

# Combat Fitness Workshop

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## Half Day Workshop Friday 9<sup>th</sup> July, 2010

Workshop is aimed at trainers who may be needing some fresh skills & knowledge in the combat fitness areas of boxing, kickboxing or pad workouts. This could include staff working with clients on a one on one basis or in small group fitness sessions.

In this workshops the following will be covered: injury prevention, easy to advanced hand and leg combinations, how to run a group fitness session using our guidelines, speed and strength training. Along with learning important skills to instruct the proper form and handling of the equipment to prevent themselves and clients from injury during session.

The workshop will be run by Rod Catterall who has provided training on Combative Fitness in the health and fitness industry over the last 15 years.

**VENUE:** All Stars Health & Fitness Centre  
10/232-236 East Boundary Road  
North Drive, East Bentleigh  
Inside the All Stars Health, Fitness & Martial Arts Centre  
(Venue is close to public transport and free parking is available)

**TIME:** 10-1pm Pad workout Course /2-5pm Boxing Course

**COST:** \$175.00 each course (Incl GST) Payments must be made prior to

**ENQUIRIES:** Phone Rod Catterall during business hours  
on 03-9579 0800 or 0418 564 249  
Fax 03-9579 0866  
Email: [rod@allstars.net.au](mailto:rod@allstars.net.au)  
Website: [www.allstars.net.au](http://www.allstars.net.au)

This workshop, as well as others, can be run in house for your organisation, including in country Victoria and interstate.

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I wish to enroll in the workshop of Combat Fitness Course to be held on Thursday 24 June 2010.

Name.....Courses.....  
Address.....Postcode.....  
.....Phone:.....Fax:.....Email:.....  
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Please note all payment must be received one week prior to commencement of workshop. Post payment in full (\$175.00) to: All Stars Group 10/236 East boundary Road, East Bentleigh Vic 3165. Cheques payable to Rod Catterall. Registration closes one week before the workshop. No refund will be given if cancellation occurs less than 72 hours before the workshop. Cancellation at any time will incur a \$22.00 administration fee. ABN 70 056 285 360. This form becomes a TAX INVOICE once payment is made.