

# BOXERCISE<sup>®</sup>



[WWW.BOXERCISE.CO.UK](http://WWW.BOXERCISE.CO.UK)

**THE WORLD'S NO.1**  
**BOXING FITNESS**  
**TRAINING**  
**ORGANISATION**

- **BOXERCISE**
- **KICK BOXERCISE**
- **BOXERCISE ADVANCED SKILLS COURSE**
- **BOXERCISE FOR KIDS**
- **SPEED PADS AND COMBINATIONS**

**INFORMATION PACK**



# WELCOME

## Dear Instructor

Thank you for your BOXERCISE INSTRUCTOR TRAINING COURSE enquiry.

The Boxercise Instructor Training Courses have been carefully designed to enable the fitness professional to learn a new skill that they can use to complement their existing area of expertise and add to their current level of knowledge. We offer 5 courses to cover a range of requirements; Boxercise Instructor Course (This is our foundation course), KickBoxercise, Advanced Skills Course, Boxercise for Kids and Speed Pads and Combinations. We also host a padwork to music course called Group Spar in conjunction with IBFF an Italian Fitness company, with whom we have an association.

## Who should take the Boxercise course?

- **Gym Instructors** expanding into teaching in the studio looking to increase personal income and employability
- **Studio teachers/Group exercise instructors** looking to increase the variation of classes they offer (and attract men, women and children to their sessions)
- **Personal Trainers** adding to their range of skills and activities - Boxercise is fantastic one to one using pads and gloves!
- **Boxing coaches/Boxers** looking to increase secondary revenue for their gyms or enter the fitness industry
- **PE Teachers** looking to engage children in fun physical activity and expand their experience of fitness

## Different Learning Formats

All The Boxercise qualifications can be gain by attending face to face training but we also offer Zoom and Online training for some of the courses.

Please see separate course page for specific information.

## When and where are the courses?

Boxercise Instructor Training courses are run worldwide at regular training venues (including UAE, Philippines, Netherlands, USA) or as in-house training courses. Within the UK and Ireland we have 11 regular training venues, for course dates please view our website or contact head office. The Boxercise course is an 8hr intensive course usually run on a Saturday where as our secondary courses usually take place on a Sunday, however there are a couple of exceptions to this so please check individual venue dates.

## Boxercise Venues

**Within the UK and Ireland Boxercise has 13 training venues**

**London**

**Birmingham**

**Manchester**

**Southampton**

**Devon**

**Newcastle Upon Tyne**

**Leeds**

**Leicester**

**Scotland (Ayr/Edinburgh)**

**Wales (Cardiff)**

**Ireland (Dublin)**

**Northern Ireland (Belfast)**

Please see website for Boxercise overseas venue's.

