Rotational Movement Training Instructor Course

WORKBOOK

Redefining the
Way We Train Rotation

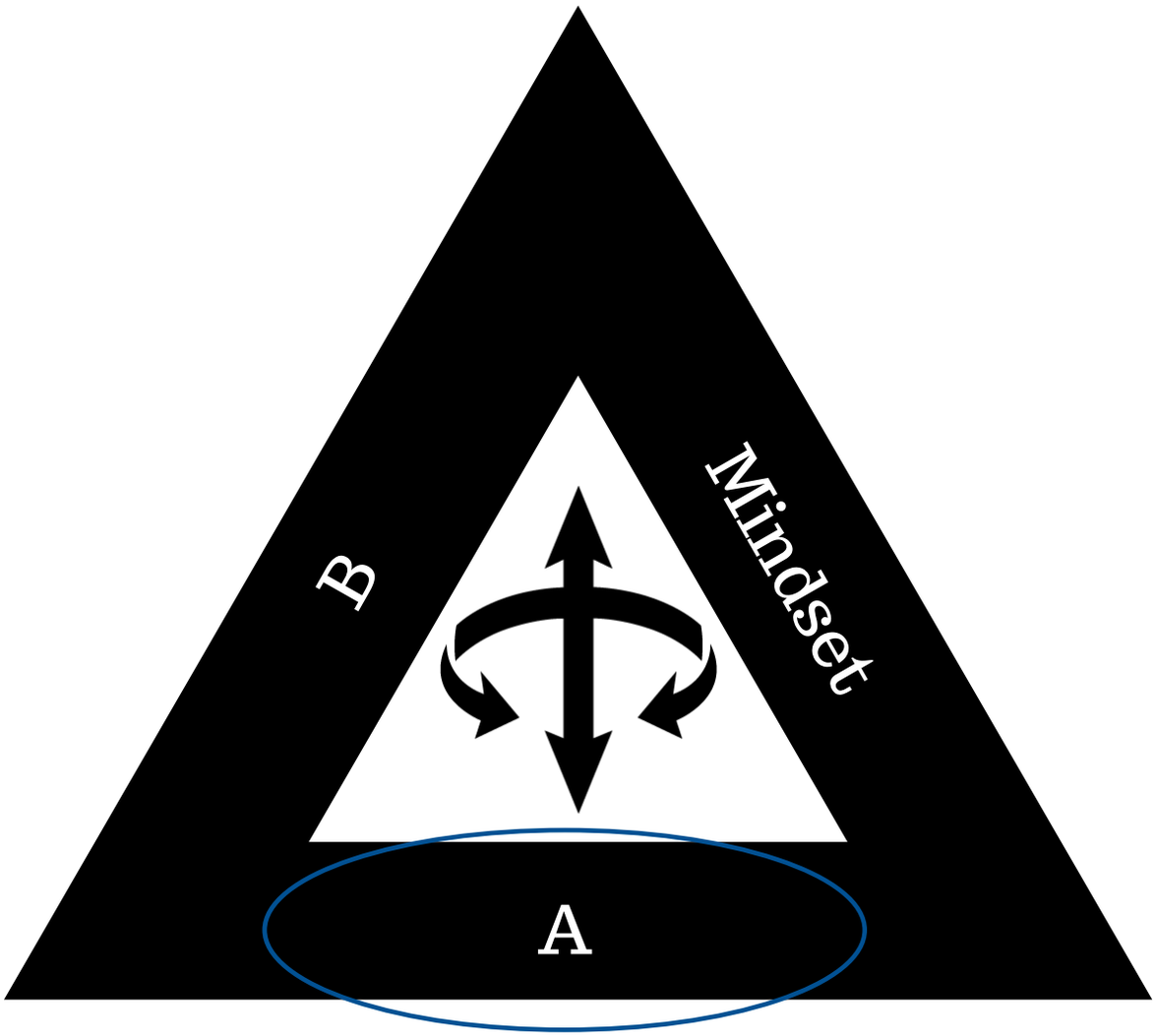
Written by:
Chris Chamberlin



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An Overview of Health & Wellness



