

Christopher Harrison's AntiGravity®

Just Kids 1 & 2 Teacher Training

DAY SCHEDULE

Course 1: Water Series

DAY ONE TRAINING SCHEDULE *Based on a 9am-5pm Schedule

8:30am Registration / Meet & Greet / Room Set Up (30min Prior to training start)

9am Welcome Statement
Name Game
Description of AntiGravity® Just Kids: How & Why
Age Distinctions: Gliders 5-6yrs, Flyers 7-10yrs
Draw and Write it: Have trainees draw picture of themselves and write intention for training (why are they here:)

9:50am **GLIDERS** (60min - 75min)
-Awareness of Instructor Role as I teach you/the child
-Differences in style from adult classes
-Nomenclature shifts
-Imagination Exercise back to childhood, joyful wonderment

CLASS INTRODUCTION

-Room Guidelines
No Swinging while instructor measures each in
Hug Wall Rule
Only One Voice at a Time
Have Fun
-Measuring in
-Principles:
Trust
Tight vs. Loose
Make it Easy
Gravity Point

Music for Class: Hawaiian Playground

GLIDERS CLASS CONTENT

Swing and Spin Section

- ChestWrap Cannonball
- Swordfish
- Eel Dance

Strength and Stretch Section

- Room Orientation Game
- Prayer BackDive
- Starfish
- JellyFish Gyro

Chrysalis Sequence Section

- Hungry Caterpillar Partners
- Hungry Caterpillar Pouch Mount
- Pouch Swing
- Angel
- Saddle
- Hidden Straddle Stretches
- Dragonfly Wings
- Chrysalis-*Presence*
- Chrysalis Spin- *Instructor Spins*
- ButterflyWings
- Saddle
- Pouch
- Rocking Cradle Dismount

- *Water Break-Weight Distribution*

Tricks and Flips Section

- SuperKid Dive
- School of Fish
- Hidden Sharks
- Clams
- Clam Spin-*Teacher Spins*
- Sinker
- Mermaid
- Eel in a Cave
- SuperKid Dive
- ***Improvisation to Ocean Music and Imagery Cues***
- Cocoon

Break - (10min)

11:30am Q&A Regarding Class (15min)

Discoveries? Observations? "Ah Ha" Moments in class. What teaching tools and techniques are being used.

Manual Ritual - Group Photo: faces & trainer (10min)

Manual Walk Through (45 min):

- Overview
- Benefits Beyond
- Principles
- Teaching Techniques for Kids

12pm **Intro Grips, Wraps, Traps, Holds Mounts and Dismounts Drill** (15 min)

- Run through with Trainees
- Call and Response

Swing and Spin Section

- Instructor Progressions & Cueing / Practice Teaching
- Instructor Imagery/Tips
- *ChestWrap Cannonball, Swordfish, Eel Dance*
- Instructor Scans & Spotting / Practice Spotting

Strength and Stretch Section

- Instructor Progressions & Cueing / Practice Teaching
- Instructor Imagery/Tips
- *Prayer BackDive, Starfish, Jellyfish Gyro*
- Instructor Scans & Spotting / Practice Spotting

1pm **Break (1hr)**

2pm **Discussion** (1hr):

- Age Distinctions
 - Basic 10-week Overview-Water
 - Gliders 10-Week Class Designs
 - Flyers 10-Week Class Designs
- Introduce the concept of Show and Share

3pm **Breakdown Sequences Continued-**

Manual Walk Through: Chrysalis Sequence Section

- Instructor Progressions & Cueing / Practice Teaching
- Instructor Imagery/Tips
- *Hungry Caterpillar Partners, Pouch Mount, Pouch Swing, Angel, Saddle, Hidden Straddle Stretches, Dragonfly Wings, Chrysalis, **Chrysalis Spin**, Butterfly Wings, Saddle Rocking Cradle Dismount*
- Instructor Scans & Spotting / Practice Spotting

Manual Walk Through: Tricks and Flips Section

Each Sequence:

