructor-training manuals and author of The Ultimate Fitness Boxing & Kickboxing Workout. Ross is also a certified Boxing Coach & Competitive Club owner through the Canadian Amateur Boxing Association (CABA-Ontario) and a Black Belt Instructor/Certified Coach & Competitive Kickboxing Club owner through the Canadian Council for Amateur Sport Kickboxing (CASK-Ontario). Ross was a member of the Kickboxing coaching staff for the 2010 Winter Games-Ontario www.fitnesskickboxingcanada.ca

Fitness Kickboxing Canada Workshops

REGISTRATION FORM - April 10th & 11th, 2010

The MMA Expo • Tradex Centre. • Abbotsford • BC • Canada

Name: _____
 Street Address: _____
 City: _____
 Province/State: _____
 Country: _____
 Email Address: _____
 Phone (Day): _____

SESSION SELECTION

Choose your session selections by circling the appropriate fee box to the right of the course name. Class sizes are limited. To ensure you receive your desired sessions, please register early.

Session Rates	Before Mar. 20 th	After Mar .20 th	On Site
MMA Fitness Conditioning Instructor Course - Level 1	\$149	\$169	\$189
MMA Fitness Conditioning Certification Exam - Level 1	\$49	\$59	\$69
Fitness Kickboxing Instructor Course - Level 1	\$149	\$169	\$189
Fitness Kickboxing Certification Exam - Level 1	\$49	\$59	\$69

Note: Fees listed above do not include taxes

METHOD OF PAYMENT:

Certified Cheque Money Order

Cheques payable to: Fitness Kickboxing Canada Inc.

Visa Master Card Amex

For payment with credit card visit us online at
[ONLINE REGISTRATION & PAYMENT](http://www.fitnesskickboxingcanada.ca)



AMOUNT DUE

Subtotal

+ GST (5%)
 (+ HST (13%) where applicable)

TOTAL DUE

CANCELLATION POLICY

Cancellations received in writing at least 3 weeks prior to the workshop date will be charged a \$25 (+ Applicable Tax*) administration fee. **Refunds will not be issued less than 3 weeks prior to course date.** **Initials** _____

Waiver of Liability

I agree to forever release, discharge, fully indemnify FKCI, the facilities (The MMA Expo), and all promoters, sponsors and their respective representatives and successors and assigns from any and all claims, demands, and expenses whatsoever on account of damage to or loss of property, physical or mental injury, or death. I verify that I have been involved in a physical training program; that I am physically fit and do not suffer from any disability, physical ailment; nor am I taking any medication that would cause me harm or limit my participation.
Initials _____

Permission for Recording

I understand that FKCI will be recording the conference through film photography, video recording, and audio recording.
Initials _____

I hereby affirm that I have carefully read, fully understand, and agree to the above; and that I am of legal age to execute this form as a legal document.

Print Name in Full: _____

Signature: _____ **Date:** _____

Mail Payment & Registration to:

Fitness Kickboxing Canada Inc., 75 First Street Suite 214, Orangeville, Ontario L9W 5B6

For more details on this program, please contact Fitness Kickboxing Canada Inc. (519) 942-1625
 email: info@fitnesskickboxingcanada.ca or go to our website www.fitnesskickboxingcanada.ca