



Aaron Richards

Certified Martial Arts Fitness Professional
Fitness Coach

Qualifications

- **Multi-Awarded National-Level** Martial Arts Competitor
- **Can-Fit-Pro** – Fitness Instruction Specialist (FIS) Certification
- **Can-Fit-Pro** – Personal Trainer Specialist (PTS) Certification
- **St. John's Ambulance** – Emerg. First Aid + CPR + AED

Philosophy

"I want to give people the freedom to become who they have never been before!"

Experience

Aaron Richards, Certified Martial Arts Fitness Professional, fitness consultant, public speaker, member of TEAM CANADA – The Canadian National Martial Arts Team, is a Traditional Chinese Martial Arts Black-Belt Level Instructor starting at Hong Luck Kung Fu Club, Toronto and has benefited from the teachings of Chan Yuk Sigong, Ian Chow Sifu, and the venerable 34th generation Shaolin monk Shi Yan Chong (Shaolin Culture Centre of Canada). His extensive knowledge has earned him a multitude of medals in the competitive areas of hand and weapon demonstrations, acrobatics, self-defence and free-style fighting. In addition to his practical abilities, he is continuing to augment his Can-Fit-Pro Personal Training Specialist and Fitness Instructor Specialist certifications with further education in the health & wellness industry to maintain up-to-date general fitness professional standards.

**PERSONAL
TRAINING**

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