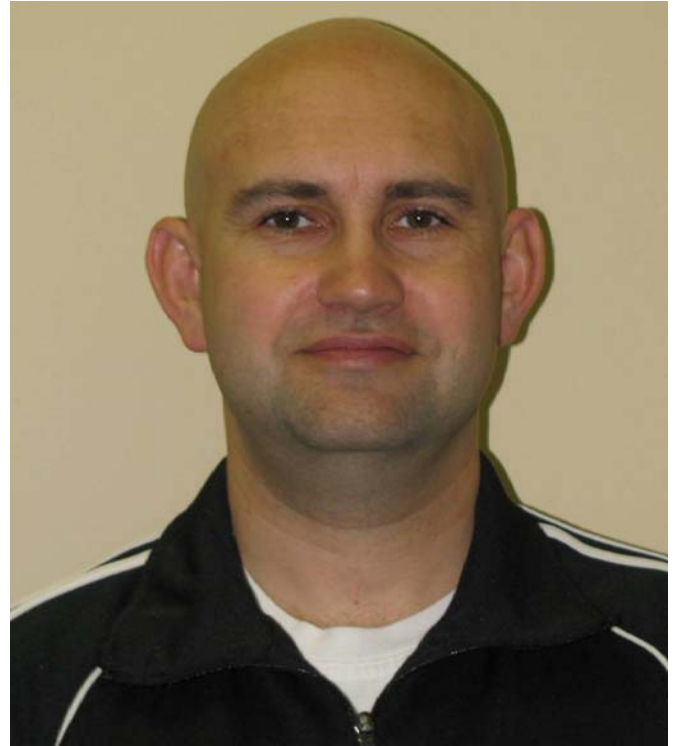


## Alexei Orekhov

Alexei has more than 20 years experience in martial arts. He is Taekwondo Olympics coach (Athens 2004); 14 years Coach Taekwondo WTF; 6 years Taekwondo Coach of national team (Israel); 4 years President of Federation Taekwondo WTF and General Coach Taekwondo of Province of Smolensk. (Russia); 2 years teacher on Taekwondo WTF at children's youthful sports school Olympic Reserve. Russia; 2 years Teacher on Taekwondo WTF State Institute of Sports of city of Smolensk. Russia; Increase of trainer's qualification in Academy Taekwondo "KUKIWON", Korea; Hands black belt 4th Dan of Taekwondo.



Alexei Coached a champions and prizewinners of International Taekwondo Championships. He is Personal Trainer from 1999, Trainer on Athletic Gymnastics from 2000, Self defense trainer from 1996.

### **Philosophy.**

I believe in a total, complete healthy lifestyle - of whole living in all aspects of one's life - physical, mental, emotional, and spiritual. It's my job to make sure your workouts are safe and effective – two essential elements of any fitness plan. I will make sure you are setting realistic goals for yourself and I'll help you achieve them. Let's get fit!

### **Certifications:**

Registered BCRPA Personal Trainer; physical instructor for children; "WINCYCLING "Instructor; Health and Fitness Club Instructor; Master's Degree in Physical Education, specialty teacher of physical education, trainer.

### **Contact information:**

E:taeshape@hotmail.com; P. 604.773.5574

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