

Education > Curriculum > GYROKINESIS®> Foundation Training

Purpose:

This course introduces teaching techniques and principles underlying the Foundation Course Exercise Manual. Participants learn to execute and teach 2 different class formats.

Pre-requisite:

On the first day of the Foundation Course, the student must present to the Master Trainer the Pre-Training Qualification Agreement that has been signed by both the Pre Trainer and the student in order to gain entry into the Foundation Course. The Master Trainer reserves the right to refuse a student entry into the Foundation Training Course if the Master Trainer assesses that the student is not ready or prepared for the Course.

Foundation Teacher Training Course Instructor:

Only Certified **GYROKINESIS®** Master Trainers who keep their Certificate in good standing can teach The Foundation Teacher Training Course.

General content:

The first part of the Training each day consists of a non-disruptive execution of an entire Level I Class according to the Level 1 Exercise Manual. The **GYROKINESIS®** Master Trainer will conduct the morning class. During the second part of the Training each day, the student focuses on refining each movement according to **GYROKINESIS®** Basic Principles. When the student takes the role as teacher, she/he will be required to demonstrate and guide a fellow student through an entire series of exercises and be asked to reinforce the correct execution of breathing patterns synchronized with the corresponding movement. Verbal instruction and physical guidance will be required in the teaching process.

Amount of days:

This Course takes place over a 9-day period, in one of the following formats:
9 consecutive days, or
3 consecutive days, one day off, 3 consecutive days, one day off, 3 consecutive days, or
1 day off in-between 9 days of training

Amount of hours:

There shall be a minimum of 4 hours training per day, and no more than 6 hours per day.

Successful completion of the course:

Participation in the Foundation Teacher Training Course does NOT guarantee successful completion. The student must prove that he/she can follow the Foundation Course Manual while teaching a class. Therefore, the student is required to teach a full 90-minute class at the end of the Course, following the Foundation Course Manual.

Upon successful completion, the student will be considered a **GYROKINESIS®**Apprentice and will receive a Certificate of Apprenticeship. The only valid **GYROKINESIS®**Certificate must display the authentic signature of Juliu Horvath and have a **GYROTONIC®** Sales Corp Seal attached to it.

The Apprentice receives permission to teach and document these classes on the Apprentice Log Sheet provided after successful completion of the Foundation Course.

Legal documents:

The student is required to sign a Confidentiality and Non-Disclosure Agreement as well as a Trademark License Agreement prior to, or on the first day of the Course. The student cannot participate in the Course if these legal documents are not signed. The student will receive copies of these legal documents, signed by a representative of **GYROTONIC®** Headquarters, upon successful completion of the Course.

After the Foundation Teacher Training Course:

It is the responsibility of the Apprentice to make all arrangements for fulfilling the requirements of the Apprenticeship Period. The Apprentice is also expected to physically execute the exercises on a regular basis.