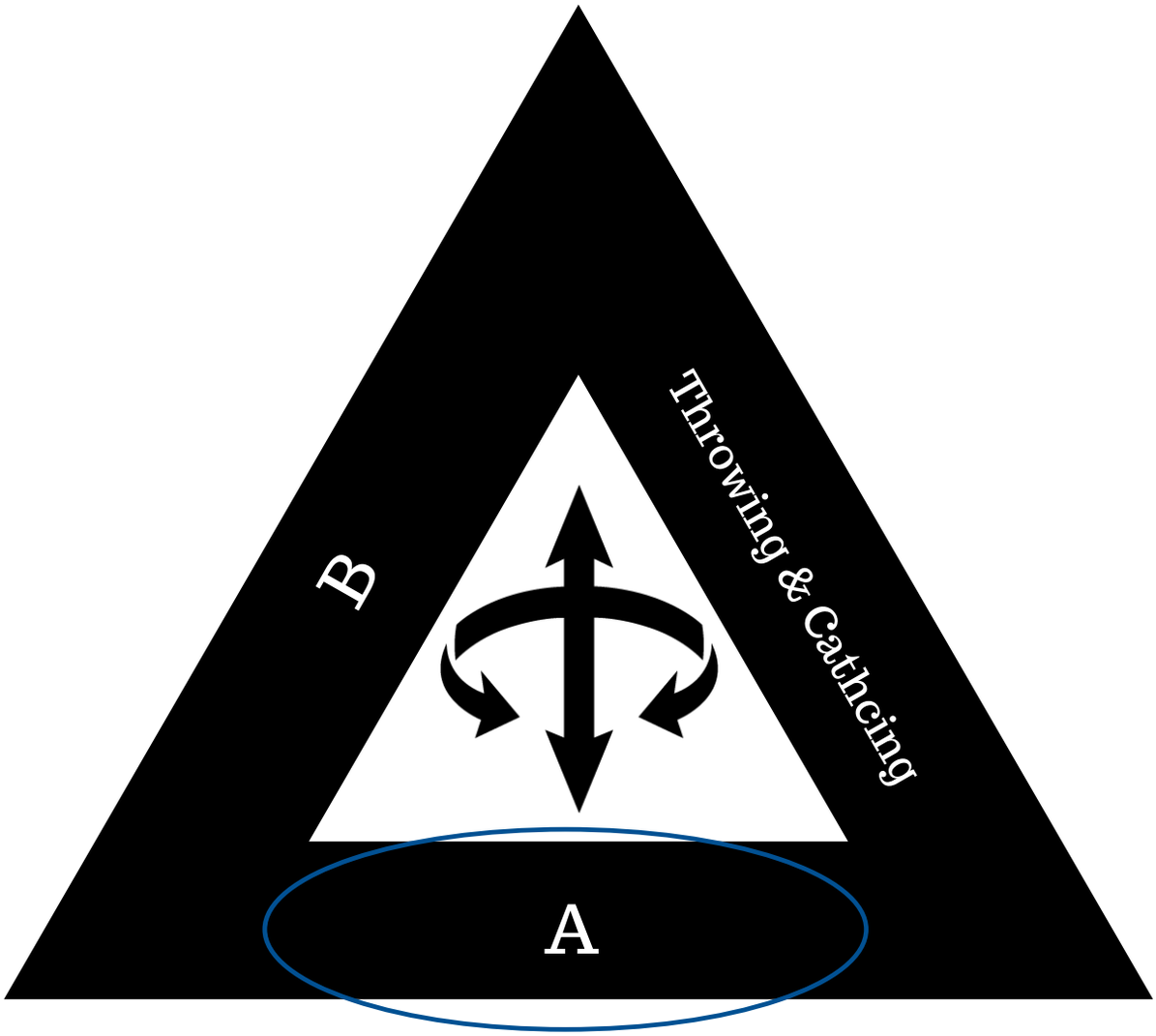
Fill in the missing categories

A._____

B._____

C. Mindset

The Functional Trinity of Physical Expression

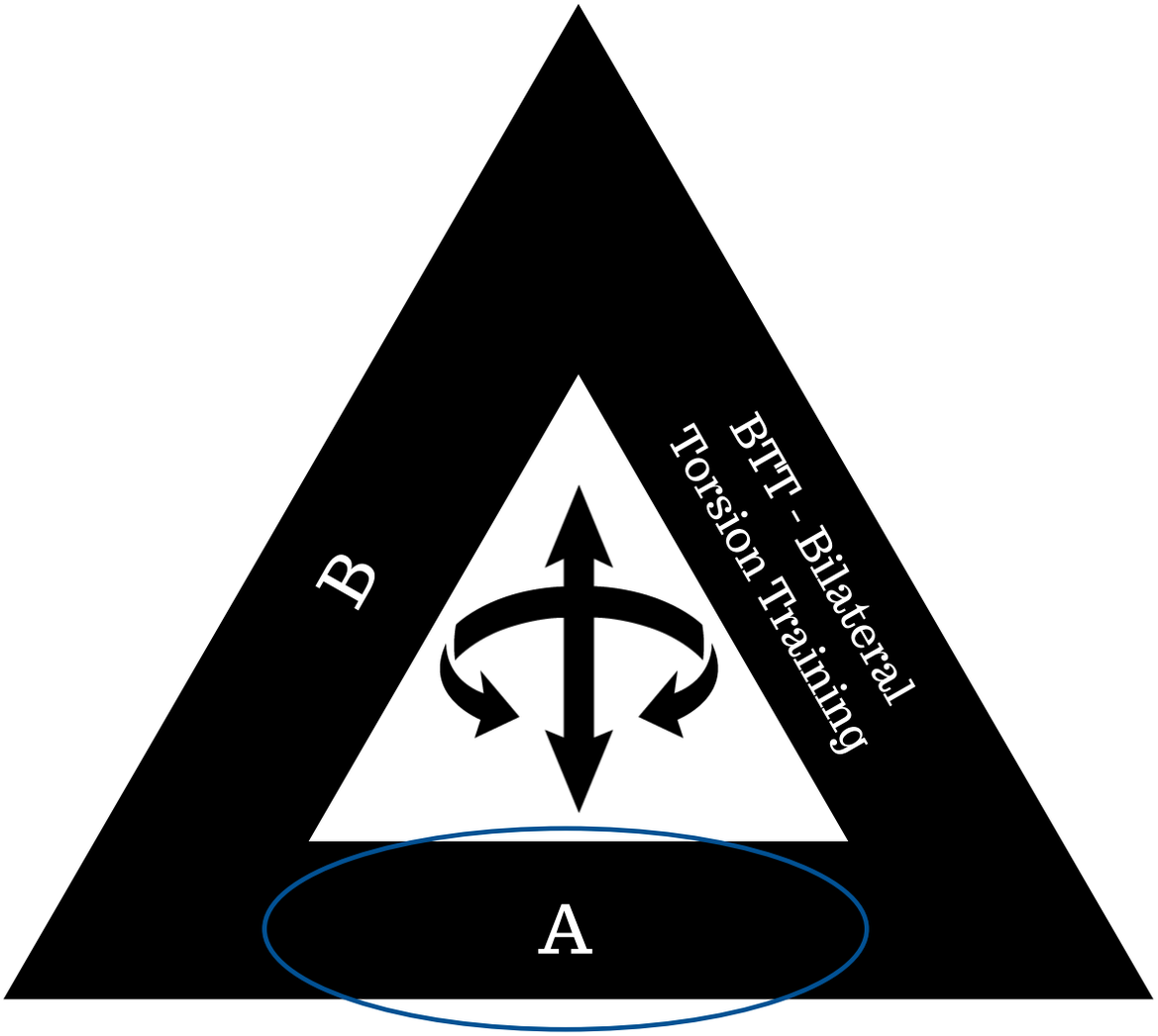


Fill in the missing categories

A._____

B._____

C. Throwing & Catching



Fill in the missing categories

A._____

B._____

C. BTT-Bilateral Torsion Training

Proximal Rotation Examples

Match letters to appropriate target

A. RMT B. CCT C. BTT



1._____



2._____



3._____



4._____



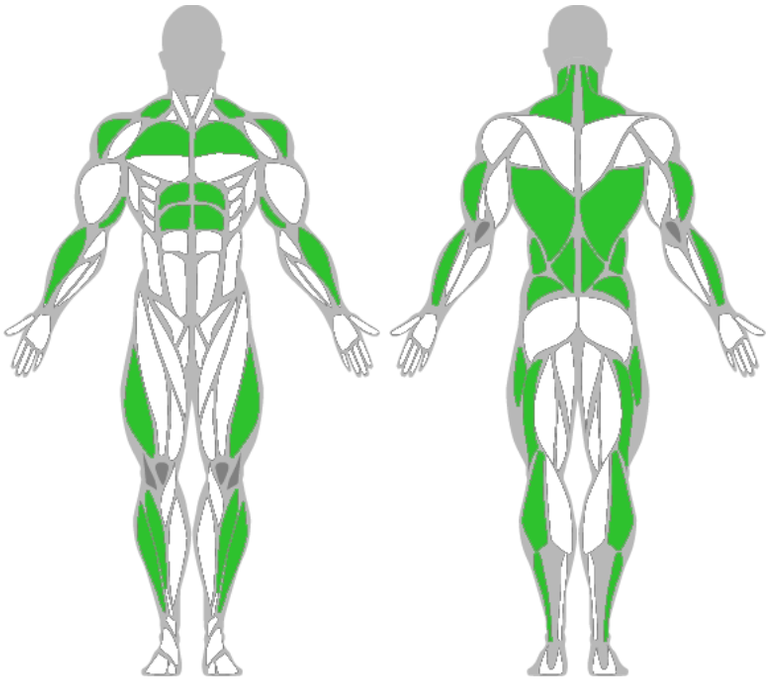
