CÁSSIO

[CÁSSIO.370294@2freemail.com](mailto:CÁSSIO.370294@2freemail.com)

Expertise in teaching Brazilian Jiu-Jitsu underpinned by a strong ethical approach. I graduated with a degree in Physical Education from the Universidade Católica de Petrópolis in Brazil, which has provided knowledge not only to teach different ages, sports, resistance training but also how to organize events and tournaments, children recreational activities and more. My teaching methods are based on current leading international practice and aligned to the published literature on teaching in physical education.

EXPERIENCE

2016 – Present | Functional Training Coach, Vallewayand Treinamento Funcional

· Coaching and assisting people on functional, stretching and aerobic training, develop long-term exercise programs.

2016 | Physical Education Coach, Acqua Sports Itaipava Branch

· Coaching and assisting people on functional, resistance, stretching and aerobic training, develop long-term exercise programs and teaching Jiu-jitsu to adults.

2016 – Present | Jiu-jitsu Coach, Academia Physical

· Teaching Jiu-jitsu to adults at Gracie Petropolis under Breno Angelo.

2013 – 2016 | Jiu-jitsu Coach, Palms Sports LLC

· Taught Jiu-jitsu to children (at national schools as an education tool) and adults (at UAEJJF Jiu-jitsu club).

2011 – Present | Personal Trainer of:

· Brazilian Jiu-Jitsu athletes with international achievements.

· Physically preparing dancers for an international tour.

· Amateur Runners.

2011 – 2013 | Main Coach, Team Leader and Owner, Academia Core n’ Fit

· Coached and assisted people (professionals and practitioners) on resistance, stretching, aerobic and also core training. Developed and escorted training programs. Taught Jiu-jitsu and managed coaches from Jiu-jitsu and also other Martial Arts.

2010 | Internship at Laboratório de Bioquímica de Proteína (LBP), Universidade Federal do Estado do Rio de Janeiro

· Studied biochemical aspects arising from exercise and how to analyze them.

2005 – 2011 | Physical Education and Jiu-Jitsu Coach, Academia Fisio & Forma

· Coached and assisted people on resistance, stretching and aerobic training. Developed training programs and taught Jiu-jitsu.

EDUCATION

· Master Degree: (Incomplete) Exercises Physiology at Universidad Católica Nuestra Señora de la Asunción. (Asunción, Paraguay)

· University: Bachelor’s Degree in Physical Education at Universidade Católica de

Petrópolis from 2005 to 2008. (Petrópolis, RJ Brazil)

· High School: Instituto Educacional Professor Alaor from 2002 to 2004. (Petrópolis, RJ Brazil)

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CÁSSIO

PUBLICATIONS

· Senna G, Scudese E, Martins CL, Scartoni FR, Carneiro F, Camargo JC, Zarlotti C, Dantas EHM. Rest Period Length Manipulation on Repetition Consistency for Distinct Single-Joint Exercises. JEPonline 2016; 19(5):93-101.

SKILLS

Languages

· Portuguese: Mother language.

· Spanish: Proficiency validated by UFRGS (Universidade Federal do Rio Grande do Sul).

· English: Fluent.

Martial Arts Achievements

· Quarter Finalist in Brazilian Jiu-Jitsu Tournament (Black Belt/ Light Weight/ Masters 1) in 2017 from IBJJF

· 2nd place in Floripa Fall International Open (Black Belt/ Light Weight/ Masters 1) in 2017 from IBJJF

· 1st place in Brasil Open from (Adult/ Middle Weight/ Black Belt Division) Sport Jiu-Jitsu South American Federation 2016

· 2nd place at Rio State Tournament From FJJ-Rio (Adult/ Light Weight/ Black Belt Division) 2016

· 2nd place in No Gi Brazilian Tournament (Black Belt/Light weight/Master1) in 2016 by IBJJF.

· 1st place at fight at Serra Fighting Winter Championship 2016.

· 2nd place in International Masters (Black Belt/Light weight/Master1) in 2016 by IBJJF.

· 2nd place in Rio de Janeiro State Tournament (Black Belt/Light weight/Adult) in 2016 by FJJ/Rio.

