



KANE SCHOOL
of CORE INTEGRATION

KANE SCHOOL OF CORE INTEGRATION TEACHER TRAINING

REGISTRATION BASIC TRAINING PHASE I & II

Prerequisites:

- Core Muscle Anatomy (or a passing grade on the equivalency 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.

Course Requirements:

- Attendance of all 7 workshops
- 80 hours of supervised teaching
- 85 hours of self-practice
- 10 one-on-ones with an expert trainer at the Kane School
- 10 one-on-ones with an apprentice at the Kane School
- 30 hours of observation
- 15 hours of assistant teaching
- 30 hours of apprenticeship teaching
- Practical and written exams

Tuition:

- \$5,000 (includes all course requirements; see above)
- A \$300 deposit is due at the time of registration.
- See following page for payment plans.

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.

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 of Core Integration Basic Training Phase I & II comprehensive certification.

Please return the attached application form with your deposit to:

- Kane School of Core Integration
- 151 W 19th St, 2nd Floor
- New York, NY 10011
- Phone 212-463-8308
- Fax 212-463-8309

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PAYMENT OPTIONS BASIC TRAINING PHASE I & II

Payment Options:

The tuition for Basic Training Phase I & II is \$5000 if paid in full by the first day of the 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
- \$2500 due by the first day of the training
- 4 payments of \$625 due over the following 4 months. Payments are due on the Saturday morning of the workshop. If you are not able to attend a workshop you are still responsible to pay for that workshop as scheduled.

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
- \$2550 due by the first day of the training
- 6 payments of \$425 due over the following 6 months. Payments are due on the Saturday morning of the workshop. If you are not able to attend a workshop you are still responsible to pay for that workshop as scheduled.

Plan C (available to students registering for the Intensive program only):

- \$300 deposit due at least three weeks prior to the first day of the training
- \$2325 due by the first day of Phase I
- \$2625 due on the first day of Phase II

The Kane School also offers a workstudy program. Information is given upon request.

The Kane School accepts payments by check, cash and credit card. All late payments will incur a \$35 penalty. If you have any questions concerning payment options, please contact Jafet at 212.463.8308 or Info@kaneschool.com.

KANE SCHOOL OF CORE INTEGRATION TEACHER TRAINING

ANATOMY REVIEW BASIC TRAINING PHASE I & II

Following is the Anatomy Review for Kane Core Integration 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 are pre-supposing that all individuals entering teacher training 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

(WHAT IS IMPORTANT TO KNOW IS THE MATRIX, NOT NECESSARILY THE DETAILS OF THE ORIGINS AND INSERTIONS.)

Anterior Suboccipitals
 Longus Capitis
 Rectus Capitis Anterior
 Rectus Capitis Lateralis
 Scalena
Posterior Suboccipitals
 Rectus Capitis Posterior Major/ Minor
 Obliques Capitis Inferior/ Superior
Longus Colli
Sternocleidomastoid

KANE SCHOOL OF CORE INTEGRATION TEACHER TRAINING

ENROLLMENT CONTRACT BASIC TRAINING PHASE I & II

The following is a list of the Kane School's requirements and conditions for participating in our teacher training program. Participants must return this form— signed—along with a tuition deposit. Both the tuition deposit and this completed form must be turned in or this registration will not be processed. For specific financial terms and payment schedules, please refer to the payment option page. Please read carefully and if you have any questions please contact us.

Please Initial:

_____ 1. The student acknowledges that he/she is enrolling in a 98-hour lecture course. Other certification requirements include 30 hours of observation, 30 hours of apprenticeship, 85 hours of self-practice, and 80 hours of supervised teaching, 15 hours of assistant teaching and 10 one-on-one sessions with an expert and apprentice teacher at the Kane School and completion of the practical and written exam.

_____ 2. For successful completion of the workshop, the Kane School requires that at least 93 of the 98 hours of lecture be attended. It is the student's responsibility to obtain any material missed. Missed material must be obtained from fellow students. It is not the responsibility of the Kane School or its teachers to allocate extra teaching time for missed classes.

_____ 3. Students have one year from the date of their first workshop to fulfill all of the required hours and schedule the final exam in order to receive Pilates certification. All workshops must be completed in the order that they are presented. In the event that a student cannot attend a scheduled workshop, they will have the option of completing the missed and the proceeding workshops the next time they are offered without interrupting payment contract. Please be advised that independent hours may be suspended until the student resumes active participation in workshops.

_____ 4. I understand that in order to maintain a current Kane School certification I must complete 30 hours of Continuing Education every two years. I understand that students have the option of completing these hours at workshops hosted by other studios or organizations; however, at least 15 of the 30 Continuing Education hours must be completed at The Kane School of Core Integration.

_____ 5. Copying or redistribution of any and all materials distributed to the student by the Kane School of Core Integration is prohibited. This includes photocopying, recording, electronic, or mechanical transmissions, or any information storage or retrieval system.

_____ 6. The student acknowledges that he/she is enrolling in this course at his/her own risk. It is solely the student's responsibility for maintaining his/her own physical and mental health in order to complete the course.

_____ 7. The Kane School of Core Integration reserves the right to terminate any student from our teacher training program for misconduct and/or any other verbal or physical abuse, property damage or theft.

_____ 8. The student agrees to release collectively all Kane School of Core Integration employees from any and all liability.

_____ 9. The Kane School requires that a deposit be made when submitting this enrollment contract for registration. Registration is not guaranteed if this form and a deposit are not submitted simultaneously.

_____ 10. The student acknowledges and understands all of the financial terms he/she is agreeing to by enrolling into the teacher training program at the Kane School of Core Integration. The student agrees to abide by all of the terms of his/her financial agreement with the Kane School of Core Integration.

_____ 11. If a payment is not made on the scheduled date, the student will not be able to attend the course that he/she is enrolled in until payment has been made. All late payments will incur at \$35 late fee.

_____ 12. 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. Tuition payments are non-refundable

_____ 13. All front desk and studio policies apply to students. Please see student policy.

_____ 14. Prices and policy are subject to change without notice.

KANE SCHOOL OF CORE INTEGRATION TEACHER TRAINING

**REGISTRATION FORM
BASIC TRAINING PHASE I & II**

- **Course date** _____

- **Name** _____

- **Address** _____

- **City, State, Zip** _____

- **Phone** _____

- **Email** _____

When did you attend Core Muscle Anatomy?

If you did not attend Core Muscle Anatomy, have you taken your anatomy entrance exam? Y__ N__

When did you attend Mat Phase I or Mat Comprehensive? _____

I have made the required deposit of \$300.00 and will choose (please check one):

- Full tuition** **Plan A** **Plan B** **Plan C**

I, the undersigned, _____, have read and understood all requirements and policies listed above in the enrollment contract, and agree to abide by all of the Kane School's requirements and policies while enrolled in the teacher training program at the Kane School of Core Integration.

Signature _____ **Date** _____

Front Desk Staff Signature _____ **Date** _____

Please return this form with your deposit and signed enrollment contract to:

- Kane School of Core Integration
- 151 W 19th St, 2nd Fl ◦ NY, NY 10011 ◦ (p) 212.463.8308 (f) 212.463.8309 ◦
- www.kaneschool.com