



INNOVATIVE & CREATIVE

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Classify	Years	Description
Business History	2002.04	Foundation of First Personal Training Studio in Korea
	2007.05	Foundation of Kettlebell Korea Co.,Ltd (CEO) (Fitness Equipment Exporting ?Importing Company) GYMBOSS (USA) KOREAN DISTRIBUTOR SIL FITNESS(USA) FITNESS EQUIPMENT SUPPLIER ISAMI TRAININD (JAPAN)의 FITNESS EQUIPMENT SUPPLIER
	2007.11~ 2008.11	Western Josun Hotel Fitness Club Consulting and Educating both Members and Staff
	2008.05	Published and Manufactured CD & DVD of Kettlebell workout(Korean/Japanese version) in Korea
	2009.01	Established Korea Kettlebell Society(President) , and complete of kettlebell manual for Korean Instructors.
	2009*04~	Grand Hyatt Hotel Fitness Club Consulting and Educating Both Members. And Staff. Running Kettlebell Class for Members.
	2010	Established Korea Kettlebell Association(President)
	2011.07	France Laure(Canada)의 Korean Exclusive Distributorship

	2011.10	Consulting for Twinbill Membership Fitness Club (64,000ft)
	2012.2	Foundation of World Team Fitness Corp.(CEO)
Host	2005.03	1 st International Kettlebell Instructor Course (KBC)
	2005.11	2 nd International Kettlebell Instructor Course(KBC)
	2006.05	3 rd International Kettlebell Instructor Course(KBC)
	2006.05	1 st Stretching Zone Speicailist Course (by Jordan Gold)
	2009.03	4 th International Kettlebell Instructor Course(RKC)
	2010.07	5 th International Kettlebell Instructor Course(RKC)
	2010.11	6 th International Kettlebell Instructor Course (RKC)
	2011..09	제 1회 Gymrope training Workshop (Demonstration) .
	2011.10	7 th International Kettlebell Instructor Course(KBC)
	2011.10	1 st Certified Indian Club Instructor Course by Dr. Ed Thomas System.
	2011.11	8 th International Kettlebell Instructor Basic Course (RKC)
	2011.11	9 th International Kettlebell Instructor Advanced Course for Fighters(RKC)
	2012.3	10 th International Kettlebell Instructor Course (RKC)
	Research	2007.11
2009*02		Biomechanical Test with kettlebell workout (Seoul National Univ)
Sponsor	2008.10	CHRISTIAN EXPO EXHIBITION(COEX) CTN (Broadcast).
	2009.05	1 ST NATIONAL BRAZILIAN JIUJITSU COMPETITION (Official Sponsor)
	2009.05	2009 NATIONAL UNIVERSITY AREOBIC COMPETITION
	2010.10	제 1회 KOREA FIT FESTIVAL(Sang Myung Univ)
	2011.09.04	John Frankl Jujit-su Competition (Official Sponsor)
	2011.10.14	Happywel (Multi-cultured welfare Corp(Non-profit) Program consulting & Training people..
Lectures	2008.03	Inter-Continental Hotel Fitness Club Program Consulting and Educating
	2008.05	Shilla Hotel Fitness Club Program Consulting and Educating.
	2008.12	Training for The Guard Team of National Defense Minister
	2009 .01	Education for The Korea Military Academy.
	2009.02	Education for FIA Personal Trainer

	2009.03	Lecture & program consulting for the people In Christian Broadcast (CTN)
	2009.03	Lecture, Program Consulting and Educating in Healiance (Prevention Health-Disease Center).
	2009.04	Program Design and Lecturing for W Hotel Fitness Club
	2009.07	Program Design, Consulting and Educating for M ATHLETIC SQUAR(Membership Fitness Club).
	2009.08	Program Design, Consulting and Educating for Gaonix Medi-Fitness Club..
	2010.~	Korea Kettlebell Association Instructor (Level 1) -Certified over 100 instructor..
	2010.05	Lecture in STC FITNESS WORKSHOP
	2010.07	Lecture in BUSAN FISAF (Personal Trainer Education Association)
Column	2007.06~ 2007.11	OXYGEN(WOMAN'S FITNESS MAGAZINE)
	2007.06~ 2007.10	IRONMAN(MAN'S FITNESS MAGAZINE)
	2007.06~ 2007.10	HOLOS(MARTIAL ARTS MAGAZINE)
	2007.11~ 2008.03	Woman's Golf(Golf Magazine)
	2008.03~ 2008.04	Health & Exercise(Fitness Magazine)
	2009.03~ 2010.10	Men's health(Fitness Magazine)
	2011.08	Musclemag (Fitness Magazine)
	2011.10~	Top News(Daily News)

Award	2007.12	Lifetime Achievement Award of Korea Fitness Instructor Federation
	2011.11	2011 Excellence Award by RKC & Dragon Door
	2011.12	2011 Award of Korea Contribution to Public Welfare

Certification	2005	KBC Instructor
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	2009	RKC Instructor
	2010	Battling Ropes Coach
	2011	IKFF CKT
	2012	Kamagonball Master Instructor
	2012	CK-FMS Instructor
	2012	Nike Sparq Trainer