- Instructor Progressions & Cueing / Practice Teaching
- Instructor Imagery/Tips
- *School of Fish, Hidden Sharks, Clams, **Clam Spins**, Sinkers, Mermaid, Eel in a Cave, introduce Eel Strike, Eel Flip*
- **Introduce Kayak**
- Instructor Scans & Spotting / Practice Spotting

4:30pm

Grips, Wraps, Traps, Holds, Mounts and Dismounts Drill

- Call and Response
- Emphasis on Safety in Mounts & Transitions

Homework Assignment

- Inception Statement
- CCH
- Darlene
- Principles
- All Water Class Designs

4:45pm

Discuss Manual Layout

COCOON

Course 1: Water Series

DAY TWO TRAINING SCHEDULE *Based on a 9am-5pm Schedule

8:30am **Set up anything needed for trainees.... Get Focused:0)**

9am **Eye of the Storm Game (15min)**

Homework Review (30min)

- Inception Statement
- CCH Creator
- DC Co-Developer
- Principles
- Progressive 10-week Class Designs

9:45am **Flyers (60-75min)**

- Awareness of Instructor Role as I teach you/the child
- Differences between 5-6 year old class and todays 7-10
- Nomenclature
- Imagination Exercise if needed

CLASS INTRODUCTION

- Measuring In

Introduction presented as if children have been to class before. Ask for them to tell you something about AG, pose, principle, creator, co-developer, etc.

Music for Class: Hawaiian Playground

FLYERS CLASS CONTENT

Swing and Spin Section

- ChestWrap Cannonball- *Close eyes land on own time (Splash)*
- Swordfish
- Eel Dance

Strength and Stretch Section

- Room Orientation Game
- Prayer BackDive
- Starfish
- **Seaweed**
- JellyFish Gyro

Chrysalis Sequence

- Hungry Caterpillar Partners
- Hungry Caterpillar Pouch Mount
- Pouch Swing
- Angel
- Saddle
- Hidden Straddle Stretches
- Dragonfly Wings
- ***DragonFly Skimming the Water***
- Chrysalis-*Presence*
- Chrysalis Spin- ***Teach child self spin***
- ButterflyWings
- Saddle
- ***Kayak***
- Pouch
- Rocking Cradle Dismount-
- **Note: Once children have done Earth they will always want to do Pouch BackFlip instead of Rocking Cradle dismount unless they are the 5-6 year olds (I have them practice both.)**
- *Water Break-Principle/Pose recognition demonstration*

Tricks and Flips Section

- SuperKid Dive
- School of Fish
- Hidden Sharks
- Clams
- Clam Spin- ***Teach Child Self Spin***
- Sinker
- Mermaid
- Eel in a Cave
- ***Eel Strike***
- ***Eel Flip***
- ***Rowboats***
- ***Anchors Away***
- ***Snapping Turtle***
- ***Squid***
- SuperKid Dive
- Cocoon

11:30am Break-(10min)

11:40am	Q&A Regarding Class (15 min)- Discoveries? Observations? "Ah Ha" Moments in class. What teaching tools and techniques are being used. Discussion: <i>Just Kids Teaching Techniques and Labeling</i> Bossy/ Independent, Mouse/Anxious, Daredevil/Fearless, Rowdy/Short Attention Span...Fear vs. Excitement is just a breath away. With Poses/Sequences Correlations and Applications Manual Read Through (45min): • Intro and Orientation • Handling Challenging Behavior • Spotting Tips
NOON	Grips, Wraps, Traps, Holds, Mounts and Dismounts Drill (20 Min) • Call and Response • Emphasis on Safety in Mounts & Transitions Breakdown Sequences (70 min)- Strength and Stretch Section • Instructor Progressions & Cueing / Practice Teaching • Instructor Imagery/Tips • <i>Prayer BackDive, Starfish, Seaweed, Jellyfish Gyro</i> • Instructor Scans & Spotting / Practice Spotting Tricks and Flips Section • Instructor Progressions & Cueing / Practice Teaching • Instructor Imagery/Tips • <i>Eel in a Cave Eel Strike</i> (not for kids 5-6) <i>Eel Flip</i> • <i>Rowboats, Anchors Away</i> • <i>Snapping Turtle, Squid</i> • Instructor Scans & Spotting / Practice Spotting
1:00pm	Break (1hr)
2:00pm	Discussion (15min): -Difference between Gliders and Flyers Class Designs -Review Principles

