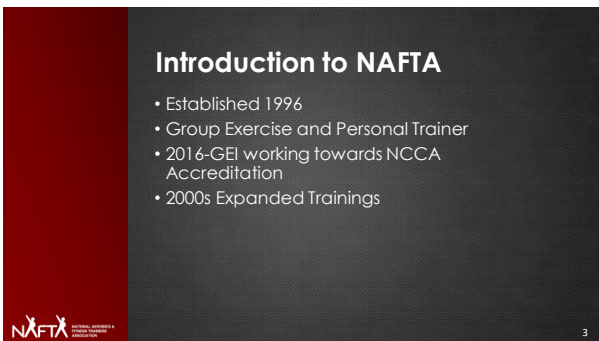




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Recertification Requirements

- Certification Requirements
 - 2 Years
 - 15 CEUS
 - 1 Home study
 - CPR/AED



4

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MODULE 2 Combat Fitness



5

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What is Power Attack?

- Power Attack™ program was developed to provide participants a safe effective cardiovascular workout that utilizes movement from kickboxing, boxing and self defense and combines them with constant aerobic movement with predetermined transitions for the purpose of exercise.




6

6


Introduction to Combat Fitness

- What is Combat Fit
- History of Combat Fitness



7

WHAT IS COMBAT FITNESS



8

HISTORY OF COMBAT FITNESS



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History of Combat Fitness

- **Kickboxing**
 - Define
 - Origin
- **Combat Fitness**
 - Define
 - Origin

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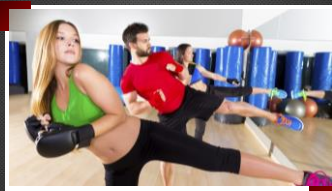
MODULE 3

Anatomy of Combat Fitness




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ANATOMY OF COMBAT FITNESS



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MODULE 4
Combat Fitness
Physiology

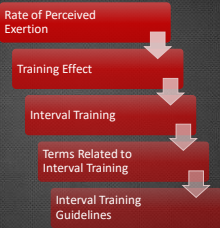


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Power Attack Physiology




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MODULE 5
Combat Fitness
Choreography, Music
& Cueing







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Combat Fitness Choreography


-  Choreography
-  Music
-  Cueing

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Combat Fitness Warm Up


-  Types of Stretching
-  What Muscles to Stretch

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Combat Fitness Form and Technique

-  Breathing
-  Technique and Form

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MODULE 6

Combat Fitness
Technique



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Ready Stance

1. Front Stance
2. R lead
3. L Lead

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Jab



22



Cross

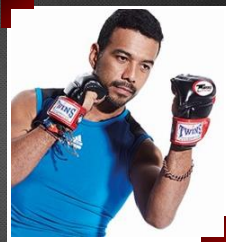
- Start in the Ready Stance
- Shift weight predominately into the same leg



23

Uppercut

- Start in the Ready Stance
- Shift weight predominately into the same leg.
- Drop your fist and the shoulder of the punching arm to the center chest
- The shoulders and arm of the opposite arm remain in the guard position
- Lift entire body upward, following through with the hips and punch out and away.
- Imagine the distance from you that someone would be standing
- Return to guard



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The Hook



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Superman punch



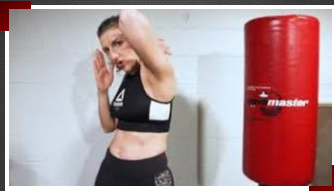
26

Descending Elbow



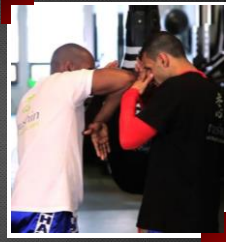
27

Ascending Elbow



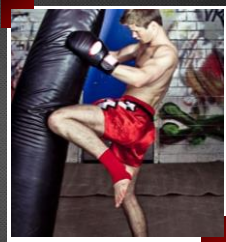
28

Triple Elbow



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Knee Strike



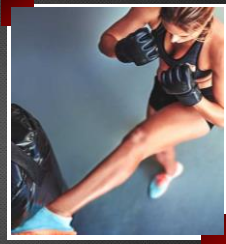
30

Roundhouse Knee



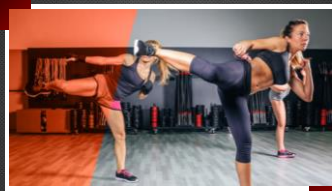
31

Front Kick/Push



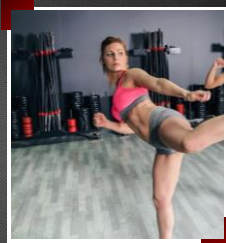
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Side Kick



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Roundhouse



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Back Kick



Back Kick


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The Zig Zag or Crunch R to L

- Feet considerably wider than hip distance apart.
- Feet turned out and toes pointing to the corners
- Knees bent as if squatting slightly
- Hands in-guard or up near the face with fists closed
- Tailbone tucked under you slightly, abs drawn in and upward.
- Alternating bending or flexing the upper body right and left while maintaining slight flexion.



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Power Attack Safety

- Cool Down
- Stretches
- Factors that influence flexibility

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