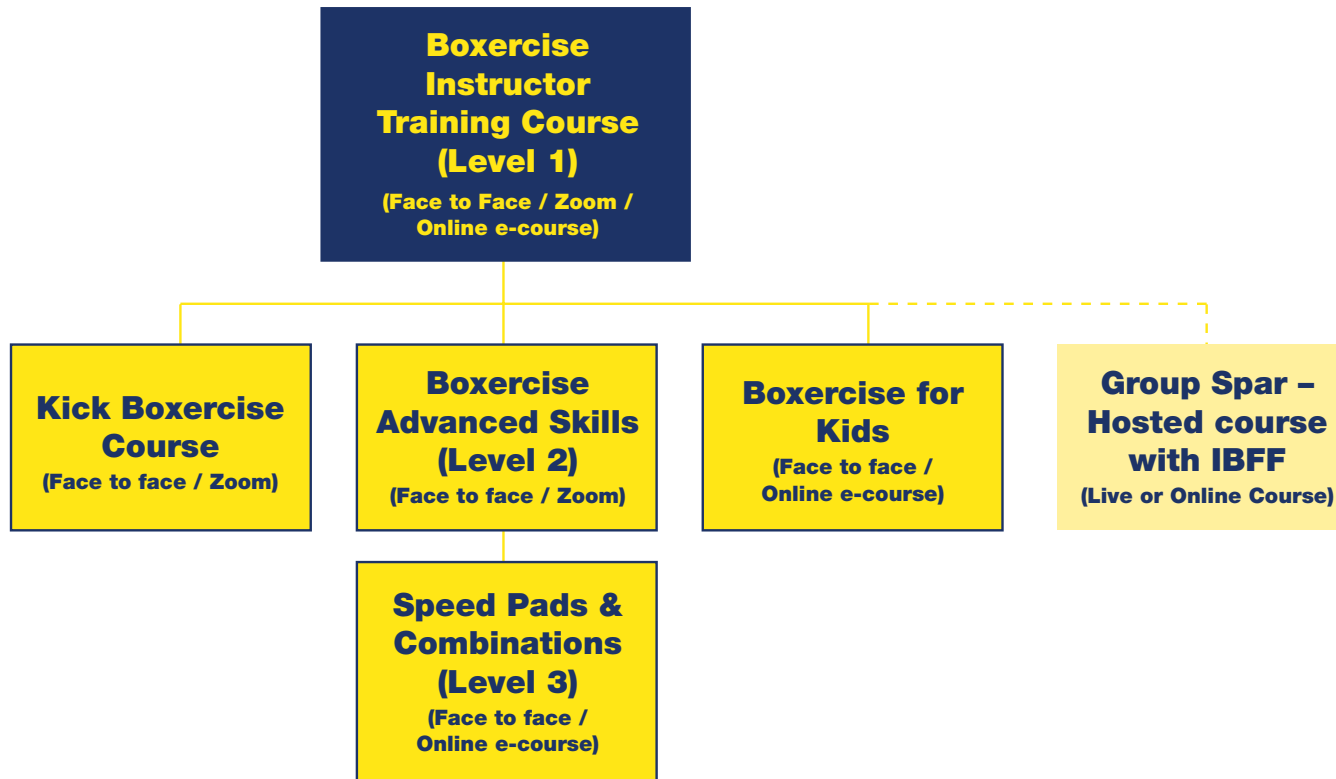
## In-House Training

If you have 8 or more people in your area or company that would like to become Boxercise Instructors and who don't want to travel then we can provide an in-house training course at your venue at no extra cost per person.

Benefits for your company include travel and time savings and the flexibility to choose your own date.

The organiser of the course usually gets a free place – phone head office for more details and prices. We require a minimum of 10 people for overseas mobile courses and assistance with accomodation or travel depending on distance to travel.

# COURSE PATHWAY



The **Boxercise Instructor training course** is our foundation course and must be taken before any secondary modules.

Exceptional instructors who pass the **Boxercise plus Advanced Skills plus Kick (or Speedpads)** course all with over 80% on each course will automatically receive an additional certificate stating that they have achieved **Advanced Boxercise Instructor status**.

**Boxercise Instructor Award**  
– 8 CIMSPA Points



**KickBoxercise/ Boxercise for Kids Courses**



courses also recognised by:



# COURSE STRUCTURES

## BOXERCISE Instructor Training (Level 1)

### Introduction

The Boxercise Instructor training course is our foundation course and must be taken before any other course. It is aimed at those wanting to gain boxing skills to be used for fitness whether it is for a class format or padwork with clients. (Please see the course structure). To access the course attendees require a minimum of a level 2 or equivalent in a sport / coaching or fitness qualification. There are a range of qualifications that may not fit neatly into this criteria description e.g PE Teachers /Army PTI's/Black Belt in Kick Boxing /Full ABA coaches that can access the course directly. If you are unsure as to whether you meet our prerequisite criteria or if you have an extensive range of sport/coaching experience and knowledge but no recognised qualifications please contact head office so that we can advise.