2:15pm Breakdown Sequences (60 min)

Water Series Emphasis

1. *Chestwrap Cannonball, Swordfish, Eel Dance*
2. *Prayer BackDive, Starfish, Seaweed, Jellyfish Gyro*
3. *Hungry Caterpillar, Pouch Mount, Chrysalis Spin 7-10 Self Spin* (not for kids 5-6)
4. *Kayak*
5. *SuperKid Dive, Mermaid, Clam, Clam Spin 7-10 Self Spin* (not for kids 5-6)
6. *Eel in a Cave, Eel Strike* (not for kids 5-6), *Eel Flip*,
7. *TorsoWrap with Snapping Turtle and Squid*
 - Instructor Progressions & Cueing / Practice Teaching
 - Instructor Imagery/Tips
 - Instructor Scans & Spotting / Practice Spotting

3:15pm Practicums- Trainee Assessment (60 min)

- Assign
- Practice
- Assess

4:45pm HOMEWORK ASSIGNMENT

- Teaching Techniques for Kids
- Handling Challenging Behavior
- Spotting Tips
- Intros
- Review Water Series!!!

If time permits discuss the below for COCOON

- Instructor Progressions & Cueing
- Instructor Imagery/Tips
- Imagination/Meditation Exercise

Course 2: EARTH Series

DAY THREE TRAINING SCHEDULE *Based on a 9am-5pm Schedule

- 8:30am** **Set up with anything needed for trainees.... Get Focused:0)**
- 9am** **Eye of the Storm Game** (15min)
Phase 3: Trainees each become the Eye. **Moving together in harmony.**
- Homework Review** (30min)
-Teaching Techniques for Kids
-Handling Challenging Behavior
-Review Spotting Tips
-Drill Water Series Curriculum Differences between age 5-6 and 7-10
-Drill Differences between AGJK and Fundamentals
- Manual Ritual** (15min)
- 10am** **Manual Read Thru** (30min):
 • Foreword
 • Philosophy
 • Review Principles
 • Basic 10-week Overview-Earth
- 10:30am** **GLIDERS** (60min)
 -Awareness of Instructor Role as I teach you, the 5-6 yr old child
 -Differences in style from adult classes
 -Nomenclature
 -Imagination Exercise (if needed)
- CLASS INTRODUCTION**
 -Measuring In
Introduction presented as if children have been to class before. Ask for them to tell you something about AG, pose, principle, creator, co-developer, etc.
- Music for Class: African Playground
- GLIDERS CLASS CONTENT**
- Swing and Spin Section**
 • ChestWrap Cannonball
 • Tasmanian Devil
 • Indiana Jones

Strength and Stretch Section

- Room Orientation Game: *in relation to hammock*
- Rocking Chair
- Popcorn Fingers
- Orangutan Tugs, Twists, Hangs

Chrysalis Sequence

- Hungry Caterpillar Pouch Mount
- Pouch Swing
- Angel
- Saddle
- Hidden Straddle Stretches
- Dragonfly Wings
- Chrysalis-*Presence*
- Chrysalis Spin- *Instructor Spins*
- Butterfly Wings
- Pony Galloping
- Tired Pony
- Saddle
- Pouch
- Check It
- Pouch BackFlip

- *Water Break-Listen to Body, SeeSaw Balance Point*

Tricks and Flips Section

- FoldedHammock Pouch Mount Partners
- FoldedHammock Pouch
- Monkey
- Monkey In A Tree
- Rest Stop
- Check It
- Pouch BackFlip
- Long-Necked Dinosaur
- Cat / Cow

Animal Race Sequence

- Lion
- Down Dog
- Taut Dog
- Running Dog
- Flying Dog
- Pouch Mount

- Gorilla Press
- Gorilla Swing
- Gorilla Twist
- Gorilla Spin
- Cocoon

Break - (10min)

11:40am Q&A Regarding Class (20 min) - Gliders
Discoveries? Observations? "Ah Ha" Moments in class. What teaching tools and techniques are being used? TEACH Hammock KNOT used for Earth!!!

