

## Enrollment and Payment Form

Name: \_\_\_\_\_

RGDA Member:  Yes  No

LKS/RKS Member:  Yes  No

90 Day Fitness Member:  Yes  No

### Non-Existing Members:

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Do you have any previous/current Martial Arts training?  Yes  No

If yes, where do you train? \_\_\_\_\_

What belt have you earned? \_\_\_\_\_

Would you like to receive e-mail updates and information from LKS/RKS and RGDA Canada?  Yes  No

Signature of Student: \_\_\_\_\_

Students under 18 must have the signature of a parent or guardian

### Payment information:

Visa  M/C  Amex

Debit  Cash  Cheque

Credit Card # \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Please detach and return or fax to LKS/RKS



Kevin Kearns is passionate about fitness and wellness like few other professionals. His high energy level, encyclopedia like memory and openness in exploring and incorporating new fitness and wellness approaches are among the qualities that are driving his worldwide popularity.

For over twenty years, Kevin has been professionally involved in the fitness industry. He graduated from the University of Massachusetts, Boston, where he was trained by Dr. David Thomas. He is certified by the NSCA (National Strength and Conditioning Association) and is a Functional Movement Screen (FMS) Certified Specialist and a Free Motion Master Trainer.

If you looked up "last pick" in the dictionary you would have found a picture of a young Kevin Kearns. He always had his shoelaces untied, had knobby knees, was uncoordinated and was the last one picked on the field, in gym classes and at recess. Simply put, he was the neighborhood punching bag. To make matters worse, at age 12, his father died of liver failure and his world was completely turned upside down. An uncle who became a father figure, talked Kevin into taking karate classes. This was a turning point in Kevin's life as it instilled within him confidence and discipline. Now he could fight back in many ways! Most importantly, Kevin learned to compete against himself. His mantra became: "I can learn to do better with the right teaching and right motivation." To this day, Kevin continues his martial arts studies.

He worked his way through college as a pizza and pasta chef, where he learned to appreciate what he calls "real food."

After earning his degree from U. Mass., he started his first fitness career at the Boston Athletic Club. Kevin began experimenting with new fitness concepts based on what he was learned at school. People at the gym become intrigued by his creative approaches, which emphasized functional and total body conditioning. Soon his personal training career took off.

In order to offer additional training resources to his clients, Kevin established and managed The Fitness Connection Gym and Personal Training Center in Brookline Massachusetts. At the Fitness Connection, Kevin worked with a diverse population, from high stressed executives, to student athletes, to people with rehabilitative needs.

In 2006, Kevin founded a new company called **Be Physically Fit**, which focuses on helping corporations and organizations throughout North America increase fitness and wellness participation among employees through personalized and

unique approaches. The company is actively involved in combating obesity by developing innovative products and services in conjunction with the medical community. In addition, the Be Physically Fit program develops fitness and wellness content. Toward this end, Be Physically Fit produced Kevin's first DVD - Burn with Kearns 30 Minute Core Strength Workout. The DVD is distributed in the United States and internationally.

With the growth of Mixed Martial Arts skyrocketing, Kevin's cutting edge work with Kenny Florian, one of the top mixed martial fighters in the world, has brought him substantial interest in his approaches and services. As a result, he has become a highly sought after seminar presenter to Martial Arts schools and fitness clubs throughout the world.

In addition to Kenny Florian, Kevin is the strength and conditioning coach for several professional Mixed Martial Arts (MMA) fighters, including UFC fighters Stephan Bonnar, Alberto Crane, Marcus Davis, Nate Quarry, Kurt Pellegrino and Din Thomas. He also serves as the strength and conditioning coach for WEC fighter Alex Karalexis and Gracie Jiu-Jitsu Black Belt and MMA fighter Daniel Gracie. Kevin works closely with famed MMA coach Mark DellaGrotte out of Sityodtong.

In order to introduce mass audiences to his Martial Arts influenced strength and conditioning concepts and techniques, Kevin has produced four New DVDs (The Basement Tape Series to MMA Conditioning). His DVDs are distributed by all of the top martial arts sites and retail stores.

