

BOXERCISE®

THE ONLY RECOGNISED BOXERCISE
TEACHING QUALIFICATION IN THE WORLD

WWW.BOXERCISE.CO.UK

THE WORLD'S
NO.1 IN BOXING
FITNESS TRAINING

- 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.

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

When and where are the courses?

Boxercise Instructor Training courses are run worldwide at regular training venues (including UAE, USA, Australia) 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

Leeds

Birmingham

Leicester

Manchester

Scotland (Ayr/Edinburgh)

Southampton

Wales (Cardiff)

Devon

Ireland (Dublin)

Newcastle Upon Tyne

Northern Ireland (Belfast)

Please see website for Boxercise overseas venue's.

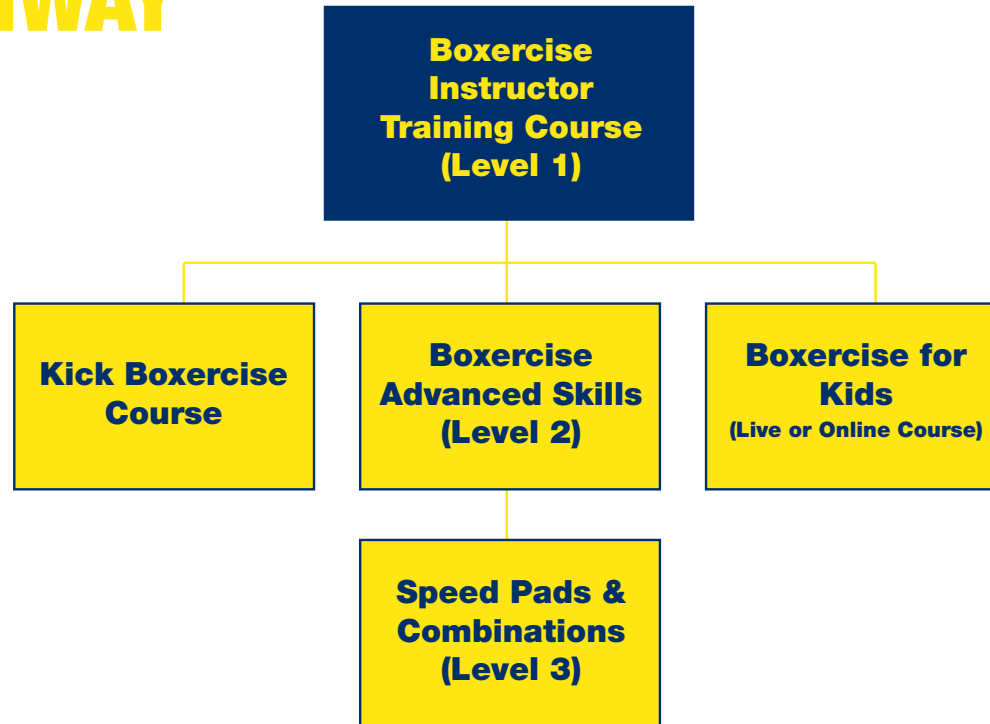
In-House Training

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 accommodation 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 REPs Points
Boxercise Advanced Skills Course *Plus* Speedpads – 16 REPs Points

(To qualify for REPs points both courses must be completed within a year)

KickBoxercise/Boxercise for Kids Courses – 2 REPs Points



courses also recognised by:



COURSE STRUCTURES

Introduction

The Boxercies Instructor training course is our foundation course and must be taken before any other course. It is a 1 day 8hr practical intensive training course aimed at those that want 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 min 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.

Assessment

All candidates have to go through an assessment on the day of the courses (practical and/or theory depending on the course – see the course structures for more details). The assessment on the Boxercise 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.

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.

BOXERCISE Instructor Training (Level 1)

AM

- **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.

Lunch

PM

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.
- **Depart**

COURSE STRUCTURES

BOXERCISE ADVANCED SKILLS COURSE (Level 2)

AM

- **Advanced punching and coaching skills:** Use of defensive moves, counterpunches & blocks in combinations. Progress the beginner to moving and punching at the same time.

Lunch

PM

- **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**
- **Depart**

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.

Boxercise Advanced Skills Course *Plus* Speedpads

– 16 REPs Points (To qualify for REPs points both courses must be completed within a year)



SPEED PADS AND COMBINATIONS COURSE (Level 3)

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.

AM

- **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.

Lunch

PM

- **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

AM

- **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.

Lunch

PM

- **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.
- **Depart**

BOXERCISE FOR KIDS

– 1 DAY TRAINING COURSE OR ONLINE TRAINING

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. The structure below is a guide for the 1 day training course, on the Boxercise for Kids online course 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.

AM

- **Theory:** Learn about health and safety when working with children and how this applies in the modern world full of legalities.
- **Practical:** Making children's warm ups FUN. 'Themed' warm ups and cool downs plus learn how to make activities Key Stage specific.

Lunch

PM

- **Theory:** anatomy and physiology of the growing child, growth spurts,
- **Theory:** Adapting Exercises to Key Stage Specific ages for children, designing class
- **Practical:** Design, execute and deliver key stage specific Boxercise classes. Work in groups then share other groups plans so you leave with many more ideas and plans.
- **Theory exam**
- **Depart**

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

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

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.**

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
- 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 . 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 £139.00

(Inc VAT @20%)

Secondary course only £99.00

(Inc VAT @20%)

COURSE OFFERS

Book 2 courses for only £199.00

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

Book 3 courses for only £275.00

(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:

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Web: www.boxercise.co.uk



www.facebook.com/BoxerciseLtd

www.facebook.com/groups/BoxerciseInstructor/



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
- To attend our annual Free Masterclass
- 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