NOON Manual Walk Through (40min):

- Thoughts on Music and Movement
- Just Kids Music Glossary
- Review:
- Teaching Techniques for Kids
- Age Distinctions
- Handling Challenging Behavior

12:40pm Grips Wraps Traps Holds Mounts and Dismounts Drill (20 min)

- Run through with Trainees
- Call and Response

1pm BREAK (1hr)

2pm Review (30 min)

- Benefits Beyond
- Just Kids Music Glossary
- Teaching Techniques
- Handling Challenging Behavior

2:30pm Swing and Spin Section

- Instructor Progressions & Cueing / Practice Teaching
- Instructor Imagery/Tips
- *ChestWrap Cannonball, Tasmanian Devil, Indiana Jones*
- Instructor Scans & Spotting / Practice Spotting

Strength and Stretch Section

- Instructor Progressions & Cueing / Practice Teaching
- Instructor Imagery/Tips
- *Rocking Chair, Popcorn Fingers, Orangutan Tugs, Twists, Hangs **and Squeeze and Slide**, Pony Galloping, Tired Pony, **Sloth*** (not for kids 5-6)
- Instructor Scans & Spotting / Practice Spotting

Tricks and Flips Section

- Instructor Progressions & Cueing / Practice Teaching
- Instructor Imagery/Tips
- *FoldedHammock Pouch, Monkey, **Monkey In A Tree**, Check It, BackFlip*
- Instructor Scans & Spotting / Practice Spotting

3pm	Distinguishing Cueing & Progressions, Scans & Spotting for Flyers & Gliders (30 min): • Hungry Caterpillar, Pouch Mount • Chrysalis Spins • FoldedHammock Inversion Monkey, Monkey in a Tree • Rest Stop, Check It, Pouch BackFlip
3:30pm	Tricks and Flips Section continued (30 min) • Instructor Progressions & Cueing / Practice Teaching • Instructor Imagery/Tips • <i>Long-Necked Dinosaur, Cat / Cow, Lion, Down Dog, Taut Dog, Running Dog, Lemur, Flying Dog, Wheelbarrow Race</i> (not for kids 5-6) • Instructor Scans & Spotting / Practice Spotting
4pm	Distinguishing FrontBelt and Animal Sequence Cueing & Progressions, Scans & Spotting for Flyers & Gliders (45 min): • Lion • Down Dog, Taut Dog, Running Dog • Lemur (not for kids 5-6) • Flying Dog • Wheelbarrow (not for kids 5-6)
4:45pm	Day Review: • Philosophy • Measuring In • Cueing Tips • Just Kids Principle 11: PLAY

HOMEWORK ASSIGNMENT:

- 10-Week Class Designs Earth
- Imagination and Meditation Practices
- Just Kids Chrysalis
- Just Kids Cocoon

Course 2: EARTH Series

DAY FOUR TRAINING SCHEDULE *Based on a 9am-5pm Schedule

- 8:30am** **Set up with anything needed for trainees.... Get Focused:0)**
- 9am** **Eye of the Storm Game** (10min)
Phase 3: Trainees each become the Eye. **Moving together in harmony.**

Homework Review (20min)

- Imagination and Imagination Practices*
- Just Kids Chrysalis*
- Just Kids Cocoon*

- 9:30am** **FLYERS** (60min)
- Awareness of Instructor Role as I teach you, the 7-10 yr old child
 - Differences in style from adult classes
 - Nomenclature
 - Imagination Exercise (if needed)

CLASS INTRODUCTION

- Measuring In
- Tell Something about AG while measuring in*

Music for Class: African Playground

FLYERS CLASS CONTENT

Swing and Spin Section

- ChestWrap Cannonball
- Tasmanian Devil
- Indiana Jones

Strength and Stretch Section

- Rocking Chair
- Popcorn Fingers
- Orangutan Tugs, Twists, Hangs, Orangutan Squeeze and Slide
- Elephant Twists