Kevin is publisher of the Be Physically Fit wellness newsletter. In addition, Kevin contributes to mmatraining.com. He writes a monthly column for Ultimate MMA Magazine. Kevin has published articles in magazines including; Maxim, Fight, Inside Kung Fu and Men's Fitness.

Going forward, Kevin will continue to be a motivating force and developer of approaches, products and programs that make a real difference. The best is yet to come!

-- taken from [www.burnwithkearns.com](http://www.burnwithkearns.com)



Spaces for the Kevin Kearns Seminar are limited and will be reserved on a first come first serve basis.

To reserve your space, you must return your registration form along with payment to one of the Lewis' Karate Schools or Robinson's Karate Schools locations no later than **January 8th, 2011**.

You may also reserve your space by fax or phone with a credit card.



I started recently on the Kearns explosive training phase and I am very pleased with the results. I'm feeling quicker than ever. I can't wait till the next phase...  
Stephan Bonnar  
UFC Fighter  
Finalist on The Ultimate Fighter Season 1



"A little over a year ago, I was a professional MMA fighter who was desperately in need of a top notch strength and conditioning professional. My back was injured and I needed to be able to contend with the very best in the premier MMA organization in the world, The Ultimate

Fighting Championship (UFC). I decided on Kevin Kearns for the job and he was incredible from day one. I can say now that I am glad Kevin Kearns is in my corner instead of my opponent's. Kevin's systematic, scientific and professional approach to strength and conditioning is second to none. He has transformed me physically and mentally into a strength and cardio machine. Since working with Kevin not only has my back improved 100%, I have been undefeated and ranked among the best in the world in my weight class. I feel better, look better and he has given me the proper knowledge and approach to constantly getting better. Kevin has been my secret weapon for a little while but I am afraid the secret is out."

--**Kenny Florian** UFC lightweight belt contender  
-Ranked in the top 10 in the world in Lightweight division for MMA  
-Brazilian Jiu-Jitsu champion and Submission Wrestling Champion

## Lewis' Karate Schools

[www.teamlks.com](http://www.teamlks.com)

-  Five great locations
-  Karate Programs (ages 5 and up)
-  Ninja-Tot Program (ages 3 - 5)
-  Royler Gracie - David Adiv Jiu-Jitsu (RGDA)
-  After School Program
-  Summer Camps
-  March Break Camp
-  P.A. Day Camps
-  Birthday Parties
-  Pizza Parties

## Lewis' Karate Schools

### Family of Schools

#### Barrie

417 Huronia Rd., Unit B  
Barrie, Ontario L4N 9B3

Ph: (705) 733-8994 Fax: (705) 733-9485

#### Robinson's Karate Schools

[www.teamrks.com](http://www.teamrks.com)

#### Main School and Headquarters - Newmarket

130 Davis Dr., Unit 25, Box 84  
Newmarket, Ontario L3Y 2N1

Ph: (905) 830-1245 Fax: (905) 830-1246

#### Aurora

15483 Yonge St., Unit 3  
Aurora, Ontario L4G 1P3

Ph: (905) 713-1774 Fax: (905) 713-0278

#### Bolton

12612 Hwy 50, Unit 11B  
Bolton, Ontario L7E 1T6

Ph: (905) 857-7009 Fax: (905) 857-0686

#### Brampton

370 Main St., Unit 111  
Brampton, Ontario L6V 4A4

Ph: (905) 453-3383 Fax: (905) 453-0018

Highly Sought After  
Strength, Conditioning and  
Nutrition Coach

## Kevin Kearns



Friday January 14th, 2011  
6:30 - 9:00 p.m.  
Newmarket Location

\$50 plus HST  
90 Day Fitness Challenge Participants  
are FREE!

Enjoy the seminar and join us for the  
official launch of our  
90 Day Fitness Challenge.

Strength and Conditioning Coach  
for Professional MMA Fighters  
including:  
Kenny Florian and Stephan Bonnar

Lewis'  
Karate  
Schools



RGDA  
Canada

