

AFAA COURSE PETITION

This is a petition to receive CEUs for a workshop that has not been previously approved by AFAA. I am submitting this course petition application on the following pages per AFAA instructions.

This application includes:

1. Course instructor, title, phone number and address. **Instructor has a current AFAA Certification and documented exceptional experience.**
2. Outline of the workshop.
3. Length of the workshop (breakdown of lecture and practical time).
4. Proof of completion.
5. \$15 fee per course petition (\$10 each for two or more).

Photocopy of completed AFAA application follows:

Social Security # _____ - _____ - _____ Today's Date _____

AFAA CI# _____ AFAA Member # _____

Name _____ E-mail _____

Address _____

City _____ State _____ Zip/Post Code _____

Phone *Day* (_____) _____ *Evening* (_____) _____

The Course Petition Fee is \$15.00 per course (\$10 per course for two or more). Please enclose a check or money order payable to AFAA in U.S. funds only, or complete credit card account information. Petition fees are nonrefundable.

1 petition x \$15.00 = \$_____ CPF 2 or more x \$10.00 = \$_____ CPF

Check # Visa # MasterCard # American Express # Discover

Account #/Check# _____ Exp. Date _____

Signature _____

COURSE INSTRUCTOR CREDENTIALS

COURSE TITLE: Kickboxing Technique Applied to Group Exercise

COURSE INSTRUCTOR NAME: Laura Monica, WholyFit Executive Director, HFI ACSM
ADDRESS: 15 Treevine Court, The Woodlands. TX 77381
PHONE: 281-703-3138

CREDENTIALS:

- **3rd Degree Red Belt, Karate** - United Fighting Arts Federation (www.ufaf.org, Chun Kuk Do (Mixed Martial Arts and Karate): August, 2004 to present. This includes but is not limited to 416 hours completed to date in karate training under 8th degree black belt Rick Prieto, Chun Kuk Do System. 52 hours completed through private Karate instruction for tournament preparation from Tommy Crouch, 6th Degree Black Belt, Chun Kuk Do system. Laura's black belt is pending September 2009. (Laura's expenses for karate training to date total over \$8000.00.)
- **Laura is a competitive point boxer**
- **CURRENT CERTIFICATIONS:**
 - a. **AFAA Certified Group Exercise Instructor** September 1986 to present (Certificate #99511, 905154, 19119, 596391) #985935 current
 - b. **ACSM Health and Fitness instructor** August 2003 to present, Certification #19119, ACSM ID # 596391
 - c. CPR Heartsaver Certified, American Heart Association since 1986 to present, current
- **OTHER CERTIFICATIONS:**
 - d. Turbo Kick Certified 2004
 - e. AFPA (American Fitness Professionals Association, www.afpafitness.com), Yoga Fitness Certification 2004
 - f. **ACE Certified Aerobics Instructor** 1993 through 1995 certificate #F42473
 - g. **ACE Certified Personal Trainer** 1991 through 1993 certificate #T11122(Formerly IDEA Foundation)
 - h. **IDEA Gold Certified Personal Trainer** 1990 through 1992, Certificate # T111222
 - i. **IDEA Certified Dance Exercise Instructor** 1988, Registration #125879
 - j. Emergency Teachers Credential Adult Education Aerobics, Calif. 1990-1995

EXPERIENCE:

- **25 years group exercise class teaching and personal training experience**

- a. Employment: 24Hr Fitness (all formats), TX 2004-2008; New Life Fitness, TX 2007; YMCA, TX 2004; Woodlands Athletic Club & In Step Dance, CA 2003; Johnson Ferry Baptist Church Recreation, GA 2000-2003; The Claremont Club, CA 1990-1994 and 1998; Elk Grove Parks and Recreation, CA 1989-1990; RiversEdge Athletic Club, OR 1987-1989; The Body Shop/Valencia Health Club & Action Unlimited, CA 1986

- **Kickboxing specific group exercise teaching experience:**

- a. Including but not limited to 4 venues in TX (24HR Fitness, New Life Fitness, WoodsEdge church, Karate Inc.)
- b. Laura also assists Mr. Prieto, 8th Degree Black Belt in teaching group exercise specific kickboxing classes offered to the public.

