

California State University
Northridge

INDIAN CLUB CERTIFICATION WORKSHOP

DATE & TIME:	LOCATION:	CONTACT:
NOVEMBER 16, 2013 - NOVEMBER 17, 2013	18111 NORDHOFF ST., NORTHRIDGE, CA. 91330	SHABNAM ISLAM, TEACHING ASSOCIATE, CSUN SHABNAM.ISLAM.237@MY.CSUN.EDU CELL: 310-995-7675
8AM – 5PM	REDWOOD HALL PARKING: LOT F5	LEAN BERETS: RON JONES, MS. RON@RONJONES.ORG

SATURDAY, NOVEMBER 16, 2013

0800-0900	Registration	RE 180/gym attire		Islam & Jones
0900-0950	Foundations & drills 1-3	RE 180/gym attire	Equipment	Thomas/Staff
1000-1050	Drills 4-6	RE 180/gym attire	Equipment	Thomas/Staff
1100-1150	Review drills 1-6	RE 180/gym attire	Equipment	Thomas/Staff
1200-1250	Lunch on your own	RE 180/gym attire		
1300-1350	Small group review	RE 180/gym attire	Equipment	Thomas/Staff
1400-1450	Wrist patterns 1-2 w/variations	RE 180/gym attire	Equipment	Thomas/Staff
1500-1550	Wrist patterns 1-2 w/variations	RE 180/gym attire	Equipment	Thomas/Staff
1600-1630	After action review	RE 180/gym attire	Equipment	Islam/Jones/Staff

SUNDAY, NOVEMBER 17, 2013

0800-0900	Doors open	RE 180/gym attire	Equipment	Islam & Jones
0900-0950	Breakout teams	RE 180/Exercircuit	Equipment	Staff
1000-1050	Breakout teams	RE 180/Exercircuit	Equipment	Staff
1100-1150	Team presentations	RE 180/gym attire	Equipment	Islam
1200-1250	Lunch on your own	RE 180/gym attire	Equipment	
1300-1350	Saturday review	RE 180/gym attire	Equipment	Thomas/Staff
1400-1450	Saturday review	RE 180/gym attire	Equipment	Thomas/Staff
1500-1550	Students teach basics	RE 180/gym attire	Equipment	Thomas/Staff
1600-1630	After action review	RE 180/gym attire	Equipment	Thomas/Staff
1700-1900	Social ☺ ☺ ☺	Location TBA/ street clothes		Staff & Attendees

BREAKOUT SESSIONS

TIME	LOCATION	PRESENTERS	DESCRIPTION
9:00-9:50	RE 180	Lori Drummond, CBPM; Diane Sutkowski, CBPM; & Ron Jones, MS. www.bonnieprudden.com	Bonnie Prudden Myotherapy: Dynamic Warm-up, K-W Test & Correctives, & Myotherapy Trigger point release basics
9:00-9:50	Exercircuit	Kenneth Gallarzo & Brendan Cosso www.WorldCalisthenicsOrganization.com	World Calisthenics Org: Emphasis on calisthenic movement on and off the ground. (outdoor activity)
10:00-10:50	RE 180	Stacy Barrows, PT, GCFP, PMA www.centurycityPT.com	Sensory Motor Prep through Foam Rolling: Learn the Feldenkrais approach to foam rolling.
10:00-10:50	Exercircuit	Philippe Til & Patrick Hartsell www.smartflex.com	Smartflex Neurokinetic Tool Learn how to use this diverse fitness tool that can enhance performance & correct imbalances.

A very warm and special 'thank you' goes out to Dr. Ed Thomas, who is a true believer that education is one of life's greatest gifts. We are honored by your graciousness to the institute of physical education and thankful that you could enrich our lives with your passion for healthy movement. You've inspired us, and reshaped our way of thinking and doing. Thank you.

*"Tell me, and I'll forget. Teach me, and I'll remember. Involve me, and I'll learn."
- Benjamin Franklin*