

COURTNEY FAISON

FITNESS TRAINER, STUNT WOMAN, MARTIAL ARTIST

Durham, NC 27707

courtneyfaison@yahoo.com

(917) 657-6246

www.courtneyfaison.com

Experience:

Crossfit Durham, Durham, NC 2008-2011; Class instructor, boot camp instructor and personal trainer.

Radu's Gym, Mahattan, NY, 1997-2003; personal trainer and martial arts instructor for exclusive Manhattan gym under the direction of Radu Thloedorescu. Private training and martial arts instruction for celebrity clientele.

Manhattan Parks and Recreation Department, 1997-1998; Set up an after school exercise program for after school at-risk inner city kids teaching martial arts/fitness.

Stuntwoman for film and television, 1997-2010

Certifications:

Certified Correctional Exercise Specialist (National Exercise Science Association)

CrossFit Level I Certified Trainer

Crossfit Olympic weightlifting certification

Martial Arts Master

Martial Arts:

5th degree black belt, (Master) Chinese Goju Karate; Grand Master Ron Van Cleif

2nd degree black belt, Aikijitsu; Grand Master Ron Van Cleif

3rd degree black belt, Tae Kwon Do; Grand Master Freddie McNeil

Third year student, Wing Chun Kung Fu; Sifu Jay Atkinson

1998 Martial Arts Hall of Fame; Outstanding Instructor, World Sokeship Council

2005 Martial Arts Hall of Fame; Woman of the Year, Budo International

Education:

East Carolina University 1996, Bachelor of Arts, Communications with concentration in Public Relations and Political Science

Current Occupation:

Director of Marketing for Chapel Hill East Office Suites, managing marketing, advertising, sales, leases and tenants for executive office suites

Fight Choreographer for "Burn Notice," a syndicated television show out of Miami, FL.

Personal Trainer and martial arts instructor, Crossfit Durham.