



**APRIL 10<sup>TH</sup> & 11<sup>TH</sup> 2010**

**LOCATION**

MMA EXPO: [Pacific National Exhibition](#) (The Forum)  
2901 East Hastings Street, Vancouver, BC V5K 5J1, 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.

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.

**WORKSHOP SELECTION:**

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

**CONTINUING EDUCATION CREDITS:**

**Saturday, April 10<sup>th</sup>**

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 11<sup>th</sup>**

11:00 a.m. – 5:00 p.m.

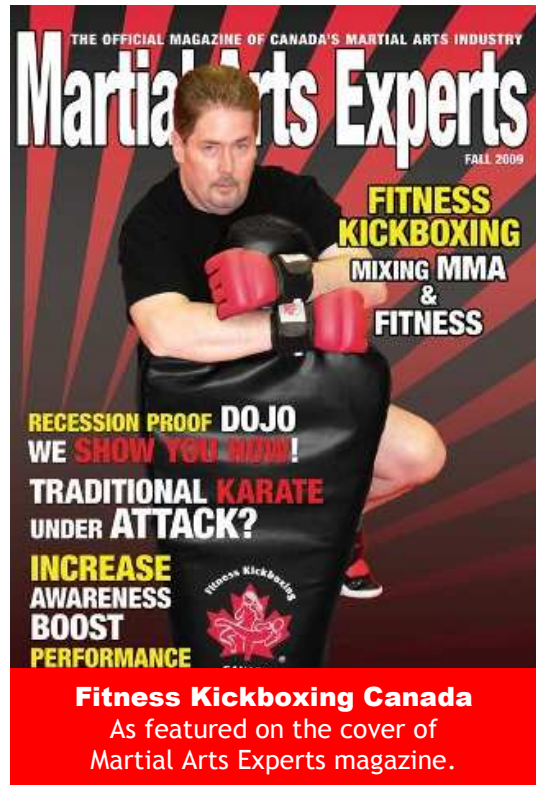
Fitness Kickboxing Level 1 Instructor Course  
Can-Fit-Pro: 4, CPTN: 5, BCRPA 5.5

**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](http://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 , 7 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](http://www.fitnesskickboxingcanada.ca)

# Fitness Kickboxing Canada Workshops

## REGISTRATION FORM - April 10<sup>th</sup> & 11<sup>th</sup>, 2010

The MMA Expo • PNE. Forum Building • Vancouver • 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 Apr. 7 <sup>th</sup> | On Site |
|---|-----------------------------|---------|
| MMA Fitness Conditioning Instructor Course - Level 1  | \$149                       | \$189   |
| MMA Fitness Conditioning Certification Exam - Level 1 | \$49                        | \$69    |
| Fitness Kickboxing Instructor Course - Level 1        | \$149                       | \$189   |
| Fitness Kickboxing Certification Exam - Level 1       | \$49                        | \$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  
[www.fitnesskickboxingcanada.ca](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](mailto:info@fitnesskickboxingcanada.ca) or go to our website [www.fitnesskickboxingcanada.ca](http://www.fitnesskickboxingcanada.ca)