- **Instructor Training Experience:**

- a. Laura is trainer/founder of WholyFit Gentle Body Power Fitness System
- b. Laura has trained over 50 instructors from TX, OR, WA & SD in WholyFit Gentle Body Power

More about Laura Monica's Experience

- **Specialties:** Mind-body and Martial-based formats and also STEP.
- **Class format expertise** includes but is not limited to: mind-body and martial arts, aerobic/cardio (hi, lo & mixed), weight/strength training, flexibility, dance/funk/hip-hop
- **Founder of WholyFit**, developer of original exercise systems branded and trademarked by Laura Monica, licensed to 12 church group exercise programs in TX, WA and OR and 3 health clubs in Houston, TX :

WholyFit Systems Licensed to Fitness Venues:

- a. Gentle Body Power: Yoga/Pilates/Tai-chi fusion strength and flexibility
Christian mind-body
- b. K700: Kickboxing and mixed martial arts based cardio class with self-defense

- **Fitness Author:**

- c. WholyFit Weekly Mind-body e-fitness tips
- d. WholyFit Module 1 Instructor's Manual
- e. WholyFit Module 2 Instructor's Manual
- f. "Biblical Meditation Guide"
- g. "Yoga Versus the Bible"
- h. "Dear Yogi"

WholyFit curriculum written by Laura Monica includes Group Exercise teaching methodology emphasizing exercise purpose, cueing and multi-level modification systems; anatomy co-developed with Dr. Steven Clouthier; technique, form, & safety emphasizing modifications for special populations; and choreography emphasizing transitions and proper sequencing.

- **Fitness Seminar Presenter:**

- a. **Exercise DVD Choreographer and Performer:** WholyFit Gentle Body Power (sold on www.amazon.com)
- b. WholyFit Module 1 Level 1 2005 to present
- c. WholyFit Module 2 Levels 2 & 3 2006 to present
- d. WholyFit Module 3 Modifications for Diverse Populations 2007 to present
- e. Yoga master Class instructor 24Hour Fitness, Kuyukendahl, (referred by Janet Parsons)
- f. Claremont Christian Women's Club, "Exercise Facts and Fiction" 1993
- g. Roadway Express Company, "Fiscally Fit" 1988, 1989
- h. Funk Fitness exhibition Team NACA Fitness Festival, 1988

- **AWARDS:**

- a. 2nd place Competitive Point Boxer (Kick Boxing) Female Division 18 years and up, Las Vegas, NV: United Fighting Arts Federation Tournament 2007
- b. 2nd place Competitive Kata Forms (Form & Technique) Female Division 18 and up, Las Vegas, NV: United Fighting Arts Federation Tournament 2007
- c. 6th Place National Individual Female division Crystal Lite Aerobic Competitor, West Coast Regionals 1988
- d. 6th Place National Individual Female division Crystal Lite Aerobic Competitor, West Coast Regionals 1987
- e. 1st Place Overall Individual division, Body Power Aerobic competition, Oregon, which included t.v. performance 1987
- f. 4th place individual overall, Coppertone Aerobic Championships, LA, CA 1986

- **References:**

- a. Janet Parsons, Group exercise Director, 24HR Fitness, cell 281-704-1292
- b. Rick Prieto, 8th Degree Black Belt, Karate Inc, office 281-362-0066
- c. Tommy Crouch, 6th Degree Black Belt, The Do Jo, cell: 832-877-8930
- d. Joe Newcomb, President, Truth Chemical, (personal training client), office: 281-292-6900
- e. Brandon Eads, Owner, New Life Fitness, office: 281-255-0344
- f. Deena Greene, General manager, Claremont Club, office: 909-625-6792

