

Education > Curriculum > GYROTONIC® > Foundation training

The training acquired by the student in the Foundation Teacher Training Course is used by **GYROTONIC®** Trainers worldwide in therapeutic, dance, alternative health, and sports related facilities.

Purpose:

Through this Course, Master Trainers introduce teaching techniques and principals underlying the Exercise Syllabus Level 1, as taught on the Pulley-Tower Combination Unit. The student learns to conceive of and prepare individual **GYROTONIC®** Training Programs.

Pre-Requisite:

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 Course. The Master Trainer reserves the right to refuse a student entry into any 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 **GYROTONIC®** Master Trainers who keep their Certificate in good standing can teach The Foundation Teacher Training Course.

General Content:

The student learns in supervised groups, taking the role of student and teacher alternately to facilitate the learning process. The methodology is taught through verbal instruction and physical guidance of a moving person, reinforcing the correct execution of breathing patterns synchronized with the corresponding movements. The student will learn how to execute these breathing patterns and corresponding movements in her or his own body, and will also learn, as teacher, how to physically guide another student in the execution of the exercises. All exercises will be taught based on the Foundation Level 1 Syllabus and Manual.

Amount of days:

12 consecutive days, maximum of 6 hours per day, or
4 consecutive weekends, each 3 days, or
3 consecutive weekends, each 4 days

Amount of hours:

5 hours minimum of training per day, 6 hours maximum per day.

Successful completion of the Course:

A student's participation in the Foundation Teacher Training Course does NOT guarantee successful completion. The student must prove that he/she can adequately use and follow the Foundation Course Syllabus while instructing clients. Upon successful completion the student will be considered a **GYROTONIC®** Apprentice and will receive a Certificate of

Apprenticeship. The only valid **GYROTONIC®** Certificates display the authentic signature of Juliu Horvath and have a **GYROTONIC®** Sales Corp Seal attached to them. The Apprentice receives permission to work with clients and document these hours on the Apprentice Log Sheet provided after successful completion of the Foundation Course.

Legal Documents:

The student is required to sign a Confidentiality & Non Disclosure Agreement and 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.