

Culture and Legends

Fall 2011

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1. WholyFit training began on a **ONE ON ONE** basis.
2. The first trainings were created for **LOCAL** instructors.
3. In order to maintain the integrity of the system we use the **KATA** method borrowed from the discipline of **KARATE**.
4. Progression of expertise in WholyFit mirrors the **BLACK BELT** system of Karate.
5. In Karate the Black Belt rank is the **BEGINNING** or mastery of the discipline.
6. In Karate trainers of teachers must reach the **5TH DEGREE** to teach others. 5th Degree black belt practitioners are called **MASTERS**.
7. In WholyFit we have Trainers who have reached this level of expertise, which include Founder, **Laura Monica**, Co-founders **Connie and Oliver Haedener** and **Leah Nelson** and lead online trainer **Pam Collins**. These individual are the trainers of the **TRAINERS** for WholyFit.
8. The WholyFit **POLICY AND PROCEDURE MANUAL** will help you to understand how to progress in your practice of WholyFit from a Silver Intern, to Silver Certified, Gold Certified, Mentor Instructor, Platinum Certified and Diamond Certified.
9. The WholyFit **POLICY AND PROCEDURE MANUAL** will help you to understand what a Regional Director is.

Training Manuals and Online Coaching

As you study, pay special attention to these concepts:

1. training effect
2. overload
3. adaptation
4. specification

Vision

See the policies manual for answers to these questions:

1. Why does WHOLYFIT offer branded routines for initial Certification?
2. What if you want to choreograph your own routines?
3. Can you just stick with the Gold level cert and teach branded routines indefinitely?

Safety

1. Statistics say that usually there is **90%** attrition in the first 6 months no matter what kind of new exercise program individuals start.
2. Eliminate pain and injury - especially overuse injuries from exercises that are **REPEATED** week after week, year after year.

3. Teach forward bends conceptually. Performing a rounded back forward bend **ONE** time might be OK, but over years, can contribute to bulging disc development. For Example: If an office worker's C7 disc can bulge just from sitting at a computer with incorrect posture, what about a lower back disc subjected to years of bent spine forward bends?
4. Conceptual info is based on deeply **INTERNALIZED** experiential understanding (wisdom.)
5. Knowledge is **ROTE** learning that has not necessarily met with actual practice.
6. Intuition comes only from **PRACTICE**. Do the stuff. Be disciplined.
7. EXPERIENCE comes from **TIME** as you practice on yourself, and watch people in groups for a long period of time.
8. We want you to know how to teach others conceptually and intuitively so that your **STUDENTS** become conceptual and intuitive about their own practice.

Example:

- First my personal training client was practicing on rote alone.
- Needed detailed instruction on every aspect of what he was doing.
- Now he is beginning to progress to conceptual practice, applying concepts to every posture (knees, hamstrings, GTO, etc...)
- He is even becoming intuitive - he felt the need to open his hips after a workout and proceeded to give his body what it needed.

Concept Building:

1. Use the **LINES CONCEPT** and start thinking geometrically: lines, planes, angles, and circles.
2. Lines of power: Use physics concepts from God's natural laws of creation for weight bearing: fulcrums, **LEVERAGE**, foundation, momentum.
3. **COMPRESSION** angles are unsupported angles that stick out in an exercise, unprotected by support and therefore causing a weak point in the body structure that exposes the body to possible injury. Knees, elbows and the lower back are often the weak point under gravity.
4. Forward bends: Understand the concept of physics, weight load, effects of gravity and **PROPER CORE SUPPORT** in order to protect back in forward bends? (bent knees, hinging instead of bending at the lower back waist)
5. How do you best drive a screw in? Should it be bent or straight? **STRAIGHT**
6. Now apply that concept to the posture "Gift." Do not twist a **ROUNDED SPINE** - only a straight spine.
7. How about revolved Gift? Should you twist a bent spine or a straight spine? **STRAIGHT**
8. In forward bends should the spine be extended or flexed? **EXTENDED**
9. Specifically what part of the spine are we talking about? **THORACIC**
10. Should you lift with the back or with the legs and glutes? **LEGS AND GLUTES**

Phases of Training

1. Level 1 - **STABILITY** (alignment and proprioception)
2. Level 2 - **STRENGTH** (Correcting muscle imbalances, developing core)
3. Level 3 - **FLEXIBILITY** (Only now when joints are stable, form is correct and core is strong, can you progress to flexibility)
4. Level 1 - **STABILITY** focuses on ALIGNMENT and PROPRIOCEPTION
5. Level 2 - **STRENGTH** conditioning, when done correctly, corrects muscle **IMBALANCES**, develops the core and builds proper neurology of movement.
6. Level 3 - **FLEXIBILITY** conditioning when done correctly, corrects muscle **IMBALANCES** and has been proven to reduce injury.
7. Sport specific training, might also include **POWER AND SPEED** along with reactive training, plyometrics and ballistic stretches.
8. WHOLYFIT is a great basis for all training, and is excellent when used for person training for all the elements of fitness. WholyFit is not necessarily **SPORT SPECIFIC** to all types of sports.

Safety, Purpose

A PURPOSE FOR EVERY POSTURE

1. **WHY** are you doing this exercise?
2. **WHAT** is the goal?
3. **WHICH** muscles/joints are involved?
4. The right (the most efficient, effective and therapeutic) way to do a pose **DEPENDS** upon what the purpose is.
5. To relax in a seated forward bend would it be ok to round the back? **YES**
6. If you want to reach your toes, work for strength, core, extension in the legs and flexibility of the hamstrings what would you need to do? **STRAIGHTEN THE SPINE & HINGE FROM THE HIPS**
7. How would you emphasize stretch in the calves (instead of the hamstrings) in a seated forward bend? **FLEX THE FEET**
8. Absolutes are legalistic. Would you ever want to do a relaxed standing forward bend? It **DEPENDS** on the fitness level of the individual and whether this is a repetitive habit.
9. As a rule, in a **GROUP EXERCISE SITUATION** it's best to teach only postures that are safe and **LOW RISK**.
10. When might a high risk exercise be appropriate? In a **ONE ON ONE** personal training session of an **ELITELY** trained athlete.
11. Is it appropriate tell a room full of people of mixed fitness levels to do a plough or level 3 Gift Revolved? **NO**
12. Instead of eliminating a pose, show **MODIFICATION CHOICES**.

13. **YOGA** postures are taught primarily according to tradition.
14. WholyFit is based on biomechanics. **KNOW** what you're teaching and **WHY**.
15. **TEST** everything using the scientific method. Don't just take anyone's word for it.
16. The scientific method requires the mindset that all things are **THEORY** unless proven by experimentation in a controlled environment.
17. This proof must be **TESTABLE** and the experiment's desired outcome must be **REPEATABLE** by others.

We challenge you to test the information you learn during WholyFit training and are confident that you will find it to be logical and scientifically based.

We also challenge you to commit to excellence with all discipline, in order to bring glory to God.

Practice at least times 3-6 times per week for progression.

Make the decision today to subscribe to re-certification.

Philippians 4:8

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.