

**Sophia** **Fuller**

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**Summary**

Dynamic Junior Karate Instructor and Black Belt at Boulder Karate, skilled in martial arts techniques and classroom management. Successfully fostered student engagement and motivation, leading to improved performance across diverse ability levels. Adept in first aid and team leadership, I created a disciplined environment that emphasized respect and courtesy among students.

**Skills**

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| * Instructor training
* First aid
* Martial arts techniques
* Student engagement
 | * Classroom management
* Positive reinforcement
* Team leadership
* Time management
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**Experience**

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| Boulder Karate | Boulder, CO*03/2019 - Current* | * Treated minor injuries and administered first aid.
* Opened studio doors in preparation for classes, locked and secured facility at closing time before departure.
* Encouraged positive attitude and motivation among students during class activities.
* Guided students through proper breathing, stance, and fighting forms.
* Maintained full schedule of classes for groups of different ability levels and end goals.
* Instructed students in martial arts skills and demonstrated appropriate use of techniques.
* Provided personal availability before and after instructional sessions to address student needs, answer questions and meet guests.
* Established clear expectations regarding discipline, respect, and courtesy among students.
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**Education and Training**

Boulder High School | Boulder, CO

**High School Diploma**

**Activities and Honors**

* High School Lighting Crew Head: All throughout high school I participated in the theater program, specifically the lighting crew. After helping with all the shows from Freshmen to Junior year I was given the opportunity to be one of the Co-Heads of the Lighting Department as a Senior. I accepted and thus helped organize and create shows as well as teach underclassmen about theatrical lighting.

**Accomplishments**

* 2022 Assistant Instructor of the Year: After spending 3 years teaching kids karate, I was awarded the Assistant Instructor of the Year award for the dedication that I put towards my dojo and the kids I was teaching. This award was a major accomplishment for me and drove me to put even more work into not only training new people but also to improve my own training.

**Certifications**

* Solidworks Mechanical Design Certification; February 28, 2024
* Solidworks Additive Manufacturing Certification; March 13, 2024