



FIT2FITE™ INSTRUCTOR WORKSHOPS

Thanks for expressing an interest in FIT2FITE™ “Fighting Moves to Funky Grooves” Instructor workshops.

FIT2FITE™ Instructor workshops teach participants the unique Four Step Format (4S4). This progressive training system is designed to accommodate all fitness levels from novice to elite athlete. One class fits all because the system is self-regulating and offers participants clear benchmarks for self-improvement.

LEVELS

FIT2FITE™ instructor workshops are broken down into various levels as follows:

- Bronze level.
- Silver level 1 and 2.
- Gold level 1, 2 and 3.
- Platinum level

The Silver, Gold and Platinum levels maintain the 4S4 but develop a deeper knowledge base to provide a resource for increased intensity, more demanding combinations and enhanced technical proficiency without compromise to safety, class fluidity and spontaneity.

BRONZE LEVEL

Bronze Level is the entry level for all participants.

Bronze level lays down the FIT2FITE™ 4S4 and provides the template for all other levels. The objective of the workshop is for students to understand and apply the basic principles of teaching combat/martial art orientated group exercise to music using the FIT2FITE™ 4S4.

By the end of the bronze instructor workshop delegates will be able to:

- Effectively demonstrate the key components of the 4S4, namely,
. **1.** Rhythmic Punching and Blocking, **2.** Kicking, **3.** the Fight and **4.** Combinations.
- explain the rationale behind FIT2FITE™ techniques and combinations.
- teach bronze level FIT2FITE™ class and provide appropriate teaching points.
- Constructively incorporate bronze level adaptations to the FIT2FITE™ format.
- tailor music appropriately to the FIT2FITE™ 4S4.

STANDARDS

FIT2FITE is a quality product. Maintenance of a high standard that reflects the ethos of the training system is paramount. Therefore all certified FIT2FITE instructors will be subject to annual relicensing and a refresher at a cost of £75. This will be a half day review and incorporate formative assessments of the individuals' application of the 4S4 and determination for progression to silver level 1 if so desired.

Workshop requirements:

Instructors must be either Level 2 Fitness Instructor or equivalent, Level 3 Personal Trainer or an Accredited Martial Arts Instructor. **Martial Arts Instructors must attend a minimum of 6 FIT2FITE classes or 12 Group exercise classes prior to attending the instructors' course.**

Duration: One day 9 – 5pm.

Venue: TBC

All REPS registered instructors who complete the FIT2FITE workshop receive a certificate and are awarded 4 CPD points. Their names will be added to a registrar of FIT2FITE instructors with details of where their classes are held. It is important to update FIT2FITE head office of all classes undertaken.

For registration and an instructor workshop pack please contact: 07957650634 or Email:info@fit2fite.com send a completed registration form with a cheque payable to

**FIT2FITE LTD to:
FIT2FITE, PO BOX 1339, BARKING, IG11 1FT**

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