



Certified Instructor

Certificate in

Personal Training

This is to certify that

Lars Brandt

*has reached the required
international professional standards,
including an examination of competency,
for employment in the fitness industry.
This certificate is recognised worldwide.*

Date of issue **November 7th 2008**

Country of issue **Denmark**

Authorised by **Susanne Fraser Bøgsted**

Nationally recognised by **INSTRUKTØRSKOLEN**

Internationally recognised by



FISAF

Federation of International
Sports, Aerobics and Fitness
www.fisaf.org

20808110425

Exhibit to FISAF diploma

2008



FISAF
Accredited Training

It is confirmed that

Lars Avemarie

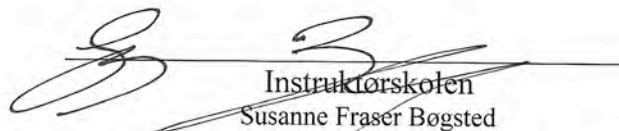
Has participated in the FISAF approved Personal Trainer Course containing:

Screening & tests	7 hrs.	Customer service	2 hrs.
Spotting	7 hrs.	Extended physiology & cardio	7 hrs.
Coretraining	7 hrs.	Programme planning	6 hrs.
Training of Special Groups	7 hrs.	Nutrition and diet planning	6 hrs.
Coaching & motivation	7 hrs.	Sales & networking	6 hrs.

and has passed with the following grades:

Personal Training theory – written exam (2,5 hours)	Grade	7
Personal Training – practical exam (45 mins.)	Grade	7

7th November 2008


Instruktørskolen
Susanne Fraser Bøgstad

INSTRUKTØRSKOLEN



Certified Instructor

Certificate in

Fitness

This is to certify that

Lars A. Brandt

*has reached the required
international professional standards,
including an examination of competency,
for employment in the fitness industry.
This certificate is recognised worldwide.*

Date of issue **July 16th 2006**

Country of issue **Denmark**

Authorised by **Kim Strand**

Nationally recognised by **INSTRUKTØRSKOLEN**

Internationally recognised by



FISAF

FEDERATION INTERNATIONALE
DES SPORTS AEROBICS ET FITNESS

Exhibit to FISAF diploma

2006



FISAF
Accredited Training

It is confirmed that

Lars A. Brandt

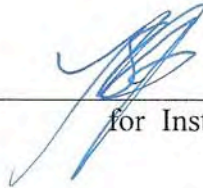
Has participated in the FISAF approved Fitness Instructor Course containing:

Nutrition	3 hrs.	Training Physiology	4 hrs.
Anatomy – basic	6 hrs.	Screening	2 hrs.
Physiology – basic	11 hrs.	Practical weight training	21 hrs.
First Aid	4 hrs.	Health & exercise	2 hrs.
Stretching	3 hrs.	Training & injuries	3 hrs.

and has passed with the following grades:

Anatomy & Physiology – written exam	Grade	7
Fitness theory – written exam	Grade	9
Fitness instruction – practical exam	Grade	10

July 16th 2006
Date


for Instruktørskolen

INSTRUKTØRSKOLEN

Danske Chefinstruktører

Allan Jensen

Sifu Allan Jensen, 4. Grad

Henning Daverne

Sifu Henning Daverne, 4. Grad

COGITO
ERGO
DEWTO



Instruktører

David Tvilling

David Tvilling, 2 Grad

Kenneth Kyhe

Kenneth Kyhe, 2. Grad

NAVN

Lars A. Brandt

har gennemført

WT INSTRUKTØR UDDANNELSE



洪青峇

WTC

Sted

1/7 1998

Dato

Allan Jensen

Sifu Allan Jensen, 4. Grad

Henning Daverne

Sifu Henning Daverne, 4. Grad

David Tvilling

David Tvilling, 2 Grad

Kenneth Kyhe

Kenneth Kyhe, 2. Grad

Bemærk. WT instruktører, der er godkendt til at undervise i WT og Escrima under DEWTO, skal endvidere besidde en gyldig instruktørlicens.

DANSK
ESCRIMA &
WING TSUN
ORGANISATION



DEWTO
Vesterbrogade 76, 2 sal
1620 København V

Vesterbrogade 76, 2. Sal

1620 København V

Danmark

Tel +45 3131 3672

Fax +45 3131 3681

WT Instruktøruddannelse

Det bekræftes hermed at:

LAAS A. BRANDT

har deltaget i DEWTO Træner Akademiets Instruktøruddannelse i perioden:

12/5 97 - 12/5 98

Udover den praktiske WT uddannelse har eleven gennemgået følgende teoretiske emner:

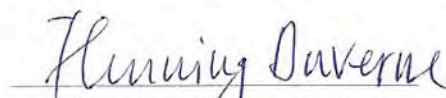
- Kampkunstens baggrund: Taoisme, Buddhisme, Konfuzianisme.
- Kampkunstens historie fra Grækenland og frem. Kampkunsten i fjernøsten og europæisk middelalder.
- WT's historie.
- Andre systemer: Karate, Aikido, Kickboxing.
- WT's 4 kamp- og kraftprincipper. System kontra metode.
- Kampens informationsteoretiske aspekter.
- Nødværgeret.
- Førstehjælp.
- WT's sundhedsmæssige aspekter.
- Krafttræning
- Trænings ernæring og kostplanlægning.
- Undervisningspsykologi og didaktik. Forslag til en undervisningsstruktur.

Eleven har modtaget uddannelsesbevis og bevis for opnået niveau.

København d.

1 Juli 1998


Sifu Allan Jensen


Sifu Henning Daverne