



GYROTONIC®
International Headquarters
Presents

The Art of Exercising and Beyond

2007 GYROKINESIS® Level 1 Certification Process Certification Guidelines

- The following courses offered are aspects of the educational process that leads to Level 1 GYROKINESIS Trainer Certification and Licensing. This curriculum is subject to change.
- There are specific steps that the student must accomplish prior to enrolling in each educational course. Registration for educational courses is contingent upon completion of this pre-requisite work.
- GYROKINESIS Courses can only be offered by those Certified to do so in the particular aspect of the system.
- To gain entry into GYROKINESIS Educational Courses, the student must sign the required, specific legal documents on the first day of the course being offered. If these required documents are not signed, the candidate will be denied entry into the course.
- The Student must keep all levels of GYROKINESIS Certification in good standing through continuing education. A GYROKINESIS Certified Trainer is required to participate in a GYROKINESIS Update Course at least once every 2 years in order to re-new Licensing and Certification.
- The only valid GYROKINESIS Certificates must display the authentic signature of Juliu Horvath and have a GYROTONIC Sales Corp Seal attached to it.

This curriculum is subject to change.

The GYROKINESIS® Level 1 Curriculum contents

1. Pre-Training Course
2. Foundation Teacher Training Course, Level 1
3. Apprenticeship
4. Final Certification Course, Level 1
5. Continuing Education

(1) GYROKINESIS® Pre-Training Course Guidelines

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.

(2) GYROKINESIS® Foundation Teacher Training Course Guidelines

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
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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.

(3) GYROKINESIS® Apprenticeship 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:

1. 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.
2. complete the Supervised Review Workshop with a Master Trainer.
3. continue teaching classes in order to gain experience and accumulate hours.
4. 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.

(4) GYROKINESIS® Level 1 Final Certification

Purpose:

Upon successful completion of the Level 1 Final Certification Course, the Apprentice will attain the status of a Level 1 GYROKINESIS Certified Trainer. This will enable the Trainer to enroll in advanced GYROKINESIS Educational Programs.

Pre-requisite:

The Apprentice must present the completed Apprentice Log Sheet on the first day of the course. The Apprentice Log Sheet must display the final signature of the supervising Master Trainer.

Final Certification Course Teacher:

Final Certification Courses are taught by the Founder, Juliu Horvath, only.

Amount of days:

The Course consists of 2 days, 4 to 6 hours per day.

Successful completion:

The Apprentice must physically demonstrate and teach all 90-minute class formats from the Foundation Course Manual. Additionally, the student must apply the appropriate verbal cues and physical guidance to a moving person according to the Foundation Course Manual. A Level 1 Certificate will be issued only upon successful completion.

(5) Continuing Education and License Renewal

Level 1 Certified Trainers are required to complete a 3-day, minimum of 4 hours per day, Certified Trainer Update Course once every two years for the following purposes:

- Trademark License Renewal: All Students enrolling in Foundation Teacher Training Courses sign a Trademark License Agreement dated with the first day of the Course. This enables the Apprentice to teach GYROKINESIS classes to the public and to clients, as well as use the GYROKINESIS Trademarks for promotional purposes, as outlined in the License.
- In order for GYROTONIC Headquarters to re-issue a new License upon expiration of the previous License, the Trainer must successfully complete a mandatory Certified Trainer Update Course.
- The Trainer must complete the Update Course within the 12-month period prior to the date of expiration of the License.
- The Trainer must take the Update Course with a GYROKINESIS Master Trainer. The Master Trainer will notify GYROTONIC Headquarters once the Update Course has been completed.
- Prior to expiration of the existing License, GYROTONIC Headquarters will notify the Trainer by sending a Trademark License renewal letter that the Trainer must sign and return to GYROTONIC Headquarters.
- In addition to sending the License Renewal letter back to GYROTONIC Headquarters, the Trainer must also mail samples of all promotional materials (business cards, brochures, flyers, websites, etc) currently being used. GYROTONIC Headquarters will review these materials for proper trademark usage.
- Upon approval of the renewal letter and the promotional material by GYROTONIC Headquarters, a new Level I Certificate will be issued to the Certified Trainer. The Certificate will show an expiration date of two years from the License Renewal date. As a result, the Trainer will have an active License and Certificate for two years. The same procedures will follow every two years.

LEVEL 1 CERTIFICATION PRICE LIST Effective January 1st 2007

Note: Certain facilities may ask for additional fees to cover the cost of renting equipment, course registration or other site-specific expenses. Cost may vary in other Countries.

1.GYROKINESIS® Pre-Training

Cost for Pre-Training per person is US \$550 if training is done in a group setting. Price may be higher if Pre-Training is done in a one on one setting.

2.GYROKINESIS® Foundation Teacher Training Course

standard base price: US \$950

Initial License fee of \$100 is included in Foundation Training fee.

3.GYROKINESIS® Apprenticeship

Student will incur costs during the Apprenticeship when they are fulfilling the required 30 hours of supervised teaching with a Master Trainer. The cost is US \$ 350 for the 3-day work shop

4.GYROKINESIS® Level I Certification Course

Cost for the Certification Course with Juliu Horvath as noted in the Curriculum is US \$250

5.Continuing Education, GYROKINESIS® Certified Trainer Update Course

Base Cost for 3-Day Update Course with Master Trainer is US \$ 350

6.License Renewal

Two year License renewal fee is US \$100 (no Studio Fee)

Total: 2.100,- €

GYROKINESIS® Worldwide Course Fee Table

Educational Course	USA Base Fee	Europe, United Kingdom Base Fee	Australia, SA, Brazil, Canada, Israel Base Fee
GYROKINESIS Pre-Training Course	550, USD	550.- EUR	450, USD
GYROKINESIS Foundation Course	950, USD	950.- EUR	750, USD
GYROKINESIS Supervised Sessions	350, USD	350.- EUR	350, USD
GYROKINESIS Final Certification	250, USD	250.- EUR	250, USD
GYROKINESIS Certified Trainer Update Course	350, USD	350.- Euro	350, USD
GYROKINESIS 2-year License and Certificate Renewal	100, USD	100.- Euro	100, USD

Effective January 1, 2007