



International Personal Trainers & Fitness Academy (IPTFA)

Branch: Singapore, Canada, China, Hong Kong, India, Iran, Kazakhstan, Malaysia, Maldives, Macau, Mongolia, Nepal, Sri Lanka, Pakistan, Taiwan
Since 1959 From Singapore

MMA Fitness Instructor Level 1 Certification

Course Content : MMA is now the most popular combat sport on the planet, this course will deliver the most structured system for MMA training available anywhere. The theory and techniques in this course have been developed over the past decade with help from some of the greats in MMA including Georges St. Pierre, Anderson Silva, Alistair Overeem and more. The course developer Brock McRobb is a veteran of over 24+ fights including professional MMA and Muay Thai kickboxing fights. This course has high standards in technique to ensure the best quality training delivery to the students future clients.



This course includes a 10 module system which will teach correct training methods safely including warm up and cool down protocol. The students will also develop a deeper understanding of concepts in MMA training they would not otherwise understand with other courses. This course is mixed delivery online study and intensive 8 hours face to face at the end of the course.

Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **MMA Fitness Instructor Level 1 Certificate** by International Personal Trainers & Fitness Academy (IPTFA)

- Watch 100% of the online course videos
- Film and submit ALL required techniques before practical examination
- Attain a pass mark of 70% or above on the practical examination.

Course Fee: HKD 3,192 / US 399

Venue: Hybrid MMA and Fitness

13/F Entertainment Building, 30
Queen's, Road Central, Hong Kong

Approved Providers and CEC,s awarded:
Aus Active



Recognized & Supported Organizations:

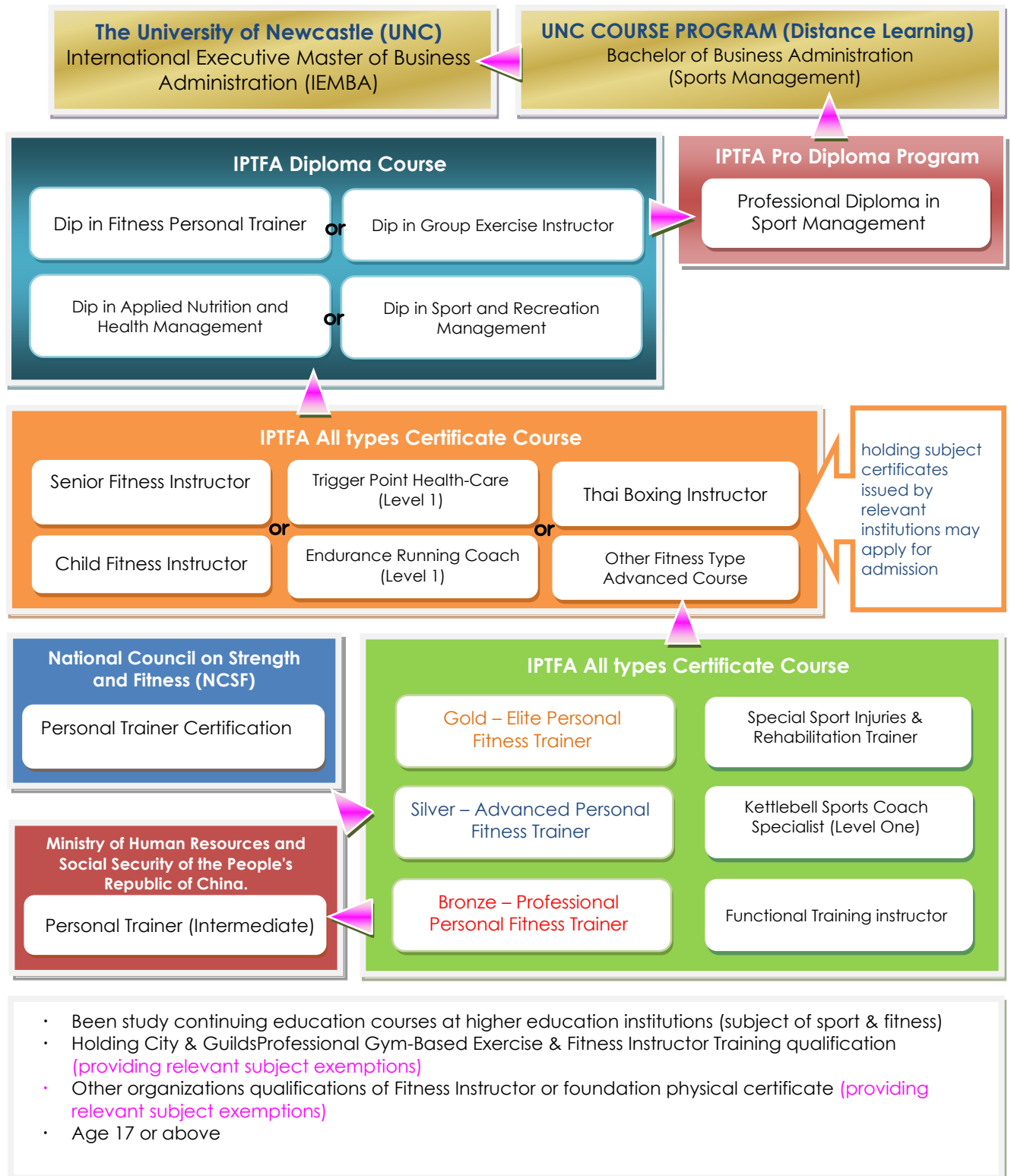




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Study Pathway for Fitness



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MMA Fitness Instructor Level 1 Certification

| | |
|-----------------------------------|---|
| Enrollment Criteria | Passed IPTFA -Bronze PT Certificate or Online Fitness Instructor Certificate Needs to pass this institute to scrutinize the qualifications only then to be possible to report reads) |
| Language | English, Cantonese and Mandarin |
| Course Duration | Total: 12 hours (include online program) |
| Class Population | Maximum of 20 (First come first served basis) |
| Course Fees | HKD 3,192 / US 399 |
| Fees for Re-exam | Theoretical & Practical re-exam HK\$ 500 (adds a Re-exam lesson) Below 60 minute must restudy the course |
| Deadline | 3 working days prior to the course commencement date (IPTFA reserves the right to cancel or reschedule the course) |
| Venue | 13/F Entertainment Building, 30 Queen's Road Central, Hong Kong |
| Application | Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to [INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY] to INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY, Unit C, 2/F, Right Time Building, 21-27Playing Field Road, Mong Kok, Kowloon, HK |
| Registration & Enquiry | Tel: 2345 6286 Fax: 2345 1236 E-mail: info@iptfa.com Website: www.iptfa.com |
| Notice | (1) When The Hong Kong Observatory announces a YELLOW or RED rainstorm warning, or typhoon signal No.1 or 3 is hoisted, the classes will continue as usual. (2) When The Hong Kong Observatory announces a BLACK rainstorm warning, or typhoon signal No.8 is hoisted, the classes on the same day will be cancelled. Our academy will announce another date, time and venue for the makeup class. |
| Continuing Education Units | IPTFA – 02 CEUs Aus Active - 10 CECs |
| Refund Policy | There will be no refund unless the course is cancelled by the IPTFA |

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(ENROLLMENT FORM)

| | |
|-------------|--|
| Course Code | Course Name : MMA Fitness Instructor Level 1 Certification |
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Photo

Personal Information

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|--|----------|----------|----------------------------|--------------|--|
| Name: | | | | | |
| Date of Birth: | mm/dd/yy | | Identify ID./ Passport no. | | |
| Sex : | | Age : | | Occupation : | |
| Address : | | | | | |
| Tel No.: | | | | | |
| Mobil : | | E-mail : | | | |
| Related work experiences and current certificates: | | | | | |

Information Source ☐ web-site ☐ Friend recommend ☐ FB ☐ Others E.G.: _____

All the personal data will keep confidential and will only be used in the application procedure of the events organised by our Academy. For any change of your personal data, please contact IPTFA.

Payment : Cash, EPS, Cheque, and T/T, Please do inscribe: "International Personal Trainers & Fitness Academy", T/T account no. **(SCB : 33782-05697-8; BOC : 012-698-0-000764-4)**

Declaration

I, _____, declare that all the personal data are true and correct. I am aware that my participation in the International Personal Trainers & Fitness Academy event(s) exposes me to a risk of personal injury and I agree to hold harmless International Personal Trainers & Fitness Academy, their Directors, employees and subsidiaries, the presenters and all the event staff from any and all liability arising from this course including, but not limited to, muscle strains, tears, pulls, broken bones, death and any and all illness, ailments or loss of personal property.

I understand the risks arising from the participation of this course and attest that I am in sound physical condition. I also understand that I may be videotaped, audio taped and photographed during the course and International Personal Trainers & Fitness Academy may use my images for any and all uses without my prior consent. I further agree to all conditions of registration, including but not limited to, the no refund policy.

Signature: _____ Date: _____

For Official Use Only

Amount: _____ Received Date: _____
☐ Cash ☐ Cheque _____ Bank _____
Issued by: _____ Refer to: _____

Recognized & Supported Organizations:

