



HATTON
ACADEMY

THIS CERTIFICATE IS AWARDED TO

**FOR SUCCESSFULLY MEETING THE
REQUIREMENTS AND COMPLETION OF
HATTON ACADEMY FUNDAMENTALS
AND ADVANCED COURSES
ON**

HAVING SHOWN ABILITY IN THE FOLLOWING

- ✘ How to organise and deliver one to one and groups for a Hatton Boxing for Fitness Session.
- ✘ Correct Pad Holding Techniques for both fundamentals and advanced punches with sport specific defence drills.
- ✘ Correct breakdown and instruction of punch techniques plus defensive movements for boxers.
- ✘ Structuring the 5 round boxing system inclusive of a shadow boxing warm up, fitness rounds and progressive punch combinations.
- ✘ Understanding the difference in power and conditioning rounds within the Hatton Boxing for Fitness System.
- ✘ Understanding safety and injury prevention in boxing for fitness.

JON EADE
FOUNDER, HATTON ACADEMY

