

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 # _____

PROOF OF ATTENDANCE

BASICS:

6 hours online with Laura
25 hours practice to Laura’s videos and feedback from Laura

INTERMEDIATE/ADVANCED:

6 hours online with Laura
25 hours practice to Laura’s videos and feedback from Laura

Signed:

Participant _____

Date _____

Laura Monica _____

Date _____

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,
ACSM Certified Exercise Physiologist, 4035 Nice Court, Oxnard, CA 93035
PHONE: 805-427-4246

CREDENTIALS:

- **Black Belt, Karate Sept. 2009** - 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 10,000 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 was a competitive point boxer and performed katas for competition.
- WholyFit Executive Director, Master Trainer, Fitness Choreographer, speaker, curriculum writer since 2012 to present

CERTIFICATIONS:

- AFAA Certified Group Exercise Instructor September to 2012 (Certificate #99511, 905154, 19119, 596391) #985935
- ACSM Certified Exercise Physiologist Current #19119, ACSM ID # 596391
- CPR Heartsaver Certified, American Heart Association since 1986 to present,, current
- ACE Certified Aerobics Instructor 1993 through 1995 certificate #F42473
- ACE Certified Personal Trainer 1991 through 1993 certificate #T11122(Formerly IDEA Foundation)
- DEA Gold Certified Personal Trainer 1990 through 1992, Certificate #T111222
- IDEA Certified Dance Exercise Instructor 1988, Registration #125879
- Emergency Teachers Credential Adult Education Aerobics, Calif. 1990-1995

EXPERIENCE:

- **Founder of WholyFit**, developer of original exercise systems branded and trademarked by Laura Monica, licensed to church programs mainly in United States, Canada and Australia.
- **Fitness Author:** WholyFit Weekly Mind-body e-fitness tips, WholyFit Curriculum, "Biblical Meditation Guide," "Yoga Versus the Bible," "Dear Yogi," "Eating Locusts in an Olive Generation"
- **Fitness Performer:** Vimeo Streaming video series, DVD video series
- **Fitness Seminar Presenter:** Bi-annual fitness teacher intensives 2012 to present, ongoing, Online fitness teacher training 2015 to present, ongoing, Yoga master Class instructor 24Hour Fitness, Kuyukendahl, (referred by Janet Parsons) , Claremont Christian Women's Club, "Exercise Facts and Fiction" 1993, Roadway Express Company, "Fiscally Fit" 1988, 1989, fFunk Fitness exhibition Team NACA Fitness Festival, 1988 , Dance exhibition Dodger Stadium
- **Exercise DVD Choreographer and Performer:** WholyFit Gentle Body Power (sold on www.amazon.com)
- **35 years group exercise, 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
- **12 Years training fitness instructors for group exercise and person training** Laura is trainer/founder of WholyFit Gentle Body Power Fitness System b. Laura has trained over 500 instructors from TX, OR, WA & SD in WholyFit Gentle Body Power, K700 Kickboxing, A.R.T. Aerobic Resistance Training (low impact with low hand weights,) WholyFit FLY Aerial Arts, SlowFlo Martial Arts Inspired slow movement class, Baila group exercise dance class
- **Kickboxing specific group exercise teaching experience:** 4 venues in TX (24HR Fitness, New Life Fitness, WoodsEdge church, Karate Inc.)

Laura assisted Mr. Prieto, 8th Degree Black Belt in teaching group exercise specific kickboxing classes offered to the public.

- **Class format expertise** includes but is not limited to: mind-body and martial arts, step, aerobic/cardio (hi, lo & mixed), weight/strength training, flexibility, dance/funk/hip-hop

AWARDS:

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

References:

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

COURSE GOALS:

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

1. 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
2. Build authentic fighting combinations based on real martial arts concepts and work them into your group exercise choreography
3. Use appropriate tempo for each segment of your class to increase power and intensity
4. 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
5. Give a multi-level class by modifying all movements for general population participants in level 1, 2, or 3
6. Explore the creative use of downbeats and upbeats for fun, original combinations
7. Build class member attendance by exhibiting unity and consistency of terminology between instructors worldwide

COURSE DETAILS:

Kickboxing Technique Applied to Group Exercise

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

- Basic foot patterns: lunges, slide ups, step thru's
7. Technique, fighting purpose, target and uses of some basic blocks: low block, outside block
 8. Evading and Rebounding
 9. Technique, fighting purpose, target, heights and uses of basic Kicks: round kick adding side stance
 10. Combinations including use of down beats and upbeats for martial arts inspired dance choreography for punches and kicks segment
Technique, fighting purpose, target and uses of misc hand work: hook, upper cut, cross, palm heel strike, hooking palm heel
 11. Technique, fighting purpose, target and uses of advanced kicks: front kick, side kick
 12. Differences between crosses, "haymakers" and reverse punches, purposes for each
 13. Differences between front kick and snap kick, combined front snap kick, purposes for each
 14. Combinations including cross floor for group exercise class segment
Advanced footwork: Changing your guard
 15. Technique, fighting purpose, target and uses of other advanced kicks: spinning kicks, crescent kicks
 16. Technique, fighting purpose, target and uses of elbow strikes, knee strikes
 17. Jam `im up!
 18. Safety concerns in group exercise including proper tempo and cueing
 19. Combinations including building long combos using appropriate transitions and adding a red line class segment
 20. Technique, fighting purpose, target and uses of other hand work: knife hand, downward chop
 21. What makes for effective and ineffective combinations for real kickboxing and why
 22. How to combine the fun and effectiveness of the skill component
 23. Combinations including self defense segment: eye gauge, web-hand, knee stomp, snap kick to groin, scraping shin stomp, foot stomp, downward elbow strike

24. Combinations including practice building your own combos based on effective fighting techniques you've learned
25. Teaching Methodology to insure multi-level self-paced classes

PRESENTER LESSON PLAN:

Warmup (Segment 1)

1. 123knee ^v alt knee single knee 2x
2. march front and back with stretch sequence
3. marches 4 corners hi and lo
4. shoulder rolls back " single arms horizontal plane front
5. squats s-s squats speed bag Repeat from C other lead
6. alt hooks^v palm heel^v

Hand Forms (Segment 2)

1. H pattern: jab , rvrs, downblocks, Rebounding
2. stepping reverse punches> (step, punch), change to stepping jab, reverse punches 4<4>/ Rebounding reverse
3. standing: jab, reverse, hook, upper cut, knees

Kick Form (Section 3)

1. squat (slip), round kick setup (one side @ x)
2. Block A. 123 rk>, 123 rk< 123 snap or front^ 123 back kick/ Rebound: hibl, hi pnch, mid pnch, lo,
3. Teach jab, reverse, switch guard/
4. Block B. jab, reverse, switch guard, stepping back knuck, power pnch
Teach side kicks (one side @ x)
5. Block C. jab, reverse, hook, upper cut, front kick, return, side kick same leg

Combo Section (Section 4)

1. Jab, jab, cross, slip, double round/ 123 round, 123 round/
2. triple stomp, traveling round/
3. step thru back kick, step frt kick, step side kick, slide up side kick (same side)
4. redirect and attack)
5. rebound with palm heel, reverse
6. speedbag work

Cross Floor (Section 5)

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

Red Line (Section 6)

1. High, middle, low punches
2. kicks
3. Shadow boxing all out