5._____



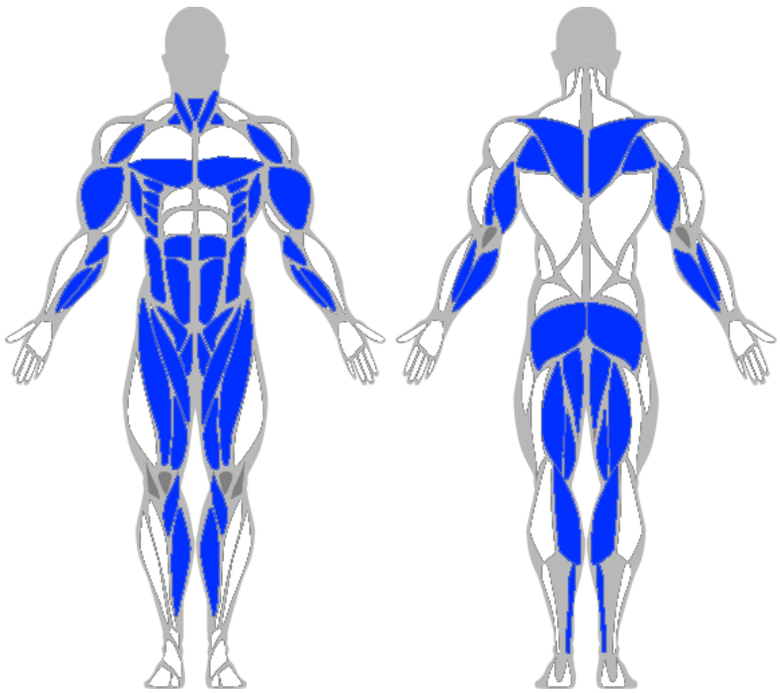
6._____

Torsion Lines

Fill in the correct torsion line



_____ Torsion



_____ Torsion

Fill in the correct basic steering mechanics



A._____



B._____



C._____

Fill in the correct advanced steering mechanics



A._____ to _____



B._____to _____

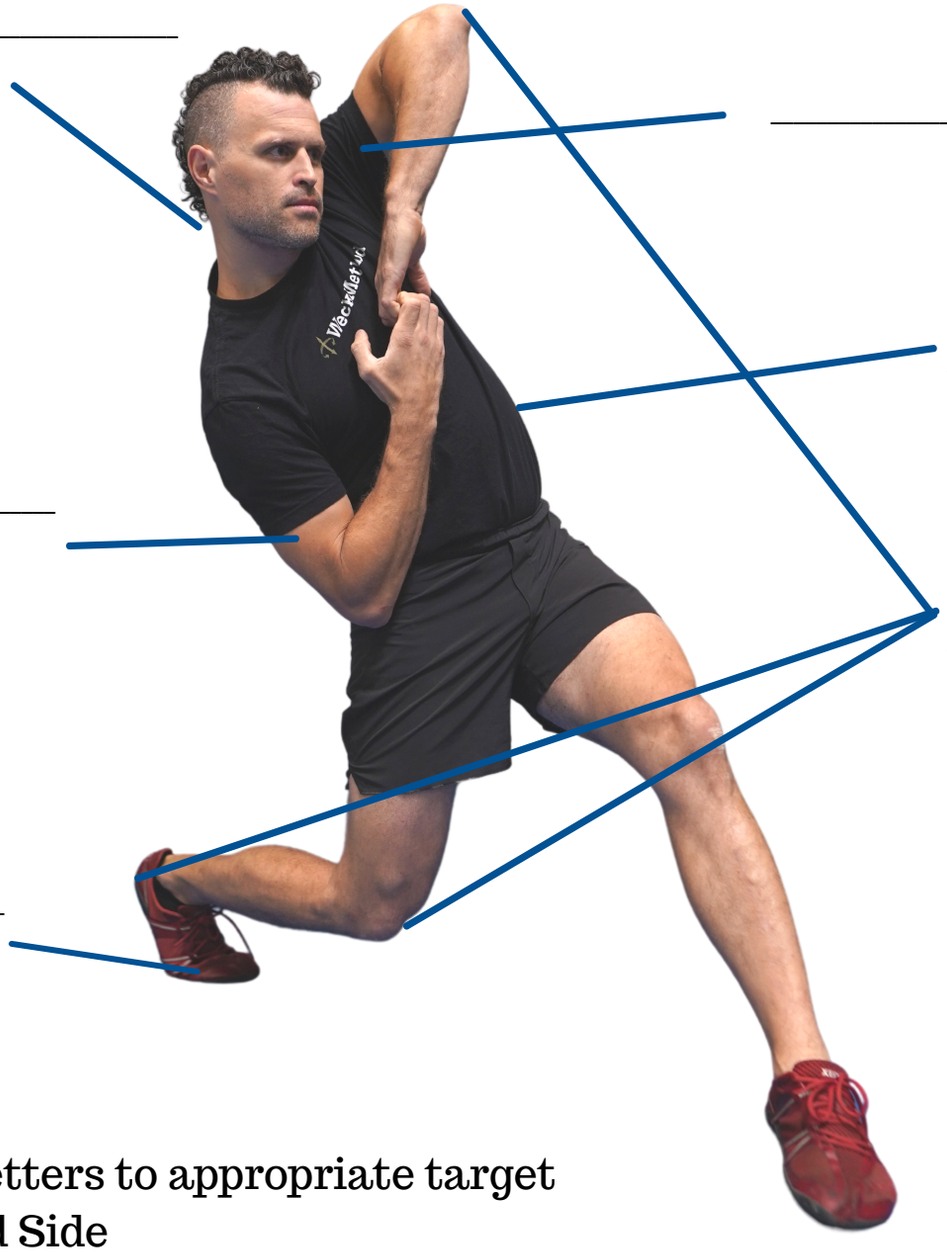
Main Cues - Front



Match letters to appropriate target

A. Coiled Side
B. On Target
C. Weaponized to Target
D. Over or Outside Base of Support
