

# kane school teacher training

## virtual basic training phase I & II



### Prerequisites:

- Core Muscle Anatomy (or a passing grade on the entrance exam.) See attached anatomy review.
- Past or present enrollment in the Mat Comprehensive Program
- Students must be competent in at least the intermediate repertory of the Reformer.

### Virtual Course Requirements:

- Attendance of all workshops
- Access to all apparatus (reformer, cadillac, chair, spine corrector, barrel) for self practice and virtual sessions
- Access to practice body for Phase II Lectures: Module 1 Touch Primer (week 6); Module 2, Touch Primer (week 8); Final Review (week 9)
- 80 hours of virtual Student Teaching
- 85 hours of virtual Self Practice
  - 10 expert virtual private sessions
  - 5 senior virtual private sessions
  - 10 apprentice virtual private sessions
- 55 hours of Observation at Kinected or virtually
- 30 hours of virtual Assistant Teaching (or two full workshops)
- 45 hours of virtual Apprenticeship Teaching
- Completion of all homework assignments
- Practical and written exams

### Tuition:

- The total cost of the program is **\$6,596.50**:
  - **\$4,675.00 Tuition**
    - A \$300 deposit is due at the time of registration. Payment must be made through the Education Manager
    - 125.00 fee for the final exam included in tuition price
    - See following page for payment plan descriptions.
  - **\$1,921.50 Student Session Package**  
*(package must be purchased through Education Manager one week prior to start of the program)*
    - 10 virtual private Expert sessions
    - 5 virtual private Senior session
    - 10 virtual private Apprentice sessions
    - Phase 1 & 2 Manuals
    - Workbook
    - 12 monthly virtual Student Lecture Series sessions
    - 8 virtual group Q&As with Kelly Kane
    - 40 hours of virtual Supervised Teaching
    - 40 hours of Unsupervised Teaching
    - Mid-Program virtual meeting with Program Directors

## Schedule:

### PHASE I

#### Week 1: Basic Choreography

March 1 – 20, 2021

##### Monday

March 1, 10am – 3:30pm

Cueing Lecture - Basic Choreography (5.5 hours)

Virtual Attendance: Not Required.

*Must be reviewed before Saturday workshop.*

##### Midweek Assignments

- 1 private session to review content
- Review Basic Choreography videos

##### Saturday

March 6, 11am – 2pm

Q & A Workshop (3 hours)

Virtual Attendance: **Required**

#### Week 2: Intermediate Choreography

##### Monday

March 8, 10am – 3:30pm

Cueing Lecture - Intermediate Choreography (5.5 hours)

Virtual Attendance: Not Required.

*Must be reviewed before Saturday workshop.*

##### Midweek Assignments

- 1 private session to review content
- Review Intermediate Choreography videos

##### Saturday

March 13, 11am – 2pm

Q & A Workshop (3 hours)

Virtual Attendance: **Required**

#### Week 3: Advanced Choreography

##### Monday

March 15, 9AM – 3:30PM

Cueing Lecture - Intermediate Choreography (6.5 hours)

Virtual Attendance: Not Required.

*Must be reviewed before Saturday workshop.*

##### Midweek Assignments

- 1 private session to review content
- Review Advanced Choreography videos

##### Saturday

March 20, 11am – 2pm

Q & A Workshop (3 hours)

Virtual Attendance: **Required**

#### Week 4 & 5: Session Break

March 21 – April 9

- 3 private sessions

- 3 Supervised Teaching sessions
  - Basic Choreography
  - Intermediate Choreography
  - Advanced Choreography

## PHASE II MODULE 1

### Week 6

#### Saturday

**April 10, 10am – 4pm**

Teaching Primer (6 hours)

Virtual Attendance: **Required**

#### Sunday

**April 11, 10am – 4pm**

Touch (6 hours)

- Lumbopelvic
- Head, Neck & Ribs
- Shoulder
- Elbow, Wrist & Hand

Virtual Attendance: **Required**

*Each student is required to have a practice body.*

#### Monday

**April 12**

**10am – 1pm**

Lumbopelvic Lecture (3 hours)

Virtual Attendance: Not Required.

*Must be reviewed before Saturday workshop.*

**2 – 4pm**

Head, Neck & Ribs Lecture (2 hours)

Virtual Attendance: Not Required.

*Must be reviewed before Saturday workshop.*

#### Midweek Assignments

- 1 private session to review content

### Week 7

#### Monday

**April 19**

**10am – 1pm**

Shoulder Lecture (3 hours)

Virtual Attendance: Not Required.

*Must be reviewed before Saturday workshop.*

**2 – 4pm**

Elbow, Wrist & Hand (2 hours)

Virtual Attendance: Not Required.

*Must be reviewed before Saturday workshop.*

#### Midweek Assignments

- 1 private session to review content

## MODULE 2 Week 8

## Saturday

**April 24, 10am – 4pm**

Touch (6 hours)

- Lumbopelvic
- Head, Neck & Ribs
- Shoulder
- Elbow, Wrist & Hand

Virtual Attendance: **Required**

*Each student is required to have a practice body.*

## Monday

**April 26**

**11am – 1pm**

Hip Lecture (3 hours)

Virtual Attendance: Not Required.

*Must be reviewed before Saturday workshop.*

**2 – 4pm**

Knee Lecture (2 hours)

Virtual Attendance: Not Required.

*Must be reviewed before Saturday workshop.*

## Midweek Assignments

- 1 private session to review content

## Week 9

## Monday

**May 3**

**10am – 1pm**

Foot & Ankle Lecture (3 hours)

Virtual Attendance: Not Required.