The Boxercise Instructor qualification can be gained by completing and passing 1 of 3 course formats:

- FACE to FACE: Boxercise Instructor Face to Face 1 Days (8 hours) Intensive training course at one of our regular training venues
- ZOOM: Boxercise Instructor 1 Days (8.5 hours) Intensive training course via Zoom.
- DISTANCE LEARNING: Boxercise Instructor Training course via online distance learning. Learn at you own pace. 6 hours of Video Tutorials and 5.5 hours of practice.

1 Month time limit for completing the course

### Assessment

All candidates have to complete an assessment to pass the course. The assessment will be practical and/or theory depending on the course. The assessment on the Boxercise face to face and zoom course is practical and is based only on what instructors have been taught on the day, NO marks are given for extra speed OR power, demonstrating, coaching and instructing quality is the emphasis of the day. After the course each candidate will receive a breakdown of their results highlighting both strengths and weaknesses, any candidates who do not achieve the required standard on the day of the course will be encouraged to re-take the course free of charge at another time. Safety, coaching technique and above all the ability to make classes/padwork sessions fun, form the basis of the Boxercise course. High standards are maintained on all courses by our Senior Instructors, all of whom have extensive knowledge in the fields of fitness, boxing and coaching.

## COURSE STRUCTURE

This is the main course structure for all the Boxercise Instructor courses but there will be slight variations with each course learning format.

- **Learn all the 8 punches** and how to safely coach and teach them to others. All safety and technical aspects are taught using a range of coaching methods. Learn also the importance of correct footwork and how to teach others, including drills 1-18 from the Boxercise Footwork Training System.
- **Group work** - practise teaching the punches to others yourself.
- **Boxercise Aerobic** - Introduced as one style of class/warm up.
- **Group Work**- Start putting the punches you have been taught to create exciting routines.
- **Boxercise Manual discussion.**
- **Equipment Education** - How to choose and use boxing equipment correctly.
- **Hand wrapping for the beginner.**
- **Interactive discussion on class formats and design.** Design your own class as part of a group.
- **Learn how to safely hold the focus pads** whilst your client is punching, learn how to spot and correct all the major faults made by novice punchers and how to adapt your coaching for visual, auditory and kinaesthetic learners. Learn how to coach others on how to hold focus pads. Put these together and coach, teach and instruct combinations on the pads.
- **Practical Assessment** – Working in pairs, demonstrate the techniques and coaching skills you have learnt during the course.
- **Class/Session examples** – covering all styles. Aerobics, Circuits, Coached Pads (technical skills sessions), Beasting Sessions and Bootcamp style formats. Attendees will see how the course tutors run a class and gain many new ideas to enable the successful running of a Boxercise class.

# BOXERCISE QUALIFICATION - DIFFERENT LEARNING FORMATS

## Boxercise Instructor Course - Face To Face

### Course Details

- 8 hour intensive training course
- Choose from one of 13 venues across uk
- Expert Coaching. Face to face tuition. Learning from Group experience.
- Equipment provided for use on course

## Boxercise Instructor Course - via Zoom

### 1 DAY LIVE AND INTERACTIVE TRAINING

### Course Details

- The Boxercise Course via Zoom will run from 10.00am - 6.30pm
- You will require a safe environment to take part in the course and need access to IT facilities / Zoom.
- You will require a set of Focus Pads and Bag Mitts / Gloves.
- You will require someone to assist you from 1.30pm - 4.30pm so that you can practise your coaching and punching skills. This person does not need to be a fitness coach, but they need to be willing to hold the focus pads and carry out a few basic punches. You don't need to worry about hitting them hard as it is technique and safety we are focused on.
- There is a Practical assessment on the course.

## Boxercise Instructor Course - Distance Learning

### Benefits

- Great for those who cannot easily access one of our regular training venues.
- Great if you find it difficult booking a whole day aside for training.
- Want to learn at your own pace.
- Still want to be trained by a reputable and experienced company.

### Course Details

- Access to the online course website with step by step guidance.
- 6 hours of Video Tutorial.
- 5.5 hours of technical practise is require (You will require gloves and pads and another person to practise with).
- Assessments Encorporate:  
Theory - Multiple Choice. Practical Based - We Assess Videos of your progress.
- 1 Month time limit to complete the course.