E. Long Side
F. Base

Main Cues - Back



Match letters to appropriate target

A. Coiled Side
B. On Target
C. Weaponized to Target
D. Over or Outside Base of Support
E. Long Side
F. Base

Common Hand Intents

Match letters to appropriate target

A. Mixed - Split Intent - ● / ●

B. Cocked - External - ●

C. Hook - Internal - ●



_____



_____

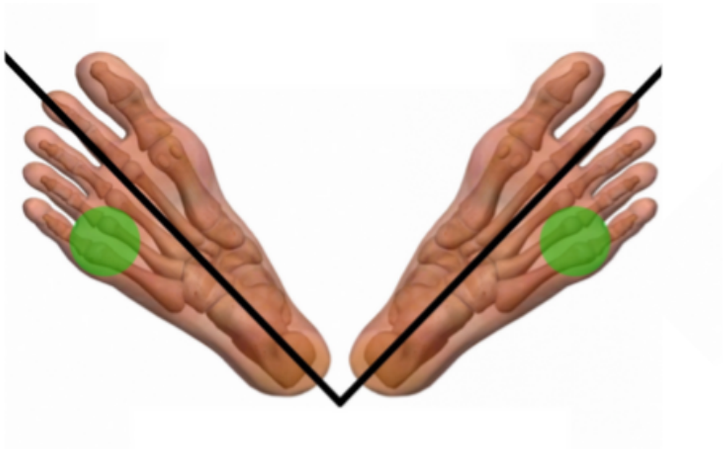


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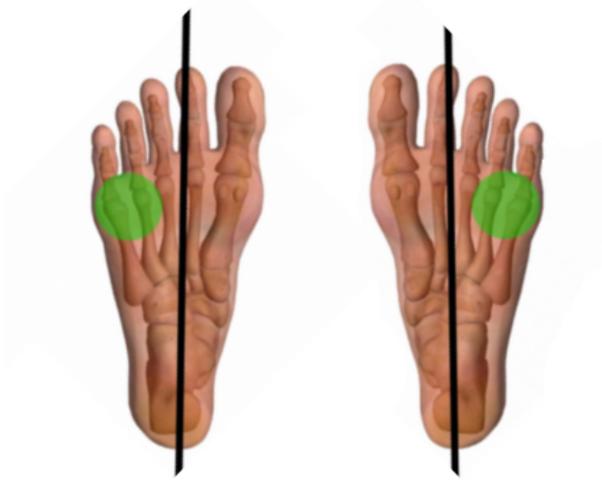
Basic Stances

