

Education > Curriculum > GYROKINESIS® > Pre-Training

Purpose:

The purpose of the Pre-Training Course is to prepare the student physically for the Foundation Teacher Training Course. Therefore, the main focus is on the physical execution of the essential exercises as outlined in the Pre-Training Course Exercise List.

Pre-Requisite:

It is strongly recommended that a student wanting to enroll in a Pre-Training Course take some private or group **GYROKINESIS®** classes taught by a Licensed **GYROKINESIS®** Instructor.

Pre-Training Course Teacher:

The student must complete all Pre-Training hours with a Master Trainer or a qualified and authorized Pre-Trainer who is on the official Pre-Trainer list.

Amount of Days:

The Pre-training Course can be accomplished in two ways:

1. Six consecutive days, or
2. Two (2), three (3) day segments. The Pre-Training Course cannot exceed thirty days if done in 2 segments.

General daily timetable and content:

The Pre-Training Course format each day is as follows:

- a. Full 90 minute to two (2) hour class according to the format of the Pre-Training Exercise List.
- b. Following a break,
- c. A two (2) hour session to perfect the exercises according to the Pre-Training Exercise List.

Only the Pre-Trainer will execute physical guidance to the student in order to deepen the understanding of the exercises.

Long-Term Clients:

The student must participate in a Pre-Training Course regardless of how many regular **GYROKINESIS®** classes he/she has taken prior to enrolling in a **GYROKINESIS®** Pre-Training Course.

Successful Completion of the Course:

Participation in a Pre-Training Course does not guarantee successful completion. Each student must have first-hand physical knowledge of all of the exercises in the Pre-Training Exercise List in order to be eligible to take a Foundation Teacher Training Course. Upon successful completion of the Pre-Training Course, the students will receive a Pre-Training Qualification Agreement. In order to gain entry into a Foundation Teacher Training Course, the student must present to the Master Trainer this Pre-training Qualification Agreement.

Unsuccessful Completion of the Course:

The Pre-Trainer reserves the right to decline giving a student the Pre-Training Qualification Agreement if the Pre-Trainer assesses that the student is not ready or prepared enough to enroll in a Foundation Teacher Training Course

Validity of the Pre-Training Qualification Agreement:

The minimum amount of time that must elapse between the last day of the Pre-Training Course and the first day of the Foundation Teacher Training Course is one (1) week. The maximum amount of time that can elapse between the last day of the Pre-Training Course and the first day of the Foundation Teacher Training Course is twelve (12) weeks, i.e. the student has between 1 week and 12 weeks to enroll in a Foundation Course from the date that the Pre-Training Course was completed.

Legal Documents:

The student is required to sign a Confidentiality and Non-Disclosure Agreement prior to beginning the Pre-Training Course. The student cannot participate in the Course if this legal document is not signed.

After the Pre-Training Course:

Upon completion of the Pre-training Course, it is the responsibility of the student to physically perform the exercises on a regular basis.

Regarding the Foundation Teacher Training Course:

The Master Trainer reserves the right to deny the entry of a student into any Foundation Training Course if the Master Trainer assesses that the student is not ready or prepared for the Course.