### Post Course Resources

After passing the Boxercise course and payment of the annual registration fee instructors will receive login details to access the instructor area of the website which provides access to various resources .eg certificate, manual, post course videos, promotional material, business advice and a forum for you to be able to advertise your session so the public can find you via a postcode search. Instructors also receive a sequence of supportive videos guiding them on how to get started. We also strongly recommend instructors to join the instructor only facebook group for longer term support and idea sharing.

# COURSE STRUCTURES

## Boxercise Advanced Skills Course (Level 2)

### Learning Formats - Face to Face and Zoom Training

The Advanced Skills course covers more technically advanced skills, advanced punching and very advanced footwork – such as which way to move after throwing a punch so the client doesn't get hit. You will learn defensive moves including Duck, Slip & Swayback and counterpunching. You then learn how to combine advanced footwork, defensive moves and counterpunching to make combinations; this adds 32 new moves to the basic 8 punches you learnt on the Boxercise course and for you to use with your clients.

Becoming an advanced pad holder is absolutely essential for anyone wanting to become indispensable to their personal training clients, we will teach you the tricks of the trade to ensure your clients never get bored. After all, your client's can do almost anything without you but they can't do padwork on their own.

- **Advanced punching and coaching skills:** Use of defensive moves, counterpunches & blocks in combinations. Progress the beginner to moving and punching at the same time.
- **Advanced Footwork:** Movement and conservation of pad holders energy whilst working the participant harder. Incorporate footwork into combinations. Practise drills 18-43 from the Boxercise Footwork Training System.
- **Advanced Padwork:** use of single pads, one pad one glove, meeting punches. Learn how to put the punches, defensive moves and footwork together in a progressive system you can use with your clients.
- **Advanced Coaching & Training Methods**
- **Speed, Power and stamina drills**
- **Theory Exam**

### Zoom Requirements for Boxercise Advanced Course - 1 day live and interactive training

- You will require a safe environment to take part in the course and need access to IT facilities ( 10am - 5pm)
- You will require a set of Focus Pads and Bag Mitts / Gloves.
- You will require a partner to pair up with for the whole days course and they will need to be competent with the main punches and 8 number system before accessing the course. They don't need to be a Boxercise Instructor or fitness instructor, but they do need to be safe, competent and have a good enough fitness level for a day's course. (They will get a few more breaks than yourself).
- Incorporates Practical Assessment and Theory assessment.

## Speed Pads And Combinations Course (Level 3)

### Learning Formats - Face to Face and Online Distance Learning

This Course has been designed to offer Boxercise instructors and boxing trainers more combinations to work on with their clients and to focus on how to execute and coach the more recently popularised style of padwork - speed pads.

- **Speed Pads:** Speed pads is the use of focus pads in reactive drills to improve punching hand speed, defensive reactions, especially head movement and counterpunching. Speed pads looks really 'flashy' which is why you'll often find world class trainers using this technique to showcase amazing punching combinations with their boxers most notably Floyd Mayweather Jr.

You can learn this style of pad holding to make you AND your clients look fantastic! We will show you all you need to know and the 'system' behind it.

- **Combinations:** During the afternoon session you practise more combinations this time the focus being on combinations influenced by famous fighters.

Becoming an advanced pad holder is absolutely essential for anyone wanting to become indispensable to their personal training clients, we will teach you the tricks of the trade to ensure your clients never get bored. After all, your client's can do almost anything without you but they can't do padwork on their own.

### Who is the Course For?

To book onto the speed pads and combinations course attendees must have first completed the Boxercise Instructor Course and Advanced Skills course.

The exception to this is ABAE Full Coaches, or British Board of Boxing Control Licensed Trainers, may attend the combinations and speed pads one day course as an independent certification without holding any prior Boxercise qualifications. Please contact head office to book: 0116 2404906. Attending this course as an independent certification will not enable the use of the Boxercise trademark or entitle the attendee to call themselves a Boxercise instructor.

