

# Kinetic Precision

The background of the page is a light green gradient. In the center, there is a faint, light-colored silhouette of a person in a dynamic, athletic pose, possibly performing a handstand or a similar movement. Surrounding this silhouette are several circles of various sizes and shades of green and grey, some overlapping each other. The overall aesthetic is clean and modern.

Kinetic Precision Comprehensive course, short course & introductory course for professionals.



# Kinetic Precision

## About Us

We are a company based in Pretoria, South Africa and have been in the Health and Wellness industry since 1998. We pride ourselves in the quality of our work and the implementation thereof in our clients. We have developed numerous courses that are of impeccable standard. These have been attended by many professionals i.e. Physiotherapists, Biokineticists, Pilates instructors, Dancers, Fitness trainers etc. and we have had fantastic feedback with regards to our courses. Our courses focus on teaching the professionals something new.

It is so often that we attend a course only for it to end up being more of a recap of what we already know. This is always good, but we are hungry to know more.

It is in learning more that we stay inspired & motivated. This is so important as it is easy to become complacent and bored in the work place.

When this happens one needs to discover new avenues and ways of looking at movement. This is where we come in.

Our *MIND BLOWING* courses will keep you more than satisfied, ambitious, motivated, inspired to perform and confident in what you are capable of achieving as a professional.

All our courses are CPD accredited allowing all professionals to attain the allocated points. This accreditation is very important for the Physiotherapists and Biokineticists as it is an indication of their continuing education after they have obtained their degree.

The courses that we offer are extremely detailed and precise and it is for this reason that we were able to obtain this accreditation.

### You might have heard of our previous courses:

- ✓ Pilates Unlimited – the Art of Movement Full Equipment and Mat course
- ✓ Pilates Unlimited – the Art of Movement Mat course
- ✓ Pilates Unlimited – the Art of Movement True shoulder stabilization course
- ✓ Pilates Unlimited – the Art of Movement Body basics and chain reactions course
- ✓ Pilates Unlimited – the Art of Movement Spinal isolation and restriction course
- ✓ Pilates Unlimited – the Art of Movement The art of Toning course
- ✓ Pilates Unlimited – the Art of Movement Innovative repertoire course
- ✓ Pilates Unlimited – the Art of Movement Pregnancy

And now our NEW course and the first of its kind in the industry!!!

- ✓ **Kinetic Precision**

*KINETIC PRECISION*

*MASTERS OF  
MOVEMENT*

*We will never know it all,  
it is for this reason that  
we should do all we can  
to continue our  
education of the body.*

*The body is so intricate  
and detailed that it  
would take us a lifetime  
to learn a partial amount  
of what I am sure can be  
known.*

*The only way we can feel  
confident in our  
profession is by always  
being open to new ideas  
and new information.*

Kinetic Precision is our Pride and joy. This course was formulated through years of experience, research, studying and self testing. Kinetic precision is a course that has ALL the information that for some or another reason nobody tells you. It compiles all our knowledge, passion, determination and ambition to formulate the BEST movement based course to date. Kinetic Precision incorporates all fitness forms and does not only focus on one specific training or exercise method. This course is FUNCTIONAL!!! Kinetic Precision will probably be the most important movement based course that you will attend in your lifetime. It will give Meaning to your work.

Course Presenter:

***Tanya Thompson – Founder and CEO of Pilates Unlimited – the Art of Movement 2000, Teacher Trainer for Pilates Unlimited – the Art of Movement 2000 & Founder and CEO of Kinetic Precision, PR liason and marketing – the South African Pilates Association***

My passion for Precision in the movement of the body is what fuelled the development of this course. There is one thing that I was meant to do and that is to teach what I love & what I know. The body is an endless road of new experiences, findings and surprises. We will never know it all but we can sure try to know as much as we possibly can in our Lifetime.

There is a lack of this kind of course in the industry. I know this as I have seen what people are yearning to know. We all want to be MASTERS of Movement and this course will make you just that. We move because of one reason and one reason only, our Anatomy. This is my passion, this is what drives me, and this is my baby! I love it! The focus in my work has been based solely on the Anatomy of the body as this is what allows us to move on a day to day basis. Analysis of movement in relation to knowledge of the anatomy and how muscles affect each other plays the greatest role in understanding and analyzing movement. Muscles habitual states affect their potential of strengthening, toning and maintaining their new form. This might be information that many professionals know but how do we implement this successfully?