· Coach and staff responsible for 100 of the 2481 students at the record-breaking of the largest Jiu-Jitsu class for Guinness Book, Abu Dhabi, UAE in November 25th 2015.

· Brazilian Jiu-Jitsu Seminar at Studio Group Martial Arts Calgary, AB, Canada in July 7th 2015.

· Recognized by Abu Dhabi Educational Council for outstanding work 2014/2015.

· World Jiu-jitsu Pro (Abu Dhabi) competitor in 2015 by UAEJJF.

· Received by His Highness Sheikh Mohamed bin Zayed Al Nahyan in recognition of efforts and results achieved as Jiu Jitsu coach.

· Coached two pupils that received gold medals in the World Jiu-jitsu Pro (Abu Dhabi) 2015.

· 2nd place in Abu Dhabi Jiu-jitsu Cup in 2015 by UAEJJF.

· Brazilian Jiu-Jitsu Seminar at Evolution Training Center, Fredericton, NB, Canada in December 2014.

· World Jiu-jitsu Pro (Abu Dhabi) competitor in 2014 by UAEJJF.

· 2nd place in Abu Dhabi Jiu-jitsu Cup in 2014 by UAEJJF.

· 3rd place in Asian Jiu-jitsu Cup in 2014 by UAEJJF.

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· Great experience working as Bracket Manager at World Jiu-jitsu Pro (Abu Dhabi) 2013.

· Pan-American (Irvine, CA) competitor in 2012 by IBJJF.

· No Gi State Champion in 2011 by FJJ/Rio.

· 2nd place in World Cup by Confederação Brasileira de Jiu-jitsu Olímpico in 2010.

· 1st place in Rio de Janeiro’s Jiu-jitsu ranking in December 20th 2009.

· Jiu-jitsu: Black Belt at Gracie Jiu-jitsu.

· Judo: Fifth Kiu (yellow belt) at Judô Escola Yama-Arachy.

Seminars and Participations

· Rules and Referee Official Course under International Brazilian Jiu-Jitsu Federation. Anticipated date of completion, February 5th 2017.

· Training partner of world class fighters as Michel Maia, Henrique Resende, Ricardo

Evangelista, Alexandre Trans, Marcio André, Marcos Paulo Costa, Filipe “Sagat”, Luana

Alzugir, Paulo Pinto and Alex Monsalves. (2013 until 2016)

· Ramon Lemos Jiu-Jitsu Seminar in 2016.

· Mestre Bitta Jiu-jitsu Seminar in 2015.

· Fabio Gurgel one month special training in October 2015.

· Ricardo Libório Jiu-jitsu Seminar in 2014.

· Leão Texeira Jiu-jitsu Seminar in 2014.

· Renzo Gracie Jiu-jitsu Seminar in 2013.

· Ricardo Arona Jiu-jitsu Seminar in 2013.

· Virtus Jiu-jitsu Seminar in December 9th 2010.

· Rickson Gracie Jiu-jitsu Seminar in July 26th 2011.

· Bruno Malfacine Jiu-jitsu Seminar in June 30th 2011.

· Delariva Jiu-jitsu Seminar in June 5th 2011.

· Rolker Gracie Jiu-jitsu Seminar in 2010 and 2011.

Physical Education Training and Development

· Fitness Brasil - Functional Training Conference in September 2016.

· Weight lifting technique course in Confederação Brasileira de Levantamento de Peso in September 4th and 5th 2011.

· Resistance Training seminar in June 6th 2010.

· Obesity and fitness seminar in June 6th 2010.

· Internship at Laboratório de Bioquímica de Proteína in 2010

· Fitness Brasil - Core Training Seminar in June 2009.

· Child Entertainment Seminar in May 2008.

· Fitness volunteer job in Desafio Radio na TV Project and at Academia Fisio & Forma in November 2006.

· Brazilian Army’s Racing by Coordinates program in June 2005.

· Classic Shiatsu Training Program in September 2004.

· Resistance Training and Fitness Program seminar in 10th, 11th, 12th and 13th 2004.

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