# COURSE STRUCTURES

## Kick Boxercise

### Learning Formats - Face to Face and Zoom Training

Designed for those teaching classes, Kick Boxercise adds value to your classes by bringing new techniques designed to tone up those bums and tums using explosive techniques derived from martial arts. We have chosen the most suitable techniques from the wide range of Kung Fu, Karate, Kick Boxing and Muay Thai to teach safely to fitness participants. Using the extra techniques of elbow, knee and kick combinations your clients are offered more variation and fun.

- **Learn Elbow, Knee & Kick techniques** to add to your boxing skills. Learn how to teach them to others.
- **KickBoxercise Aerobics – Group work.** Using the new moves you have been taught to create super new aerobic routines.
- **Learn how to safely hold the focus pads & strike shield** to absorb the shock of elbows, knee's and kicks. Learn how to spot common faults and effectively coach correct technique for visual, auditory and kinaesthetic learners.
- **Practical Assessment** – Working in pairs, demonstrate the techniques you have learnt during the course.
- **Combinations** – Group work looking at how to incorporate the techniques learnt today with the 8 punches learnt from your Boxercise course. Gain new KickBoxercise combinations to progress with.

### Zoom Requirements for Kick Boxercise Course - 1 day live and interactive training

- You will require a safe environment to take part in the course and need access to IT facilities ( 10am - 5pm)
- You will require a set of Focus Pads and Bag Mitts / Gloves.
- You will require a partner to pair up with for the whole days course and they will need to be competent with the main punches and 8 number system before accessing the course. They don't need to be a Boxercise Instructor or fitness instructor, but they do need to be safe, competent and have a good enough fitness level for a day's course. (They will get a few more breaks than yourself).
- Incorporates Practical Assessment on the day and Times Theory assessment – emailed after the course

## Group Spar

We host a padwork in time to music course called Group Spar. This course is run in conjunction with an Italian Company - IBFF (Italian Boxing Fitness Federation) and even though it mentions sparring it doesn't involve boxing sparring, it's just the translation.

We are delighted to offer this course to registered instructors as we find the music system is taught in a simple and physically interactive method not usually taught in the UK – no ETM is required to access the course. Great for instructors that would like to offer more of an aerobic style session that doesn't just involve punching the air but instead puts combinations on pads to the music beat. The format for teaching enables those that find traditional aerobic courses challenging more accessible.

On passing the course post course you will receive an independent certificate from IBFF – this course qualification is not added to you existing Boxercise certifications. Dates for this course can only be viewed on the website year planner and booked by registered instructors.

## ADVANCED INSTRUCTOR

### HOW TO ACHIEVE ADVANCED INSTRUCTOR CERTIFICATION

**Achieve Minimum 80% on Boxercise Course**

&

**Achieve Minimum 80% on Advanced Skills Course**

&

**Achieve Minimum 80%  
on Kick Boxercise  
Course**

OR

**Achieve Minimum 80%  
on Speed Pads and  
Combinations Course**

**You will be awarded an Advanced Instructor Certificate on achieving the above.**

## Teaching Boxercise To Children

### PRE-REQUISITES FOR TEACHING CHILDREN

As a Company to teach Children Boxercise, registered instructors are also required to have a kids fitness qualification. The reason being is that the Boxercise Instructor foundation course, primarily focuses around teaching adults: in that the class and session examples are adult based but the punches, pad-holding, coaching and safety requirements that are taught are essential for teaching adult and kids. Therefore to teach children, instructors must also have an under pinning knowledge of kids fitness so they can adapt what has been taught on the Boxercise course to make it safe. We therefore recommend instructors take both the Boxercise and Boxercise Kids course before teaching children. For instructors that already have a recognised kids fitness qualification e.g PE teachers and who are able to adapt what has been taught on the Boxercise course to make it safe for kids then they together with their insurance company's requirements can decide whether it is essential for them to take the Kids Boxercise course too or not. There are likely resources on the Boxercise for kids course that are not be incorporated into other kids fitness qualifications e.g Boxing games and equipment discussion, so if you are not sure please ring head office to discuss.