What are my qualifications?

- Dance Diploma at Tshwane University of Technology
- Pilates course at the University in 1998
- BASI, Pilates course in 2001
- Attendance of Post educational courses over the past few years
- Attendance of the Pilates Matrix course in 2008 by Sarah Mottram
- Working in conjunction with other health professionals for 12 years
- 12 years of intensive self study of the Body & Anatomy
- Presenting Pilates and Post educational courses to many Health professionals
- i.e. Physiotherapists, Biokineticists, other Pilates instructors and health enthusiasts.
- Formulation of the Pilates Unlimited – the Art of Movement courses and post educational courses. More info can be read on this below.

My passion is evident in my work. This course is based on the practical application of information derived from your client through their assessments. Choosing and applying the best exercises for your client to make it 100% client specific. And when applying the exercises, you apply them with Precision.

PRECISION is the Key to RESULTS!!!

**DO YOU WANT TO HOST A KINETIC  
PRECISION COURSE? PLEASE CONTACT  
US TO BRING THE COURSE TO YOUR**

## **What is *Kinetic Precision*?**

Whether you are a biokineticist, physiotherapist, Personal trainer or Pilates instructor, we all work with the same bodies. This course is specifically designed for professionals **only** as they have the anatomical background required to understand this course. Kinetic precision focuses on the practical implementation of movement and exercises on the body. It is a method that trains the mind body connection which is necessary for our General Well – being. This course will change the way you view movement. In theory we know the anatomy, but are we able to implement our knowledge in movement?

***Kinetic Precision*** allows you to take a calculated look at movement and understand exactly what is going on. This is a skill and if you are able to do this, you will give meaning to your work and feel confident after each session you give.

***Kinetic Precision*** will blow your mind and take you out of that box of being just another instructor, physiotherapist or biokineticist.

**The list is endless of what you will be learning!!**

**Get the Ultimate understanding of Movement and exercise.**

**Implement your theoretical knowledge in Movement and do this with Precision**

### ***Kinetic Precision* includes:**

Each module consists of theory and the implementation thereof into practical exercises and movement. This course covers all you need to know about anatomy, movement, functional strengthening, effective teaching, training the eye to see compensations, knowing precision, the cheating groups, how to activate muscle groups in posture, why muscles **do not** tone, joint restrictions and the reasons for this.

***We have worked with so many fitness professionals and we have realized that this course is exactly what they need.***

***There is definitely a lack of understanding of true movement. It is a myth that because you are a Pilates instructor you will understand true movement. In our experience this is often not the case.***

The ***Kinetic Precision*** course entails NEW exercise repertoire and ***Kinetic Precision*** will be applied to any equipment that you are accustomed to.

***Apply Kinetic Precision to Gym equipment, balls, Pilates Equipment etc.***

***This needs to work for you in your work place and give you that extra repertoire that is always needed***

*Can I identify specific muscle groups and all their antagonists?*

*Do I know how to strengthen specific groups?*

*Do I know all the functions of the Biceps Femoris?*

*Do I know my anatomy so well that I am able to create new exercises on a daily basis that are anatomically correct?*

*Do my clients see the results that they were hoping to achieve?*

*Am I able to correct postures on a long term basis?*

*Am I confident to work with clients that have specific injuries?*

## Kinetic Precision Course Details:

### Dates:

**Kinetic Precision** courses will be offered throughout the year. We will be hosting the first course in Pretoria.

The course is presented on weekends OR during the week and offered to small as well as larger groups. You may book the course at a time **that best suites you** or you may fall in with the set dates below. The tables below are only for weekends but there will be courses presented during the week too.

