

Annika Kahn  
President-Jungshin Fitness, LLC  
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- 2006-Current Founder, Jungshin Fitness, LLC
- 2009-2017 Developed formats for the fitness industry and martial arts schools (all formats are adapted for both fitness studios and fitness workouts with in martial art schools)
- Long swords -8 formats
  - Short Swords-4 formats
  - Bag and Sword -2 formats
  - Staff Long and Short -2 formats
  - Bow and Arrow-1 format
  - Kickit-2 formats (using any bag)
- 2012-2017 Presented Jungshin Fitness education:
- ACSM
  - IDEA WORLD (3 consecutive years)
  - SCW shows (3 consecutive years)
  - Get Together Conference (Belgium)
  - IHRSA with Century Martial Arts
  - IDEA with Century Martial Arts
  - Fitness on the Rocks
  - Outcast Communications
  - Sports Club LA/Boston
  - Google
  - Women's Chef Conference with [Elizabeth Falkner](#)
- 2013-2016 Launched Corporate Training:
- Google
  - SalesForce
  - The Hatch Agency
  - Loui Vuitton
  - Stanford University
  - Sports club la/sf
- 2013-2017 Teacher Trainings:
- Midtown Athletic (3 clubs)
  - Sports Club LA
  - Golds Gym-marin
  - Stanford University
  - Bay Club
  - Iron Lotus Gym
  - Dallas SCW
  - Canyon Ranch Miami
  - Stepping Out Studios
  - Sport and Health
  - Functional Fitness Academy
  - Synergy Medical Fitness Center
  - Energy Lab

- Recess and Results
  - Cross-fit Academy
  - Lycée Francais La Perouse
- (for more locations please email us, [info@jungshinfitness.com](mailto:info@jungshinfitness.com))

#### Education

BA-Social and Health Sciences, minor in mathematics-USCS  
MA-Psychology of Health with emphasis on physiology-CCIS  
IOM-Institute of Motion-Certificate of Completion/Cadaver work  
Credentials-mathematics -SFSTATE  
Dynamic adaptive online learning in IXL

#### Awards/Experience

- Education Scholarship for academic achievement at CIIS
- 4-time world grand champion in 7 divisions including, sparring, self-defense, weapons, forms, breaking, staff, fight-choreography
- IOM-Institute of Motion-Certificate of Completion/Cadaver work
- Credentials-mathematics -SFSTATE
- Dynamic adaptive online learning in IXL
- ACSM, ACE,
- 15 years work of Byron Katie
- 12 years studies with Lynda Caesara
- Personal Trainer 10 years
- Group ex 10 years
- National Rowing Championships-New York
- National Tennis Championships-California

#### [Testimonials](#)

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