### BOXERCISE FOR KIDS

#### – 1 DAY TRAINING COURSE OR ONLINE DISTANCE LEARNING

The aim of the Boxercise for Kids course is to help existing instructors learn about kids fitness and how to adapt what has been taught on the Boxercise course to make it safe and fun for children. The course explains the many adaptations necessary to teach a Boxercise Class to children, or to integrate children into your class. The Boxercise for Kids course covers kids games, warm up ideas and fun tasks together with learning about kids fitness requirements, legalities of teaching, anatomy and physiology of growth, injuries and boxing equipment for use with kids.

The Boxercise for Kids course is available as a 1 day live training course or as an online course. The content of the course is the same on both courses and those that pass the online course can attend the Boxercise live course free of charge as a refresher and those that attend the training course will still have access to the online resources. You therefore can access both courses for the price of 1.

The structure below is an outline of the online training course where instructors have the opportunity to work through 4 modules at their own convenience and watch a range of the practical videos giving Boxercise game and warm up / cool down idea's. Both courses have a theory assessment at the end of the course.

- **Module 1** - Child Protection, Health & Safety considerations . Explanation of Key Stages and necessary adaptations.
- **Module 2** - Warm up and cool down requirements with examples of Boxercise Activities.
- **Module 3** - Anatomy and Physiology of children, growth spurts and injuries
- **Module 4** - Class structure and design. Effective planning and delivery of key stage specific Boxercise classes.
- **Exam** - Timed theory Assessment

### THE BOXERCISE AWARDS SCHEME

**The Boxercise awards scheme is a progressive programme taking children from basic through to more advanced Boxercise Skills.**

It was initially developed to encourage participation in Boxercise and to produce a simple lesson plan format for teachers/instructors to following when teaching Children Boxercise but ultimately can be used for adults too.

Taking part in the awards enables children to achieve specific goals whilst having fun and being active and then on passing are rewarded with Boxercise Official Certificates.

**The Awards are broken into 3 achievable stages and involve 10 session plans each. With minute by minute lesson plans -**

**Bronze**

**Silver**

**Gold**

**Young Leader** (coming soon)

The Bronze awards can only be taught by registered Boxercise Instructors and to teach the Silver and Gold Awards instructor must also have pass the advanced skills course.

#### **Practicality**

To be able to access the Boxercise Awards scheme there is an annual cost which then allows instructors to have full autonomy in taking as many children as they wish through the scheme and producing as many certificates they would like, all via our simple automated system on the instructor portal.



# DEVELOPMENT ROUTES

Consider the following route if your main interests are:  
**Personal Training/  
 Boxing Coached Style sessions**

**Boxercise Instructor  
 Training Course**

**Advanced Skills Course**

**Speed Pads and Combinations Course**

Consider the following route if your main interests are:  
**Teaching Classes  
 (e.g. gym based or bootcamp style)**

**Boxercise Instructor  
 Training Course**

**Kick Boxercise Course**

**Group Spar  
 (Hosted course in association  
 with IBFF – Italian Company)**

**Advanced Skills Course**

Consider the following route if your main interests are:  
**Teaching Children  
 (e.g. within school, after school clubs  
 or family classes)**

**Boxercise Instructor  
 Training Course**

**Boxercise for Kids Course  
 (available as 1 day training course  
 or online training)**

**Advanced Skills Course**

# HOW TO BOOK YOUR COURSE

To enrol onto and pay for a Boxercise course please either

- Book online via:  
[http://www.boxercise.co.uk/courses/course\\_venues.php](http://www.boxercise.co.uk/courses/course_venues.php)
- Ring head office: 0116 2404906.
- Pay by official purchase order:

For companies with an official purchase order system we can issue an invoice on receipt of an emailed purchase order: [admin@boxercise.co.uk](mailto:admin@boxercise.co.uk) . 30 days terms payment with the invoice.