### Exams:

The exams will include the following:

1. Movement assessment; oral exam of 30 marks. This will be questions to ensure you understand the chain reactions in the body in relation to the anatomy.
2. Full body assessment; 75min. you will then have an additional 45 min to design a client specific program for client.
3. 30min of teaching (using the teaching principles that you have learnt) some of the client specific exercises that you have chosen for the client.
4. KP case study. U can hand this in by the end of 2011. Here you just need to write a small case study of one of your clients that you have implemented this method on;
  - The client history
  - Client specific injuries and the anatomy involved
  - Why you are implementing Kinetic Precision on them
  - What your approach will be
  - A full body analysis
  - The client specific program
  - The outcome

*KINETIC PRECISION*

*MASTERS OF  
MOVEMENT*

*Without movement we  
won't be*

*Movement is what keeps  
us alive*

*Movement is what keeps  
us healthy*

*Movement is what builds  
our confidence*

*Movement should be  
addictive*

*Movement is that natural  
drug that we all need*

*Movement is complicated  
but once that mind body  
connection is found then  
precision in movement is  
achieved.*

**THIS COURSE IS GOING TO BLOW YOUR MIND!**

**Kinetic Precision** will really change the way you view movement. It is a practical application of our knowledge. It is so important that those in the fitness industry realize that we do not have all the answers. This course will give you so many of those unanswered questions.

The course covers:

- ❖ **Alignment of the pelvis** – Everything that affects the pelvis, how it affects the pelvis, exactly how to change that, the additional functions of the areas that affect the pelvis, what if functional pelvis training? And so much more!
- ❖ **Practical implementation of exercises** – Training the eye properly to see ALL compensations and then being able to know exactly what went on inside the body when the compensation occurred
- ❖ **How to be an effective and top class teacher** – this is so important as this is what you will be doing. We have seen many that have the knowledge but really struggle to get the message across. We teach you a full proof teaching method that will keep you clients coming back for more.
- ❖ **How to recognize ALL compensations** – this is will be understood once you are familiar with the full anatomy. It is not just about knowing the muscles and where they are that counts, but actually getting deeper into the anatomy that makes you a cut above the rest.
- ❖ **The cheating muscles and how to inhibit them correctly** – we all think that we take a specific muscle out of the equation to enable other muscles to work, however our implementation of this is poor and therefore the results are less than favorable
- ❖ **Joint restrictions** – why are certain joints in certain clients restricted, can this be changed and if so how? Are they able to get functional mobilization with stabilization? How would they be able to get good mobilization and what are all the factors involved?
- ❖ **Strength vs Flexibility** – we all know that we need to be flexible but why? What is the importance of this? We will give you a deeper look at the anatomy in relation to flexibility and movement.
- ❖ **Toning of muscles** – Why won't a muscle tone? There are various reasons for this and this is what you will be learning. Once you implement this method in your training you will see the results that you have wanted to see in your clients for years.
- ❖ **Concentric vs Eccentric** – We all know what this is but do we apply it and how do we apply it. What really works?
- ❖ **Spinal isolation and Restriction** – We are so focused on training the back and stretching it that we forget to retrain its movements that it should be able to produce. We are incapable of isolating our spines. This is a real problem. Are we actually able to teach our clients how to isolate their spines and which muscles specifically are responsible for this?

- ❖ **The importance of deep neck flexors** – So we know the poking chin is bad, but how do we get our clients to correct this?
- ❖ **Postures** – we all learn postures but in our experience when asking the professionals exactly what is happening in the postures anatomical wise, they hesitate and only give the obvious answers. This does not enable them to really correct a posture. We say that we can correct postures, but can we really? What is the client specific program that we are choosing for the client to improve their posture?
- ❖ **What is a truly stable shoulder?** – we have an idea of the muscles that need to stabilize but the problem comes in the actual implementation, cueing and teaching of shoulder stabilization. We have had many clients come to us while doing shoulder rehab, we can see that the trainer knew the muscles and the movements that should be done, but the explanation, implementation and teaching is not properly implemented.
- ❖ **Lumbar mobilization and the strength required in all movements** – which muscles play a role in this? How do I achieve this with the specific client?
- ❖ **Hip disassociation** – how do I achieve this with ALL clients, which are ALL the muscles involved, how does eccentric and concentric work play a role in this? Why is hip disassociation so important, what makes this functional?
- ❖ **Lower limb** – why do we always forget about the lower limb? How do we implement its training in a session and how does it affect the body in general?
- ❖ **Practical repertoire** – here we will be teaching you new repertoire based on **Kinetic Precision**, we will also be implementing kinetic precision on the repertoire and equipment that you know. We will incorporate movement into the body and teach you that repertoire is not always what we need. If you have the understanding then the repertoire is at your FINGERTIPS!!