- **Other Education:**

- a. Anatomy + lab 3 credits at College of the Desert
- b. Biology 3 credits at College of the Desert

OUTLINE AND AGENDA:
Kickboxing Technique Applied to Group Exercise

2.5 hours lecture total +
2.5 hours practical total
= 3.75 total CEC's Possible

Cost: \$100.00

COURSE GOALS:

At the end of this course you will be able to:

- A. teach authentic martial arts technique and form in your kickboxing group exercise class which adhere to safety recommendations of AFAA and ACSM specific to group exercise
- B. build authentic fighting combinations based on real martial arts concepts and work them into your group exercise choreography
- C. Use appropriate tempo for each segment of your class to increase power and intensity
- D. Use choreography blocking to your advantage in order to make your cueing easy to follow by working inside music metering consisting of 32 count measures composed of four 8 count bars
- E. Give a multi-level class by modifying all movements for general population participants in level 1, 2, or 3
- F. Explore the creative use of downbeats and upbeats for fun, original combinations
- G. Build gym member attendance by exhibiting unity and consistency of terminology between instructors

(Disclaimer: Although the moves taught in this seminar are authentic martial arts techniques, true to form in the Chun Kuk Do style, there is no guarantee being expressed or implied by Laura Monica regarding their effectiveness in a street fighting or self defense situation and are intended for use in non-contact group exercise choreography only.)

COURSE DETAILS: Kickboxing Technique Applied to Group Exercise

Session 1: 30 minutes lecture, 30 minutes practical

1. Kickboxing specific warmup- rehearsal, specific muscle groups
2. Fighting stance & guard, fighting Footwork (hi impact and low impact alternatives): "H" pattern
3. Technique, fighting purpose, target and uses of basic punches: Jab, Reverse punch
4. Technique, fighting purpose, target, heights and uses of basic Kicks: knees, snap kick, back kick, round kick
5. Safety concerns in group exercise including proper tempo and cueing
6. Combinations including building choreography in 32 count blocks

Notes: Warmup Segment

A. 123knee ^v
alt knee
single knee 2x

B. march front and
back with stretch
sequence

C. marches 4
corners hi and lo

D. shoulder rolls
back
" single arms
horizontal plane
front
alt hooks^v
palm heel^v

E. squats
s-s squats
speed bag
Repeat from C other
lead

COURSE DETAILS: Kickboxing Technique Applied to Group Exercise

Session 2: 30 minutes lecture, 30 minutes practical

1. Basic foot patterns: lunges, slide ups, step thru's
2. Technique, fighting purpose, target and uses of some basic blocks: low block, outside block
3. Evading and Rebounding
4. Technique, fighting purpose, target, heights and uses of basic Kicks: round kick adding side stance
5. Safety concerns in group exercise including proper tempo and cueing
6. Combinations including use of down beats and upbeats for martial arts inspired dance choreography for punches and kicks segment

Notes: Hand Form Section:

H pattern: jab ,
rvrs, downblocks,
Rebounding

stepping
reverse punches>
(step, punch)

A. change to
stepping jab, reverse
punches 4<4>/
Rebounding reverse

B. standing: jab,
reverse, hook,
upper,cut, knees

COURSE DETAILS: Kickboxing Technique Applied to Group Exercise

Session 3: 30 minutes lecture, 30 minutes practical

1. Technique, fighting purpose, target and uses of misc hand work: hook, upper cut, cross, palm heel strike, hooking palm heel
2. Technique, fighting purpose, target and uses of advanced kicks: front kick, side kick
3. Differences between crosses, "haymakers" and reverse punches, purposes for each
4. Differences between front kick and snap kick, combined front snap kick, purposes for each
5. Safety concerns in group exercise including proper tempo and cueing
6. Combinations including cross floor for group exercise class segment

Notes: Kick Form Section:

squat (slip),
round kick setup
(one side @ x)