- Send in a Cheque with booking details. – payable to: Boxercise Corporation

At time of booking we require payment, the attendees contact details, a list of the attendee's fitness/sport or coaching qualifications and the name of the course/venue and date the attendee wishes to book onto. Course Confirmation details are then emailed to the attendee.

**Boxercise course only £149.00**

(Inc VAT @20%)

**Secondary course only £99.00**

(Inc VAT @20%)

# COURSE OFFERS

**Book 2 courses for only £219.00**

(Inc VAT @20%) (Boxercise & 1 other course)

**Book 3 courses for only £289.00**

(Inc VAT @20%) (Boxercise & 2 other courses)

**Book 4 courses for only £349.00**

(Inc VAT @20%) (Boxercise & 3 other courses)

Thank you for your interest in Boxercise courses. If you still require more information please look at our website or ring head office on 0116 2404906.

## Boxercise Boxing Equipment and Branded Clothing

Boxercise is the only supplier of top quality Boxercise branded boxing equipment and provides significantly reduced rates on boxing equipment to Registered Boxercise instructors. We also supply a range of Boxercise branded clothing and accessories. For more details please see our website or contact head office.



## Boxercise Instructor Training Courses

### Head Office Address:

Millstone House, Main Street, Mowsley, Leicestershire, LE17 6NT

**Phone:** 0116 2404906

**Email:** [admin@boxercise.co.uk](mailto:admin@boxercise.co.uk)

**Web:** [www.boxercise.co.uk](http://www.boxercise.co.uk)

[www.facebook.com/BoxerciseLtd](http://www.facebook.com/BoxerciseLtd)  
[www.facebook.com/groups/BoxerciseInstructor/](http://www.facebook.com/groups/BoxerciseInstructor/)

[www.youtube.com/boxerciseltd](http://www.youtube.com/boxerciseltd)

## The Concept of Boxercise®

Boxercise began in the UK in 1992 based upon training principles that have existed for over two hundred years. We train qualified fitness instructors and personal trainers to teach the public Boxercise Classes or to use the pad work skills gained for one to one training, running over 200 training course a year from different venues worldwide. In the UK alone, over 2.1 million people take part in Boxercise classes (source: Mintel, 2013).

Boxercise has developed and adapted age old training principles to form a fun, addictive, safe, stress busting workout suitable for all ages and levels of ability.

## Boxercise® - The Biggest Brand Name in Boxing Fitness

Boxercise is a registered trademark and Boxercise Corporations holds the Boxercise trademark for the UK, Europe and America in addition to having licensees in other countries that run our Boxercise Instructor Training courses. Use of the name Boxercise to describe any fitness activity or product can only be granted by ourselves. Any instructor teaching an activity called Boxercise, or anything similar sounding, must be registered with Boxercise to do so. Breach of these trademarks will result in prosecution. Members of the public can check an instructor's right to use the name Boxercise and that they are qualified, by selecting 'Search for Qualified Instructors' in the menu above. The Boxercise qualification is recognized worldwide and is regarded as the world's number one boxing fitness qualification.

## Annual Licence Fee

Boxercise requires each individual who has completed and passed the Boxercise course to pay an annual licence/registration fee of £40. This enables us to maintain a register of all the Boxercise instructors and to maintain and protect the trademark Boxercise. The annual licence fee also importantly entitles Boxercise registered instructors to the following services:

- To be on the list of registered Boxercise instructors on our website thus enabling the public to ensure their instructor has been taught by a recognised body
- To advertise their services on our website and App so the public can find them via a postcode search
- To receive reduced rates on Boxercise equipment
- To attend a free refresher course once per year for each qualification they hold - this helps maintain continuing standards of professionalism
- To receive telephone advice through head office
- To receive email newsletters
- Download promotional material from our website
- Boxercise online manual and series of post course video's
- Downloadable certificate / renewed annually
- Access to the instructor facebook group for support and idea sharing
- Access to the Boxercise Footwork training system and drills