Chrysalis Sequence

- Hungry Caterpillar Pouch Mount
- Pouch Swing
- Angel
- Saddle

- Hidden Straddle Stretches
- Dragonfly Wings
- Chrysalis-*Presence*
- Chrysalis Spin
- Butterfly Wings
- Pony Galloping
- Sloth
- Saddle
- Pouch
- Check It
- Pouch BackFlip
- *Water Break- Favorite Poses*

Tricks and Flips Section

- FoldedHammock Pouch
- Monkey
- Monkey In A Tree
- Rest Stop
- Check It
- Pouch BackFlip
- Long-Necked Dinosaur
- Cat / Cow

Animal Race Sequence

- Lion
- Down Dog
- Taut Dog
- Running Dog
- Lemur
- Flying Dog
- Wheelbarrow Race
- Pouch Mount
- Safari Game
- Gorilla Press
- Gorilla Swing
- Gorilla Twist
- Gorilla Spin
- Back Flip/FrontFlip
- Zen Panda
- Cocoon

10:30am Break-10 min

Q&A Regarding Class (20 Min)

Discoveries? Observations? "Ah Ha" Moments in class. What teaching tools and techniques are being used?

11am**Discussion Review (30 min)**

- Principles
- Philosophy
- Measuring In
- Hammock Cueing Tips
- Benefits Expanded
- Just Kids Teaching Techniques
- Free Time/Improvisation/Sharing
- Spotting
- First Aid reference-Studio policy
- Working with clientele as a business

11:30am**Breakdown Sequences- (90min)****Tricks and Flips Section continued from yesterday**

- Instructor Progressions & Cueing / Practice Teaching
- Instructor Imagery/Tips
- *Gorilla Press, Gorilla Swing, **Twists and Spins***
- Instructor Scans & Spotting / Practice Spotting

Strength and Stretch

- Instructor Progressions & Cueing / Practice Teaching
- Instructor Imagery/Tips
- *Rocking Chair, Popcorn Fingers, Orangutan Tugs, Twists, **Hangs and Squeeze and Slide, Pony Galloping, Sloth** (not for kids 5-6), **Elephant Twists***
- Instructor Scans & Spotting / Practice Spotting

Tricks and Flips Section

- Instructor Progressions & Cueing / Practice Teaching
- Instructor Imagery/Tips
- *Folded Hammock Pouch, Monkey, **Monkey In A Tree, Check It, BackFlip, Animal Sequence add Lemur, Wheelbarrow Race, Safari Game, SingleWristWrap Back and Front Flips, Zen Panda***
- Instructor Scans & Spotting / Practice Spotting

Huge Emphasis on Spotting Flips!

1pm BREAK (1hr)

2pm Discussion (30 min)

- Pick up anything from before lunch uncovered
- Free Time
- Improvisation
- Sharing
- Week 10 Show and Share (Do example exercise: Ask trainees what their favorite AGJK poses are, have them write down a sequence using these poses in economy of motion. You share your version and other examples if time permits)

2:30pm Breakdown Sequences (60 min)-

Earth Series Emphasis

1. *Indiana Jones and Elephant Twists*
2. *FoldedHammock Monkey, Monkey in a Tree, Rest Stop*
3. *Check It, PouchWrap BackFlip*
4. *Animal Race 5-6: Lion, Down Dog, Taut Dog, Running Dog, Flying Dog*
5. *Animal Race 7-10 Down Dog, Lemur, Flying Dog and Wheelbarrow Race*
6. *SingleWristWrap Back and Front Flip (not for kids 5-6)*
7. *Pouch Mount, Safari Game*
- 8 *Pouch Mount, Zen Panda (not for kids 5-6)*
 - Instructor Progressions & Cueing / Practice Teaching
 - Instructor Imagery/Tips
 - Instructor Scans & Spotting / Practice Spotting

3:30pm Practicums- Trainee Assessment (75 min)

- Assign
- Practice
- Intro Statement
- Sequences

4:45pm Group Photos & FUN!

FLY HIGH!!!