Match Letters to appropriate target

A. Nuetral B. Pigeon C. 45's



_____



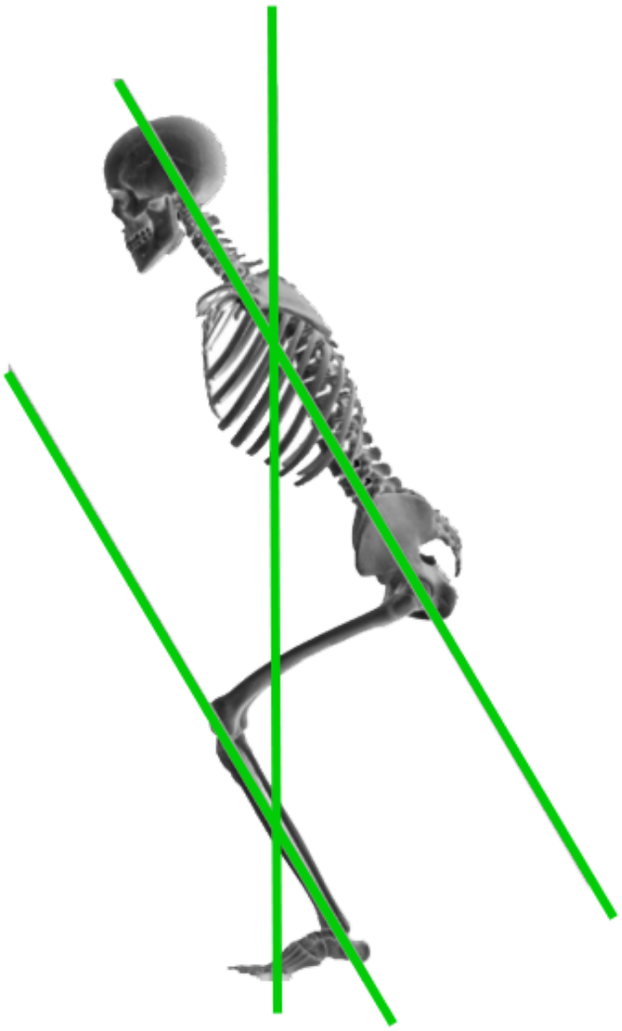
_____



_____

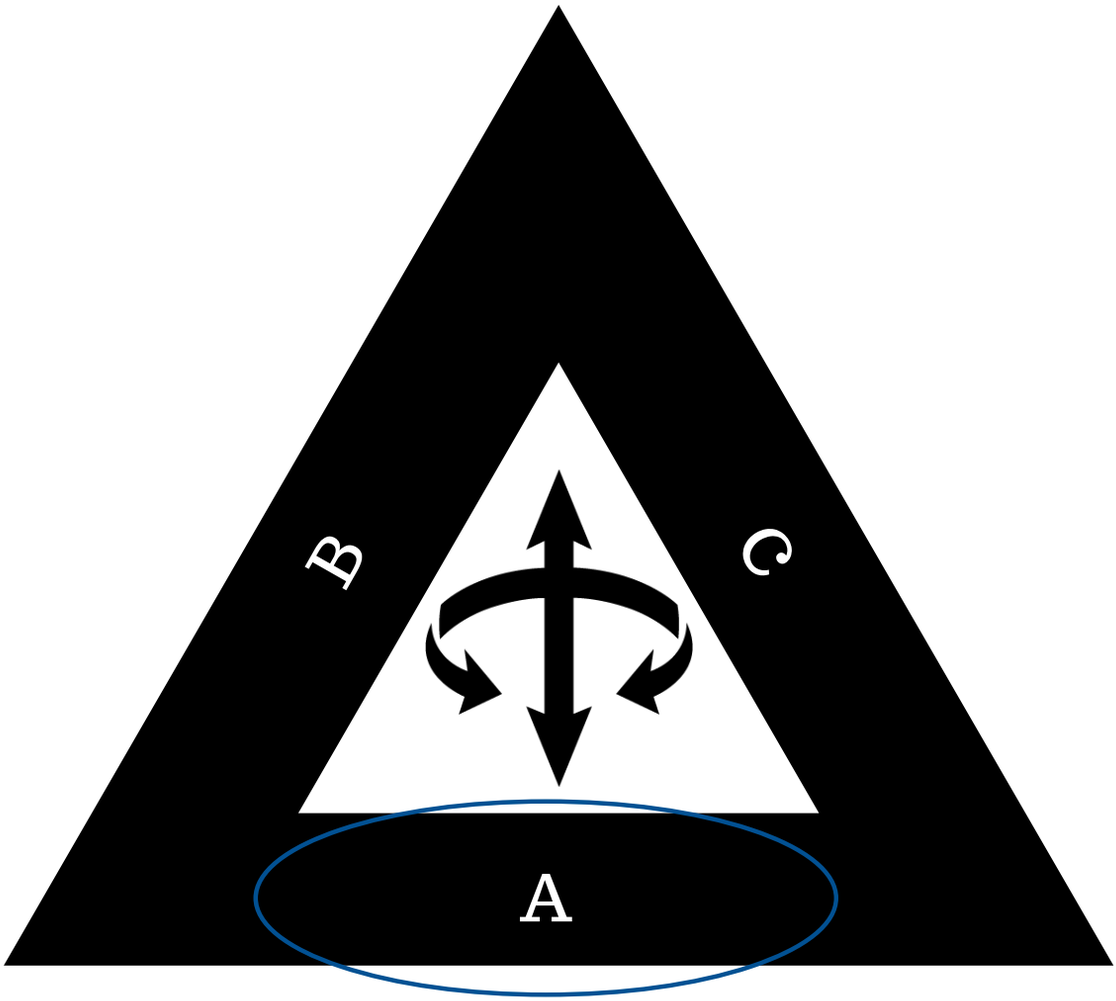
Spine Shin Angle

Fill in the blank:



Spine and Shin should remain _____
for Optimal Balance during forward movement

Strategies of Implementation



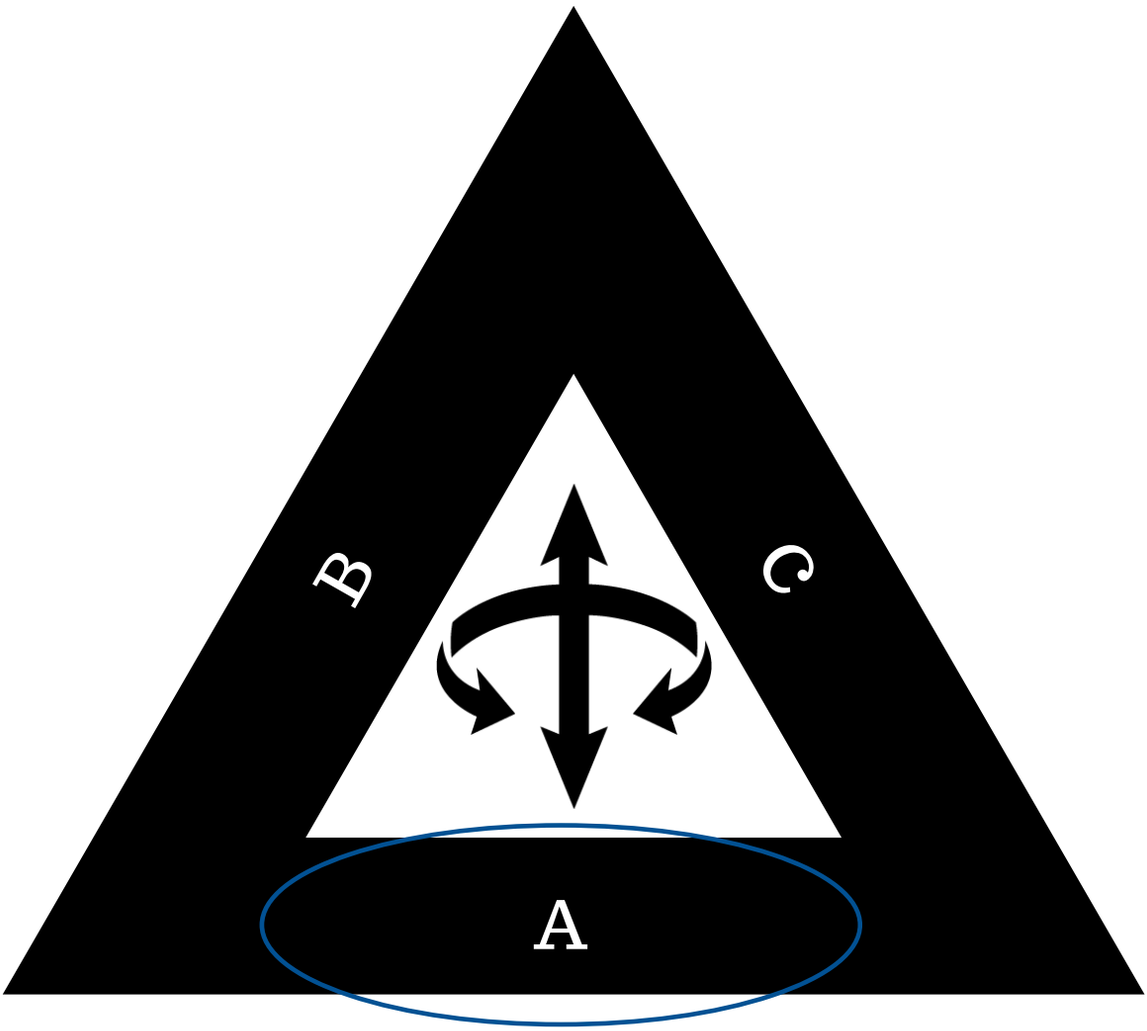
Fill in the missing categories

A._____

B.Flow of Set or Session

C. _____

Patterning Intent



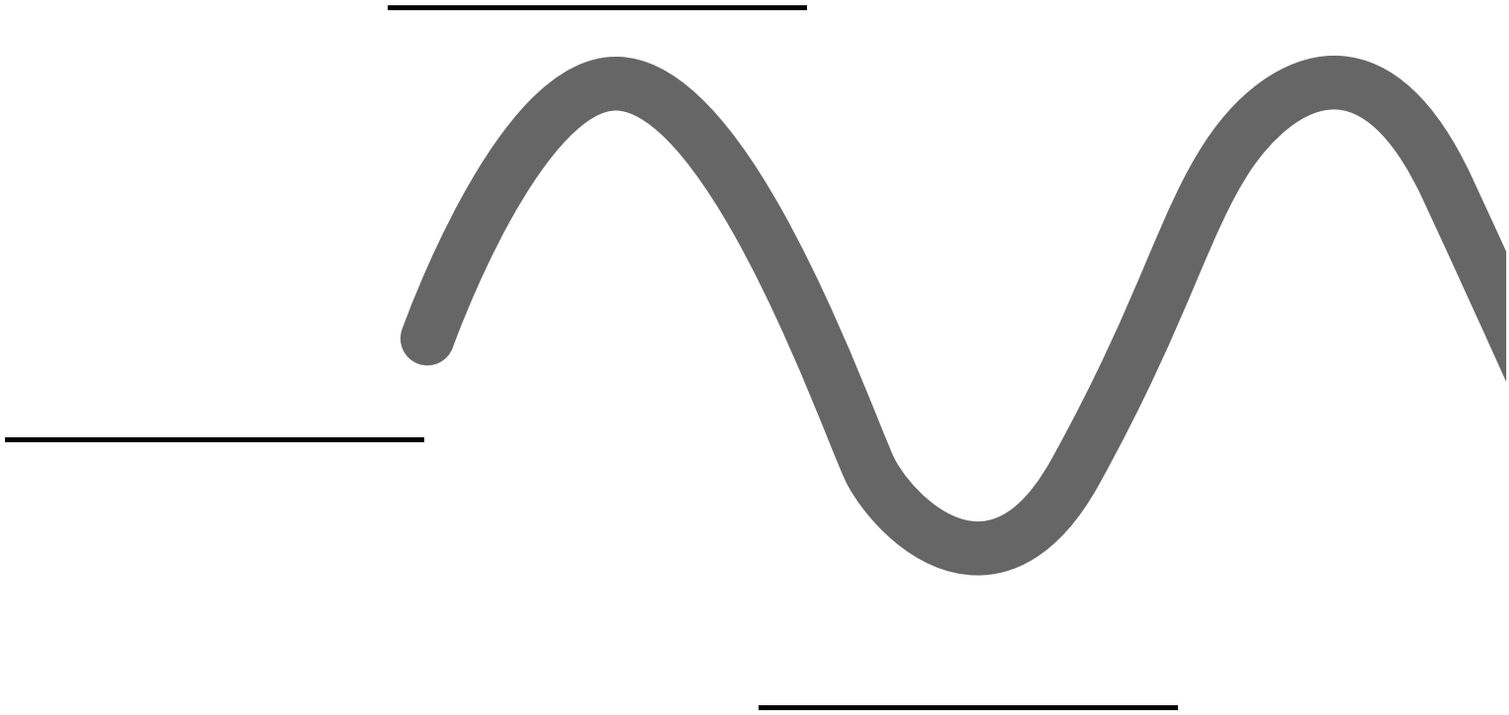
Fill in the missing categories

A._____

B._____

C. Athletic Transitions

Flow of a Set or Session



Match letters to appropriate target

A. Productive Recovery

B. Prep & Prime

C. Perform

Preferred Ratio 4:1

Warm Up:
___ 5min Light Jog w/ Pulsers

1 Set of 10 Reps:
___ Zercher Squat w/ Band
___ Split Squat Right w/ Pulser
___ Split Squat Left w/ Pulser

1 Set of 10 Reps
___ Zercher Squat w/ Band
___ Overhand Race & Chase

Cooldown:
___ Wall Stretch Right
___ Wall Stretch Left

Match letters to appropriate target

A. BTT - Bilateral Torsion

B. CCT - Coiling Core Training

C. RMT - Rotational Movement Training



Fill in the blanks:

