



# ALEX DEL CISNE

## QUALIFICATIONS -

REPS Level 3  
Black belt in Jeet Kune Do – under Bob Breen  
Thai Boxing coach – under Winston Fraser, Snipers Gym  
BSc (Hons) Psychology  
PGCE Science

## SPECIALISATION AREAS -

### Martial Arts

Thai Boxing  
Boxing  
Jeet Kune Do  
Filipino Kali (locks & breaks)  
Eskrima (stick fighting)

### Boxing

Functional strength and conditioning  
Explosive power and speed training  
Core training

## ACHIEVEMENTS -

Competitive Pro Thai Boxer  
Fought on 'Night of Combat' channel 5 Thai Boxing shows a number of times  
Trained and sparred regularly for 4 years with members of British boxing team  
Clients scouted by U.S. pro-boxing coaches to train in U.S.  
Taught Self-Defence courses to close protection professionals (Bodyguards) currently working for celebrities around the world  
Presented T.V. special on SKY Active channel as guest P.T. with regular clients and top ten world Miss Tri-Fitness competitor

## INSPIRATIONAL QUOTES -

"There is nothing impossible to him who will try!"  
Alexander The Great