

Fajardo Method of Holistic Biomechanics

Certification Requirements

Fajardo Method of Holistic Biomechanics™ Certification Option

Movement educators, body workers, somatic practitioners, etc who are interested in a deeper knowledge base of Holistic Biomechanics™ and its application to their current practice can become a certified Fajardo Method of Holistic Biomechanics™ Practitioner. In order to receive a certification in Holistic Biomechanics™ it is necessary to complete the following 800 hours of study.

Lecture/Learning	150 hrs
Reading and Study	100 hrs`
Personal Practice	150 hrs
Developmental Motor Patterns	30 hrs
Valve Breathing	20 hrs
Anatomy Trains	20 hrs
Fascia Bands	10 hrs
Parkour Circuit	20 hrs
Observation	150 hrs
Subject Participant	50 hours
<u>Student Teaching</u>	<u>100 hrs</u>
Total Hours	800 hrs

Upon completion of the above requirements, all participants are required to complete or demontstrate the following:

1. A written questionnaire on Fajardo Method principles including subjects such as fascia, valves, Sympathetic and Parasympathetic function and patterning, motor learning, movement analysis and survival patterning.
2. A case study emphasizing Client Assessment and Programming
3. Demonstrate teaching ability
4. Demonstrate personal application of Holistic Biomechanics™ including the ability to identify when ones self is in the Sympathetic or Parasympathetic state based upon structural indicators.

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Listed below is an explanation of what qualifies for the following hour requirements by category necessary to complete the following 800 hours of study.

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- ◆ Lecture/Learning Hours are fulfilled by attending Fajardo Method Foundation and Advanced Courses.
- ◆ Reading and Study Hours are fulfilled through hours spent reading the assigned reading materials given throughout the course and reviewing course pdfs.
- ◆ Personal practice includes attendance at live classes and completion of on demand recordings.
- ◆ Developmental Motor Patterns— Completing the developmental motor pattern series including Cellular Breathing and Naval Radiation workshops. Revisit patterns that need extra practice.
- ◆ Valve Breathing— Attending Valve Breathing courses live or on demand. Personal practice.
- ◆ Anatomy Trains—Attending the Anatomy Trains series live or on demand. Personal practice.
- ◆ Fascia Bands—Attending the Fascia band classes live or on demand. Personal Practice
- ◆ Parkour Circuit—Attending parkour circuit classes live or on demand.
- ◆ Observation— 50 hours one on one sessions, 50 hours group observation during Foundation and Advanced course sessions, retaking Foundation Course. 50 hours real life experience.
- ◆ Subject Participant—35 hours participating as the one being observed in Foundation and Advanced courses and observation practice groups and 15 hours being observed in one on one personal training sessions.
- ◆ Student Teaching— 70 hours one on one sessions and 30 hours group sessions.

FOUNDATION COURSE CERTIFICATION TRACK

PROGRAM OVERVIEW

In this program students learn to recognize and identify nervous system markers and gain the ability to plan sessions to repattern sympathetic dominant motor reflexes and valve breathing mechanics. The 80-hour program is composed of three sequential courses (See course details below) and bimonthly Q& A sessions. Students typically begin teaching the Fajardo Method of Holistic Biomechanics in the role of apprentice within 3 months after beginning the program.

Fajardo Method apprentice practitioners are eligible to register for the Fajardo Method Advanced and In Person Course.

Session 1 – 24 Hours

- Body Tube Layers and Landmarks
- Functional Anatomy – Horizontals and Body Compass
- Brain Science Review- CNS, PNS, Sensory System

Session 2 – 24 Hours

- Fascia and the Valve System – Function and Form
- Functional Anatomy – Organs and Valve Sphincters
- Brain Science Review- Reticular Activating System and Somatic Nervous System

Session 3 – 32 Hours

- Seven Stages of Startle – Physiological and Behavioral Changes
- Functional Anatomy – Verticals, Hands and Feet
- Brain Science Review- Brain Mapping, Brain Terminology and General Adaptation Syndrome.

Cost: \$3000

ADVANCED COURSE CERTIFICATION TRACK

PROGRAM OVERVIEW

In this program students learn to recognize, identify biomechanical patterns parasympathetic and sympathetic in nature and gain the ability to assess and plan complex movement patterning sessions to improve fascial tensegrity and address special populations. The 45-hour program is composed of three sequential courses (See course details below) and monthly Q& A sessions. Students begin observation, group instruction and paid private instruction of the Fajardo Method of Holistic Biomechanics still in the role of apprentice.

Completion of the Advanced Coursework allows eligibility to begin the case study practicum portion of the certification process.

Session 1 – 15 hours

- Parasympathetic and Sympathetic Movement Origination
- Fajardo Method Movement Principles
- Body Systems Principles

Session 2 – 15 hours

- Survival Patterns Stage 2-3
- Survival Patterns Stage 4
- Survival Patterns Stage 5-6

Session 3 – 15 hours

- Structural Boundaries and Boundary Setting
- Anger/ Loss Aversion
- Client Applications

Cost: \$1350

ON-SITE CERTIFICATION TRACK

PROGRAM OVERVIEW

In this program students will hone structural anatomy observational and mirroring skills through in person encounters. The art of observation in a one-on-one setting and group settings will be developed. Students will also learn sensory development techniques and athletic application of the Fajardo Method principles. The 40-hour program is composed of two sequential courses (See course details below) and 2 in person one-on-one sessions with Alicia Fajardo. This will complete the student's observation and group teaching requirements.

Completion of Fajardo Method On-Site Course allows eligibility to begin the Fajardo Method Subject Review portion of the certification process.

Session 1 – 20 hours

- Compression
- Sensory Development – Touch & Pressure, Sound, Temperature
- Observation Functional Anatomy – Horizontals and Body Compass, Organs
- Athletic Application to Running, Jumping, Skiing, Weight Pushes and Pulls

Break – One-on-one in person sessions with Alicia Fajardo

Session 2 – 20 hours

- Passive Release
- Sensory Development – Weight, Weight Bearing
- Observation Functional Anatomy – Verticals, Hands and Feet
- Athletic application to Golf, Tennis, Throwing

Cost: Session 1 – \$600

Session 2 – \$600

Sessions 1&2 - \$1000