



# THE LEAN BERETS AVENGERS OF HEALTH!

## Phoenix, AZ Workshop Content Descriptions

**Instructor:** Ron Jones, MS. Ron has a BA in Physical Education/English, teaching credential in PE, Health Science, & English, MS in Kinesiology/Exercise & Sport Psychology, American College of Sports Medicine certification as Health Fitness Specialist, and many other certifications in fitness from Barefoot Rehab to neuroscience of movement, Indian Clubs, corporate wellness, and more. He has coached XC and Track from 2<sup>nd</sup> grade through collegiate and worked with pro, celebrity, and Olympic athletes nationally and internationally. Ron is known globally for his historical knowledge of the *Restorative Arts* and how these vintage fitness and PE methods were used to improve minds, bodies, and spirits of generations before us.

**Overall:** Workshop will focus on historical methods of movement and physical education that can also be supported by current neuroscience. The methods taught will be “Restorative” and will help participants learn how to use basic tools and techniques for restoring bodies back to natural states. Historical methods which emphasized the balance of mind, body, spirit philosophy of movement will be used. These tools and methods are appropriate for all multiple populations including youth, seniors, athletes, worksite wellness, and more.

**Brain & Body Breaks:** To optimize and preserve brain and body quality and safety of movement, we will be taking many short breaks throughout the day. The breaks will improve our experience and keep us fresh and better able to learn.

**BrainGym & SandBells:** Cross-Body and sensory rich drills will be used from the BrainGym system along with the use of light sand-filled discs called SandBells. These patterns optimize brain function and will help us improve learning capability while we have fun learning! 😊

**History of PE:** Presentation will trace the history of movement back to ancient Greece and bring the lessons of the past forward into the current. The Golden Era of American Fitness will be highlighted



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which was from 1885-1920. Many of the tools and methods used and taught in the workshop comes from this Golden Era of PE and Fitness. History will guide us into the future—of moving better while enjoying movement beyond just physique.

**Dynamic Warm-Up:** Stretching used to be very dynamic—not static. Sample routine will be taught which uses some historical patterns with good neurological and biomechanical quality. Dynamic Warm-Ups are great for improving quality of movement in both brain and body. Many “cross-body” patterns will be used in this sampler routine too.

**Indian Clubs:** These tools were one of the most popular fitness tools from 1885-1920 and great for both brain and body. Indian Clubs go back thousands of years into movement history were one of the “Four Horsemen” of the Restorative Arts area of classical PE and used in schools, churches, military academies, universities, martial arts training, and were even Olympic events in the 1930s. Clubs are great for postural reset, improving shoulder health and hand agility while also increasing strength.

**PE 101:** Many important “foundational” areas of movement will be taught from the classical perspective which will include brief overview points of the following:

- **Standing Posture:** How to set your body in neutral and optimize gravitational forces before moving.
- **Walking Gait:** How to use basic biomechanics to make walking as *easy as possible*.
- **Push-Ups:** How to do the “perfect push-up” to WWII military standards
- **Pull-Ups:** How to safely use “off ground” gravity training in the pull-up and how to modify pull-ups with easier regressions.
- **Hopping:** How to use hop drills to improve foot fitness, remove knee, hip, and body strains, and strengthen Achilles tendons without injury.
- **Skipping:** How to use vintage skipping “form drills” to improve coordination, agility, and economy of movement while improving cardiovascular fitness. Very few running coaches



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use these important form development drills today—learn the essentials of how to improve running form while having lots of fun doing them.

- **Jumping:** How to move from a hop into a jump while maintaining form and safety and minimizing ground forces, knee strain, back strain, etc.
- **Running:** How to use all the above drills and move into an efficient running stride that optimizes performance while minimizing ground shock forces.

**LaSierra High PE:** LaSierra High had the last great PE program in America to make a national and global impact. Learn the abbreviated form of their famous “*Strength Endurance Exercise Routine*” which were classical calisthenic drills done to cadence count with high precision. The LaSierra SER makes a great team activity or solo training session which helps to correct postural imbalances, increase range of motion and flexibility while also improving both strength and cardiovascular endurance—in just a few minutes per day!

**Gliding Into Gait:** An easy section right after lunch to briefly practice what we have learned in a gliding gait section. We will work with partners to practice coaching the basic mechanics on each other.

**Back Pain Prevention:** History of back pain highlighted along with many classical drills used for decades to correct back pain. Back pain will impact 80% of American adults, so this is one of the most important sections of the workshop because you will learn history-proven methods to correct back pain so you can move better without undue pain.

**Health Wands:** These were also one of the “Four Horsemen” of Restorative Arts along with Indian Clubs. Wands go back thousands of years into ancient China but were also very popular tools in American PE and fitness from 1885-1920. These simple leverage tools produce amazing postural and neurological resets and will prove to be one of the most important content areas of our workshop.



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**Meel Sticks:** These unique and simple tools use the “philosophy” of Restorative Arts with circular, spiral, and figure-8 patterns that combine both the smaller Indian Club patterns and the larger “Persian Meel” club patterns into a fun and gentle way to learn better movement with both brain and body.

**Q&A, Solo Practice:** We will finish with a relaxed section where we can field some questions and discussions and go back over any areas the group needs to clarify. This will be an important way to make sure we all walk away with the knowledge and tools to help ourselves and others to move better, feel restored, and increase our enjoyment of movement...for a life of health with using very simple tools proven by history and science.

**Merchandise:** Restorative Art tools will be available for sale like Indian Clubs, Health Wands, Meel Sticks along with our Indian Club Fundamentals DVD to help you retain and review the basics you learn in the workshop. We will also have a Dynamic Warm-Up DVD on hand so you can review all ten exercises and/or follow along. We will also have some fun Lean Berets clothing on hand if you wish to sport some crossed carrots to advocate health with us. 😊

- **CASH ONLY discounts**
  - ✓ Indian Clubs DVD \$20
  - ✓ Dynamic Warm-Up DVD \$10
  - ✓ ¾ Pound Indian Clubs (Oak) \$30
  - ✓ 1 Pound Indian Clubs (Oak) \$55
  - ✓ Meel Stick (Hickory) \$35
  - ✓ Health Wand (Hickory) \$25