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| Course Category | Wellness |
| Course Title | Fitness Boxing - Unleash Your Inner Warrior |
| Course Code | BW020 |
| Medium of Instruction | Chinese |
| Duration | 15.0 hour(s) |
| Pre-requisites | Physically capable of performing fitness training |
| Course Fee | Macao Resident: MOP1,400 Non-Macao Resident: MOP1,400 |
| Certificate | Students who have obtained a passing grade of the course and attended no less than 70% of the class sessions will be issued a course certificate by IFTM. The passing grade of the course is 50. |
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| Outline | <ul style="list-style-type: none">• Understanding the mechanics and techniques of boxing• Boxing workouts for improving strength, speed and endurance• Introduction to the stance, breathing and moves of boxing• Effective offensive boxing tactics for beginners |
| Teacher | Please refer to the schedule |