



HATTON
ACADEMY

**This certificate is to certify that on the
17th October 2015**

Darren Davies

**Has completed and met the requirements of the
Hatton ABC Fundamentals Accredited Course.**



Showing competency in the following

- How to organise and structure groups for boxing for fitness classes
- Correct Pad Holding technique and instruction
- Correct Punching technique and instruction
- Structuring effective Boxing Combinations
- Interval Circuit Training Routines related to Boxing for Fitness
- Safety and Injury Prevention related to Boxing for Fitness

EARNING 10 CPD CREDITS



Jon Eade

Hatton Academy Ltd

**REGISTER OF EXERCISE PROFESSIONALS ACCREDITATION
REPs CODE TUP0901**

