



## Registration of Interest

### “Train The Trainer” Course (TTT)

Punchin' Parko's Exercise Program (PPEP)

Saturday and Sunday, Month(s) in 2018 TBA

Venue: VT1 Academy of Martial Arts, Chatswood NSW

Please send me the appropriate application form and brochure:

I am self-employed

I am an employee

**Please print neatly.** I understand that I am not under any obligation to proceed.

Name: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_ DOB: / /

In 20\_\_\_\_ I could attend the course in

February  March  April  May  June  July  August  September

October  November (No TTT courses are held in January or December)

I have the following dietary restrictions: (for catering purposes)

None  Diabetic  Gluten free  Kosher  Halal  Vegan

Vegetarian  Other \_\_\_\_\_

## ABOUT THE COURSE

1. The TTT is an intense two day course held at VT1 Academy, Chatswood.
  
2. Subjects covered:
  - i) Parkinson's disease – presented by a neurologist. Trainees need to understand the difference between coaching a member of the general public and someone with a degenerative neurological disease such as Pd. What to look out for.
  - ii) The importance of speech - Presented by a speech therapist.
  - iii) Grading of all applicants - what is grading?  
how and why do we grade participants?
  - iv) Exercises suitable for PwP (people with Pd). How to improvise when a PP cannot do a particular exercise - Presented by our Fitness Coach
  - v) Coaching principles and techniques - Presented by our Chief Coach (Striking Martial Arts) who also is co-owner of the gym.
  - vi) Boxing principles and adapting them for the PPEP which is a non-contact program - Chief Coach
  - vii) How to run a PPEP session - Presented by 2 top boxing coaches
  - viii) Role of volunteers----Presented by Facilitator
  - ix) Handling difficult /awkward situations – Presented by Facilitator
  - x) Assessment of Trainees - ongoing tests during each session

This is an outline of what you can expect. We are always fine-tuning each presentation to make each subject more meaningful. We also take advice from the previous group from their feedback.

***PLEASE NOTE: At the time of issuing this form, the TTT does not have accreditation with any CEC points issuing organisations, but we are working on it!***

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