1.The _____ and Chase

2._____ Wheel

3._____ Rolls

4. The _____

Holding your RMT® Rope

Match the letters to the appropriate target

A. Dual Wield B. OK Grip C. Hook Grip



_____

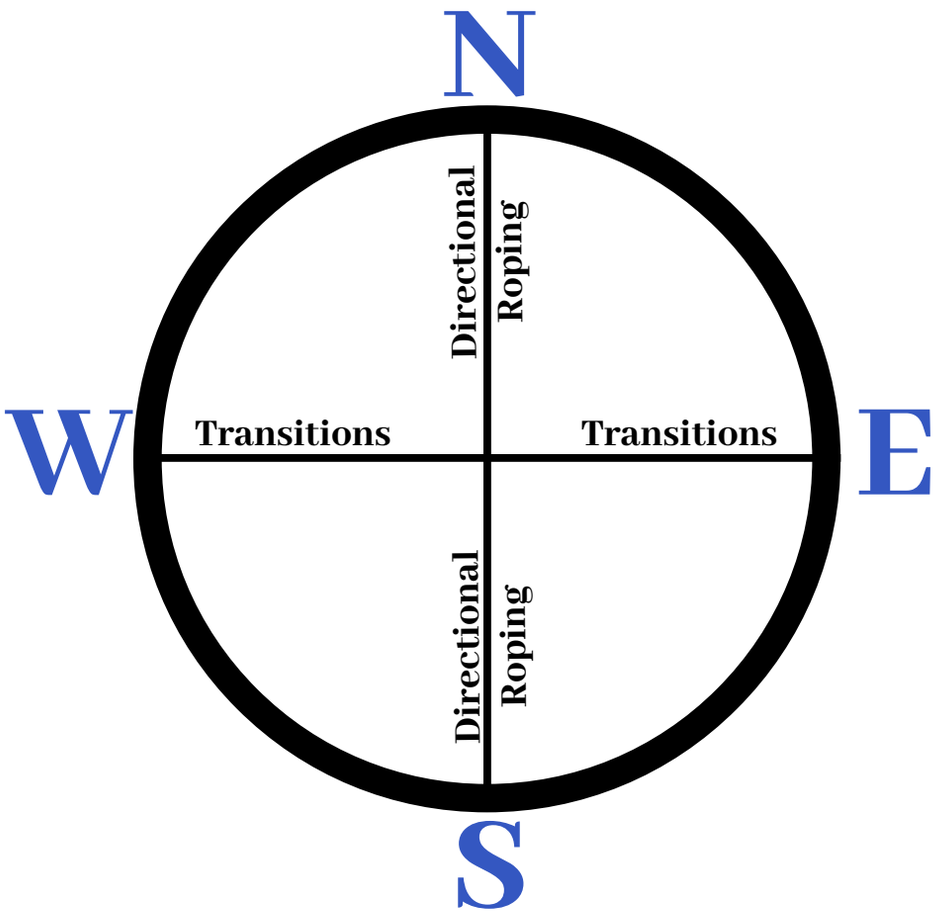


_____



_____

The Cardinal Law - Basic



Fill in the Blanks

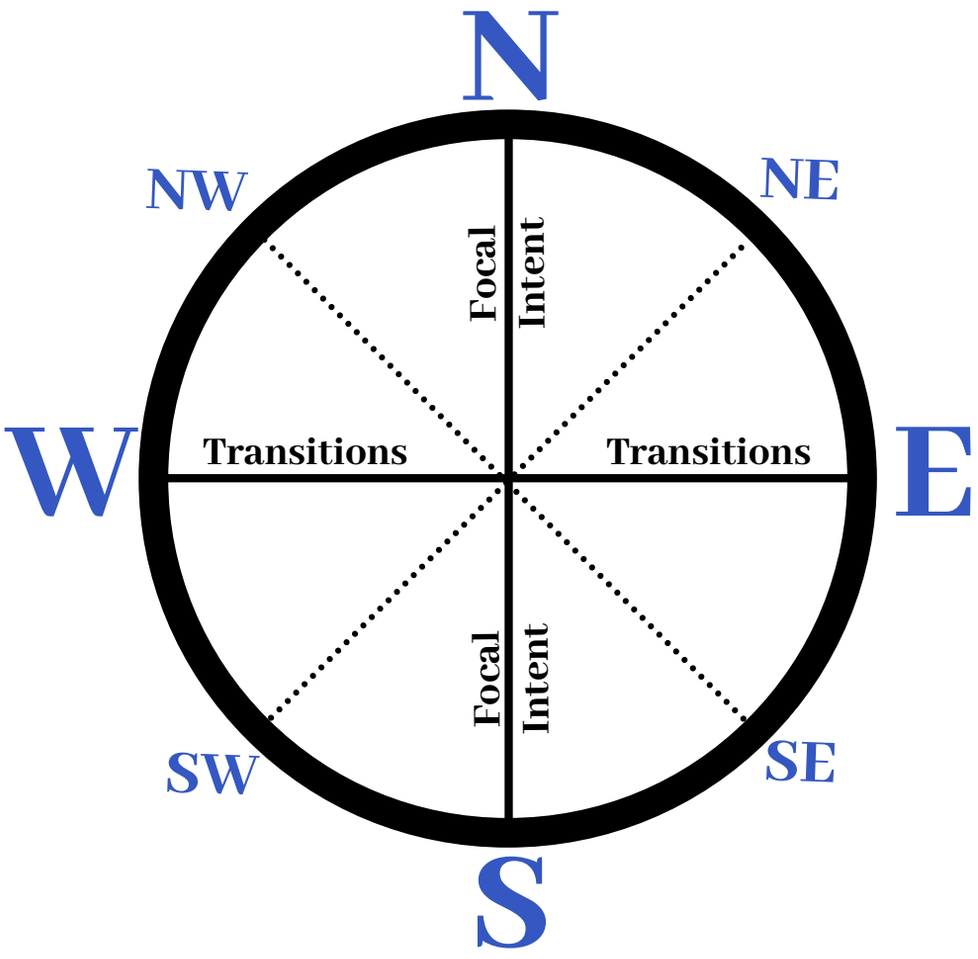
North =_____ Roll

South = _____ Roll

East = Transition Point

West = Transition Point

The InterCardinal Law - Advanced



Fill in the Blanks

North =_____ Focal Intent

NorthEast/West = _____ Roll

South = _____ Focal Intent

SouthEast/West = _____ Roll

ProPulse® Mechanics

Dynamic Feedback

1._____

2._____

3._____

Audible Feedback

1._____

2._____

3._____



Match letter to appropriate feedback:

A. Technique Indicator
B. Variable Resistance
C. Pacer (Cadence)
D. Shock Absorber
E. Provides Recoil
F. Easy to Synchronize

Fill in the correct name for these grips





Pulsing Drills Rotational Intent

Match Correct Letter to Drill

___ Center Running

___ Same Side Pulsing

___ Flutter Kick Pulsing

___ Jump Squat

___ SS Split Jump

___ Press Pop Push Up

___ Same Side Shuffle

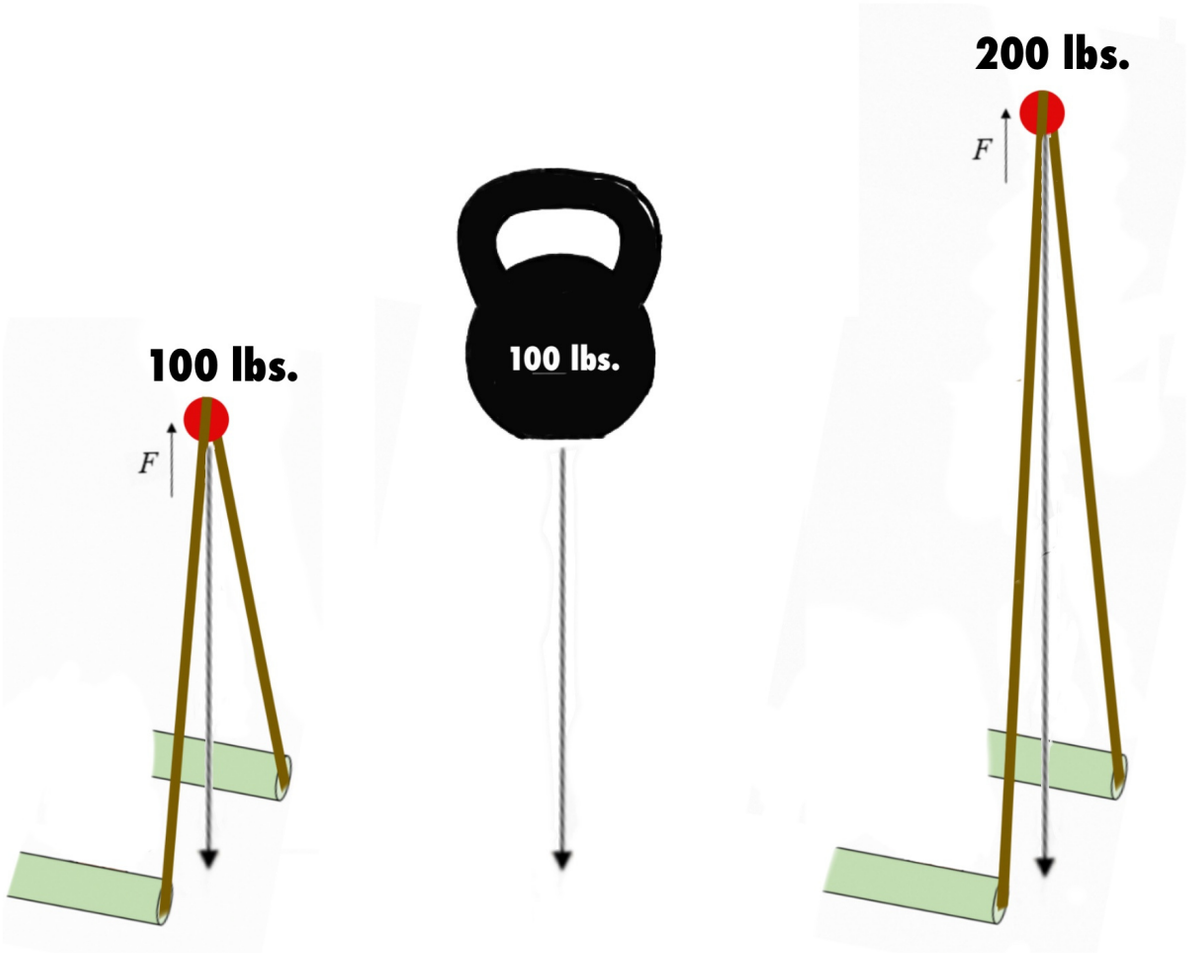
___ Bicycle Crunches

___ Alt Reverse Lunge



A. RMT B. BTT C.CCT

A **B** **C**



Order of Ground Contact

_____ First

_____ Second

_____ Third

Match letter to appropriate target

A. Near Steer **B. Far Steer**

_____ _____

BTT- External





_____ _____

BTT - Internal





Notes

Notes