

UFW KARDO MASTER

Course

UFW International



Colophon

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Information in short:

Location : **Münster**
First possible start date : **May 19 2018**
Duration : **3 training days 1 exam day**

1.0 Introduction

This course is meant for very experienced instructors who want to learn how to give classes at the highest level. You master the art of presenting and coaching and want to develop yourself further in creating unique workouts with a high experiential value.

Where you as a starting instructor are mainly engaged in choreography, combinations and thus the largest part with the content, as an advanced instructor you will mainly occupy yourself with creating experience and atmosphere. You prepare classes in no time, and you can also easily perform them. Now is the next step to delve into the emotional value of the customer during your class. During this course you will learn to apply an ambience curve in a well-considered way, which will bring the experience value to the maximum every workout.

***“Participants forget what you did,
but remember how it made them feel...”***

1.1 About UFW

The UFW world organization was founded in 2013 and is now active in six countries: *France, Germany, Mexico, Morocco, Belgium and the Netherlands*. The growth pursues the current goals and we are therefore proud that UFW brings people from all over the world together to share this passion regardless of origin and / or religion.

After following a UFW training, a whole new world is open for you.



UFW Stands for :

Ultimate
Fight
Workout

The goal of UFW is to connect as many people as possible who share the same passion when it comes to martial arts as well as fitness training. To achieve this goal, the focus is entirely on supporting the instructors and its participants in the 4 concepts of UFW, namely:

- UFW Kardo
- UFW Kickbag
- UFW Kickboxing
- UFW Boxing

We do this by organizing worldwide training courses, workshops, exams and large-scale events.

1.2. Meaning KARDO

Kardo is a combination of the words "CARDIO" and "KARATE". In short, so Kardo is; a cardiovascular workout on music using martial arts techniques. The course will elaborate on the meaning and philosophy of Kardo.

However, if you want to have immersed yourself in the philosophy beforehand, go to the website below:

<https://www.ultimatefightworkout.org/kardo-filosofie/>

2.0 Content of the course

2.1 Methodology and Didactics

Advanced teaching and building methods

LEARN METHODS

- 1) Slow Motion
- 2) All At Once
- 3) One After One

BUILD METHODS

- 1) Add On
- 2) Bridge
- 3) 1st and 2nd Round



2.2 Experience Music

- Work with a 32 count structure
- Dealing with musical climax
- Creating your own musical climax during your workout
- Effective use of volume and pitch
- Music interpretation

2.3 P.E.P. (Peak Emotion Program)

Lesson preparation for atmosphere and experience

- Creating the ultimate WOW! Feeling
- Effectively pushing and inhibiting emotions among customers
- Application atmosphere (emotion) curve

2.4 Inspiring

- Inspirational speaking
- Technique / performance perfection
- Increasing of persuasiveness

2.5 (Club) Management

- Generate additional sales through workshops and exams
- Ready-made management planning incl.:
 - ✓ Technique Workshops
 - ✓ Technique Exams (structure and content)
 - ✓ Annual planning (*advice, to be adjusted according to your own wishes*)
 - ✓ Letters (Ready and Steady content)
 - ✓ Promotional texts

3.0 Presenter price

UFW wants to give you the chance and open the "doors" to become a international presenter! During the course, the exam candidate with the highest marks wins the UFW PRESENTER PRICE. If you win this prize, we will continue to support you and realize your dream as an international presenter. You will then teach at costs and incl. Reimbursement from UFW in;

- The Netherlands
- Mexico
- Morocco
- Germany
- France
- Belgium
- Tunisia



4.0 Experience and previous education

To participate in this course you need to be registered as an Advanced Instructor Level 2 at UFW. However ... you can also register yourself if you are a graduate of another organization;

