

## **Education > Curriculum > GYROKINESIS®> Apprentice Period**

### **Purpose:**

The purpose of the Apprenticeship Period is to prepare the student for the Final Certification Course conducted by Juliu Horvath. The student can only gain entry into advanced **GYROKINESIS®** Educational Courses after completing the Level 1 Final Certification Course.

### **Responsibility of the Apprentice:**

It is the responsibility of the Apprentice to make all arrangements in order to fulfill the requirements of the Apprenticeship Period.

### **Validity of Apprenticeship:**

The Apprenticeship Period lasts a minimum of six (6) months and a maximum of twelve (12) months from the date that the Apprentice completed the Foundation Course. Thus, the Apprentice cannot enroll in the Final Certification Course with Juliu Horvath if less than six (6) months have elapsed since she or he finished the Foundation Teacher Training Course with a Master Trainer. If twelve (12) months have expired since the Apprentice completed the Foundation Teacher Training Course and the Apprentice had not yet taken the Final Certification Course, she or he must contact **GYROTONIC®** Headquarters. The Educational Director will decide if the Apprenticeship will be nullified or if an extension for a specific period of time will be granted.

### **General guidelines of the Apprenticeship:**

The Apprentice must successfully fulfill all parts of the Apprenticeship.

The Apprentice must:

teach at least 15 **GYROKINESIS®** classes after successful completion of the Foundation Course prior to undertaking supervised hours with a Master Trainer. Each class taught must be a minimum of 1 hour in length.

complete the Supervised Review Workshop with a Master Trainer.

continue teaching classes in order to gain experience and accumulate hours.

physically execute the Foundation Course Exercises on a regular basis throughout the entire Apprenticeship period.

### **Details of the Apprenticeship:**

#### Part 1: Teaching Classes

The Apprentice is authorized to teach classes according to the **GYROKINESIS®** Foundation Manual. The Apprentice must teach a minimum of 30 **GYROKINESIS®** classes during the Apprenticeship Period. Each class taught must be a minimum of 1 hour in length. . These classes must be documented and marked under the category of “teaching classes ” on the Apprentice Log Sheet.

#### Part 2: Master Trainer Supervised Review Workshop

The Supervised Review Workshop is conducted in a format taught over 3 consecutive days, with a MINIMUM of 4 hours per day. This Supervised Review Workshop must be taken with ONE (1) **GYROKINESIS®** Master Trainer.

It is mandatory that during the Supervised Review Workshop, the Apprentice is required, in the presence of the Master Trainer, to teach all 90-minute class formats that are documented in the Foundation Course Manual.

The Master Trainer will document and initial the Supervised Review Workshop on the Apprentice Log Sheet. However, it is up to the discretion of the Master Trainer to give final signature on the Log Sheet and approve successful completion of the entire Apprenticeship.

### Part 3: Regular Physical Execution

The Apprentice must regularly perform and be able to demonstrate the exercises according to the Foundation Course Manual.

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