*Must be reviewed before Saturday workshop.*

**2 – 4pm**

Over 60 (2 hours)

Virtual Attendance: Not Required.

*Must be reviewed before Saturday workshop*

## Midweek Assignments

- 1 private session to review content

## Saturday

**May 8, 10am – 4pm**

Touch (6 hours)

- Review all Touches

Virtual Attendance: **Required**

*Each student is required to have a practice body.*

# kane school teacher training payment options

## basic training phase I & II

### tuition payment options:

The tuition for Basic Training Phase I & II is \$4,675.00 if paid in full 1 week prior to the first day of training. (Payment for the Student Session Package is also due 1 week prior to the first day of training.) The Kane School offers the following financing and payment plans if the student prefers to spread out the cost over the course of the program:

#### Plan A (available to students registering for the Weekend program only):

- \$300 deposit due at least three weeks prior to the first day of the training
- \$2,675 due by the first day of the training (as well as \$1,461.09 for Student Session Package)
- 4 payments of \$575 due over the following 4 months. Payments are due on the Friday before the workshop. If you are not able to attend a workshop you are still responsible to pay for that workshop as scheduled.
- Tuition Total: \$4,975 + Student Session Package: \$1,713.35

#### Plan B (available to students registering for the Weekend program only):

- \$300 deposit due at least three weeks prior to the first day of the training
- \$2,825 due by the first day of the training (as well as \$1,461.09 for Student Session Package)
- 6 payments of \$375 due over the following 6 months. Payments are due on the Friday before the workshop. If you are not able to attend a workshop you are still responsible to pay for that workshop as scheduled.
- Tuition Total: \$5,075 + Student Session Package : \$1,713.35

### Work Study:

- The Kane School also offers a work-study program and awards participants each year. *Information is given upon request*

The Kane School accepts payments by check, cash and credit card. All checks can be made out to "Kinected". **All payments are due on the 15th of every month. All late payments will incur a \$35 penalty.** If you have questions concerning payment options, please contact the Education Manager at 212.463.8308 or [education@kinectedcenter.com](mailto:education@kinectedcenter.com).

### cancellation policy:

- If cancellation is made at least one week prior to the first day of the workshop, the initial deposit is transferable to another Basic Training workshop only. The credit must be used within one year. Cancellation with less than one week's notice will result in forfeiture of the initial deposit.
- Students will schedule their required private sessions and classes at Kinected. If a student misses a scheduled private session/group class or cancels within less than 24 hours of the scheduled session/class, the student will be charged regular studio rates in order to complete the missed session (Apprentice Rate = \$42.00; Expert Rate = \$98.00; equipment class = \$36).

### refund policy:

- Tuition payments are non-refundable.

After attending the workshops, completing all course requirements and passing both certification exams, students will be awarded Kane School Basic Training Phase I & II Comprehensive Certification.

# kane school teacher training anatomy review

## basic training phase I & II

Following is an Anatomy Review for Kane School Teacher Training. Students entering the training must know the origins, insertions and actions of the following muscles as well as which joints these muscles cross. We expect all individuals entering teacher training to know the names and locations of all the bones.

### 1. SPINAL EXTENSORS

- Erector spinae
- Trapezius
- Rhomboids
- Quadratus Lumborum

### 2. SPINAL FLEXORS

- Rectus Abdominus
- External Obliques
- Internal Obliques
- Transversus Abdominus

### 3. PELVIC FLOOR

### 4. MUSCLES OF RESPIRATION

- Diaphragm
- Intercostals

### 5. MUSCLES OF THE SHOULDER

- Serratus Anterior
- Trapezius
- Pectoralis Major/Minor
- Rhomboids
- Deltoid
- Levator Scapulae
- Latissimus Dorsi
- Rotator Cuff:*
  - Subscapularis
  - Supraspinatus
  - Infraspinatus
  - Teres Minor/Major

### 6. MUSCLES OF THE HIPS

#### HIP EXTENSORS

- Gluteus Maximus
- Biceps Femoris
- Semimembranosus
- Semitendinosus

#### EXTERNAL ROTATORS

- Piriformis
- Obturator Internus/ Externus
- Gemellus Inferior/ Superior

## **HIP FLEXORS**

Psoas Major  
Iliacus  
Tensor Fascia Latae  
Iliotibial Band  
Sartorius  
Rectus Femoris

## **QUADRICEPS**

Vastus Medialis  
Vastus Intermedius  
Vastus Lateralis  
Vastus Femoris

## **ABDUCTORS**

Gluteus Medius  
Gluteus Minimus  
Tensor Fascia Latae

## **ADDUCTORS**

Adductor Magnus  
Adductor Brevis  
Adductor Longus  
Pectineus  
Gracilis

## **7. MUSCLES OF THE LOWER LEG**

Gastrocnemius  
Soleus  
Anterior Tibialis  
Peroneus Longus  
Peroneus Brevis  
Flexor Hallucis Longus  
Flexor Digitorum Longus  
Posterior Tibialis

## **8. MUSCLES OF THE NECK**

Anterior Suboccipitals aka Prevertebral Group  
    Longus Capitis  
    Rectus Capitis Anterior  
    Rectus Capitis Lateralis  
    Scalenes  
Posterior Suboccipitals  
    Rectus Capitis Posterior Major/ Minor  
    Obliquus Capitis Inferior/ Superior  
Longus Colli  
Sternocleidomastoid