### Cost of the course:

The total cost of the course is **R 11 200 (student rate)**

Per Chapter: R 1 400

### Payment options:

1. Pay upfront and receive R 700 discount
  - ❖ **R 10 500**
2. Pay for the course per chapter before the commencement of the course.
  - **R 1 480 x 9**
3. Pay for 2 Chapters at a time before the commencement of the Chapters.
  - **R 2 850 x 4**
4. Pay for the Chapters 1 – 4 before commencement of the course. Payment of Chapters 5 – 8 needs to be made before the commencement of Chapter 5.
  - **R 5 600 x 2**

## Short course

3 Days

- **Alignment of the Pelvis** \* **Hip dissociation, abdominal – Hip Flexor co-ordination**

**Alignment of the pelvis** – Everything that affects the pelvis, how it affects the pelvis, exactly how to change that, the additional functions of the areas that affect the pelvis, what if functional pelvis training? And so much more!

- **Cheating muscles** \* **Being an A-class teacher**

**How to be an effective and top class teacher** – this is so important as this is what you will be doing. We have seen many that have the knowledge but really struggle to get the message across. We teach you a full proof teaching method that will keep you clients coming back for more.

**The cheating muscles and how to inhibit them correctly** – we all think that we take a specific muscle out of the equation to enable other muscles to work, however our implementation of this is poor and therefore the results are less than favorable

- **Muscle toning** \* **Concentric vs. eccentric**

**Toning of muscles** – Why won't a muscle tone? There are various reasons for this and this is what you will be learning. Once you implement this method in your training you will see the results that you have wanted to see in your clients for years. If a muscle is unable to tone sufficiently, then it is unable to strengthen sufficiently.

**Concentric vs. Eccentric** – We all know what this is but do we apply it and how do we apply it. What really works and what is a total waste of time?

### Cost of the course:

The total cost of the course is **R 4 200**

Per Chapter: R 1 400

### Payment options:

1. Pay upfront
  - ❖ **R 3 700**
2. Pay for the course per chapter before the commencement of the course.
  - **R 1 450**

## Introductory course

3 Hours

Whether you are a biokineticist, physiotherapist, personal trainer or Pilates instructor, we all work with the same bodies.

This course is specifically designed for professionals **only** due to their anatomical knowledge. Kinetic precision focuses on the practical implementation of movement and exercises on the body. It is a method that trains the mind body connection which is necessary for our General Well – being. It throws out repertoire and encourages thinking out of the box. In theory we know the anatomy, but are we able to implement our knowledge in movement?

It consists of theory and the implementation thereof into practical exercises and movement. This course gives you an overview of anatomy, movement, functional strengthening, effective teaching, training the eye to see compensations, knowing precision, the cheating groups, how to activate muscle groups in posture, why muscles **do not** tone, joint restrictions and the reasons for this.

**Kinetic Precision** allows you to take a calculated look at movement and understand exactly what is going on. This is a skill and if you are able to do this, you will give meaning to your work and feel confident after each session you give.

This course is usually run over 8 days, but this will be a great introduction into the world of precision and client specific training.

### Cost of the course:

The total cost of the course is **R 650**

*BECOME THE BEST  
INSTRUCTOR YOU CAN BE  
TODAY!*

*CONTINUE YOUR  
EDUCATION!*

*SIGN UP TO THE LEADING  
MOVEMENT COURSE IN  
SOUTH AFRICA!*

### Additional courses that we offer and the links

- ✓ Pilates Unlimited – the Art of Movement Full Equipment and Mat course
- ✓ Pilates Unlimited – the Art of Movement Mat course
- ✓ Pilates Unlimited – the Art of Movement True shoulder stabilization course
- ✓ Pilates Unlimited – the Art of Movement Body basics and chain reactions course
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- ✓ Pilates Unlimited – the Art of Movement Innovative repertoire course
- ✓ Pilates Unlimited – the Art of Movement Pregnancy

Websites: [www.kineticprecisionsa.co.za](http://www.kineticprecisionsa.co.za) / [www.pilatesunlimited.co.za](http://www.pilatesunlimited.co.za)

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