

ADVANCED 1 DAY WORKSHOP

8:00-8:15	<p>Introduction</p> <ul style="list-style-type: none"> • Building on Cert and Bridging • The days agenda and purpose <ul style="list-style-type: none"> ○ Hands on application of on line learning 	Bobby
8:15-9:15	<p>Functional Biomechanics</p> <ul style="list-style-type: none"> • Tensegrity • Pre-stress • How it affects load / movement 	Michol
9:15-9:30	Activity: Free 2...?	
9:30-9:45	CHILL BREAK	
9:45-10:30	<p>Functional Anatomy</p> <ul style="list-style-type: none"> • Spiral • Deep front and back • Arm Lines • Show motion in 3D and use bands to explain lines • Tweaks; changing stress to lines <ul style="list-style-type: none"> ○ 1 movement per line + regression and regression • “Magic” – feeling the power of the lines (driving big toe = shoulder stability, supination of left foot = decreased right trunk rotation, etc) 	Michol
10:30-11:30	<p>Exercise Biomechanics</p> <ul style="list-style-type: none"> • Physical Forces • Force Profiles • Movement and Modality Comparisons 	Scott
11:30-11:45	Activity: Free 2...?	
11:45-12:45	MAC-DADDY LUNCH	
12:45-1:45	<p>Daily Readiness Observation</p> <ul style="list-style-type: none"> • Buckets • Scoring & Interpretation • Strategies and Variables 	Scott
1:45-2:00	Activity: Free 2 Accept	
2:00-2:15	<p>MOVE</p> <ul style="list-style-type: none"> • Ankle • Hip • Thoracic 	Ian / Rodney
2:15-2:30	CHILL BREAK	

2:30-3:45

Multi-sensory Communication

- Clarity
- Sensory Acuity
- Lead

Bobby

3:45-4:00

Activity: Free 2 Empower



FREE 2 ACTIVITIES SHEET

FREE 2 ...?:

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FREE 2 ...?:

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FREE 2 ACCEPT:

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FREE 2 EMPOWER:

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