



Coaches Certification phase 1: Personal Recode with a Coach

Cost: \$1,000\$_{USD} to be paid in full to the assigned recode coach

Movement Recode Overview:

Phase 1 of the Primal Movement Certification consists of a movement recode with a Primal Movement coach. Successful completion of phase 1 is required in order to participate in Phase 2: The Primal Movement Education Curriculum. The primary goal for phase 1 is for candidates to develop a complete intellectual **and** kinetic understanding of the 14 primal movements and general awareness of optimal patterns of healthy movement.

Candidates will receive:

1. 2 full assessments, assessing the candidates standing posture, squat, hinge, and gait.
2. Education and guidance of the 14 primal movements
3. 6, 60m session in person or through ZOOM
4. Text and video feedback of movements with their recode coach
5. Access to the Primal Movement Phase 1 Education Material through primalmovement.org

To graduate phase 1 candidates will have 6 months from purchase date to complete and pass their phase 1 final assessment with their recode coach.

*** In order to qualify for Phase 2 candidates must have successfully graduated from phase 1 within (18) months of phase 2 start date. ***

Required Materials for Phase 1:

- Quiet and sufficient movement space for weekly call(s)
- [Cloth resistance bands](#)
- Yoga mat or supportive floor space
- Knee Pads (Optional)
- Mirror for visual movement feedback
- Tripod (optional, it will come in handy the rest of the cert process)
- Wireless headphones (optional but recommended)

Phase 1 Final Assessment :

- Demonstrate competency of the 14 primal movements
- Successfully demonstrate proper standing posture, squat and hinge mechanics in final assessment
- Be able to demonstrate the 14 movements without inhibitory pain

- Free of inhibitory chronic pain / injuries

14 Primal Movements:

1. Decompression Breathing (Back lying, tummy time, and hinge position)
2. Tummy time (superman + sideband + reaching)
3. Rockers (+alternating, unsupported, sickouts, toes tucked and untucked)
4. Single Side Rockers (+unsupported, single side kickout)
5. Pigeon (+Half crawl out)
6. Neutral Air chair / OTW air chair
7. Squat (resting and active)
8. Hinge (decompression and active)
9. Drop in (+Lateral Drop in, Back Drop)
10. Tracer
11. Baby Crawl
12. Jaguar or bear crawl
13. Walk
14. Run