A.
123 rk>, 123 rk<
123 snap or front^
123 back kick/
Rebound: hi bl, hi
pnch, mid pnch, lo

Teach jab, reverse,
switch guard/

B. jab, reverse,
switch guard,
stepping back
knuck, power pnch
Teach side kicks
(one side @ x)

C. jab, reverse,
hook, upper cut,
front kick, return,
side kick same leg

COURSE DETAILS: Kickboxing Technique Applied to Group Exercise

Session 4: 30 minutes lecture, 30 minutes practical

1. Advanced footwork: Changing your guard
2. Technique, fighting purpose, target and uses of other advanced kicks: spinning kicks, crescent kicks
3. Technique, fighting purpose, target and uses of elbow strikes, knee strikes
4. Jam 'im up!
5. Safety concerns in group exercise including proper tempo and cueing
6. Combinations including building long combos using appropriate transitions and adding a red line class segment

Notes: Cross-floor Footwork Section:

lunges
slide ups
jamming jab, reverses
step throughs (step
in back)
slide up round kicks
step through side
kicks
traveling round
kicks (high impact)
laps:
running forward,
backward, sideways,
grapevine, high
knees

30 sec red lines
section:
high punches
middle punches
kicks
all

COURSE DETAILS: Kickboxing Technique Applied to Group Exercise

Session 5: 30 minutes lecture, 30 minutes practical

1. Technique, fighting purpose, target and uses of other hand work: knife hand, downward chop
2. Safety concerns in group exercise including proper tempo and cueing
3. What makes for effective and ineffective combinations for real kickboxing and why
4. How to combine the fun and effectiveness of the skill component
5. Combinations including self defense segment: eye gauge, web-hand, knee stomp, snap kick to groin, scraping shin stomp, foot stomp, downward elbow strike
6. Combinations including practice building your own combos based on effective fighting techniques you've learned

Notes: Long Combo section:

A. Jab, jab, cross,
slip, double round/
123 round, 123
round/

B. triple stomp,
traveling round/

C. step thru back
kick,
step frt kick,
step side kick,
slide up side kick
(same side)

D. redirect and
attack)

E. rebound with
palm heel, reverse

F. speedbag work

Proof of Attendance

Course Title: Kickboxing Technique Applied to Group Exercise, by Laura Monica, WholeFit

Total: 3.75 Total CEC's Possible

Name of Participant: (please see attached receipt) _____

Session 1: 30 minutes lecture, 30 minutes practical = .75 CEC Possible

Location: _____

Date & Time: _____

Course Instructors Signature: _____

Session 2: 30 minutes lecture, 30 minutes practical = .75 CEC Possible

Location: _____

Date & Time: _____

Course Instructors Signature: _____

Session 3: 30 minutes lecture, 30 minutes practical = .75 CEC Possible

Location: _____

Date & Time: _____

Course Instructors Signature: _____

Session 4: 30 minutes lecture, 30 minutes practical = .75 CEC Possible

Location: _____

Date & Time: _____

Course Instructors Signature: _____

Session 5: 30 minutes lecture, 30 minutes practical = .75 CEC Possible

Location: _____

Date & Time: _____

Course Instructors Signature: _____

Submit this information: Mail to AFAA: 15250 Ventura Blvd., Suite 200, Sherman Oaks, CA 91403
USA

1. This completed application
2. Payment Course Petition/Continuing Ed. Department
3. Outline and agenda for each course
4. Instructor(s) information: name, address, phone number, related degree(s) and/or license(s)
5. Proof of attendance
6. If accepted, your application will receive a stamp of approval indicating the number of CEUs awarded.
This stamped application will be returned to you so that you will be able to submit it with your recertification package.

Incomplete applications cannot be reviewed.

If the petition application is approved, you will receive a continuing education validation form in the mail.
Documents submitted cannot be returned.

Please allow 4–6 weeks for processing.

FOR OFFICE USE ONLY

CREDIT CARD CAPTURE _____ BY _____ AMOUNT _____
INPUT _____ BY _____ ORDER # _____