



TACFIT LEVEL 2 SENIOR INSTRUCTOR DIRECT STREAMING CERTIFICATION

The TACFIT organization is proud to announce that after nearly two decades of conducting in-person certifications, we are ushering in a new chapter with the introduction of our first-ever 100% online certification course. This 100+ hour physical abilities and coaching competency assessment has been carefully crafted in keeping with the highest standards our students have come to expect, including all of the rigorous instructional techniques and thorough testing components. These high-level standards have uniquely been at the forefront of our in-person certifications and have earned TACFIT the distinction of the “World’s Smartest Workout”.

With a goal of making these online certifications available to as many of our students as possible across the globe, the online course will take place over 11 weeks, with a mix of individual study, group streaming workshop, and several smaller, break-out group live instructionals available in multiple languages, thanks to our Team Leaders, including Spanish, Portuguese, German, Italian, French, Arabic and English.

Now you have the opportunity to be certified to become a Level 2, senior instructor under the direction of Néstor Serra, Director of Education, and the TACFIT Team Leaders. This is not just another Level 1 certification; the Senior Instructor is a representative of the "World's Smartest Workout", and for this reason we will ensure that candidates prepare themselves in the three most important areas of competency:

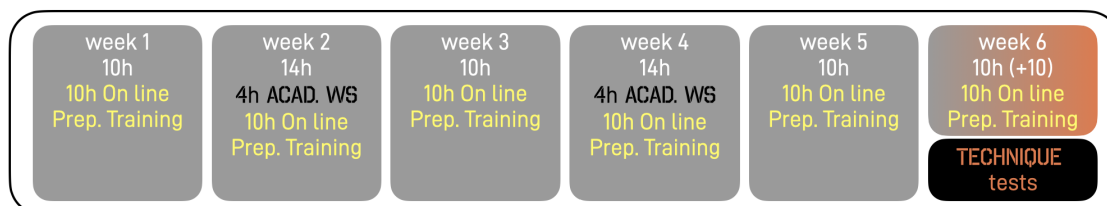
1. Knowledge of the system
2. Coaching tools
3. Technical development and performance of the system

Workload:

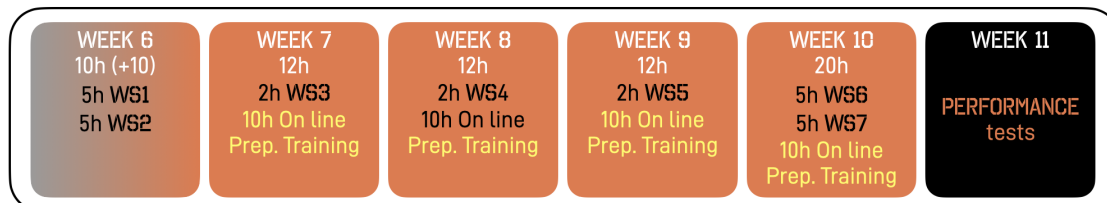
Online Training Program: 100 hours

Direct Streaming Educational & Teaching Training: 34 hours

ACADEMY - PHASE 1



CERTIFICATION - PHASES 2&3





Who can apply for Senior Instructor?

To apply for Senior Instructor it is mandatory to be certified as Field Instructor (Level 1) with a minimum of 1 year and a maximum of 4 years since the last TACFIT certification or recertification.

Cost:

New Certifications: \$900 U.S.

Recertifications (2-4 years): 250\$

We have established a work plan that we are approaching in three phases:

Phase 1: Preparation & Technique Test - 6 weeks

This is the period between the candidate's registration until the Level 1 face-to-face workshops begin.

The candidate is provided with a full 6 week preparation program for the technical tests, as well as an 11 week training program for the performance tests (the last part overlapping with the second phase).

In this phase the candidate will be assigned to a Team Leader or a Master Trainer who will monitor their progress and help in the preparation process.

There will be 2 Academy Streaming Workshops. These workshops will be 4 hours each, and held on Weeks #2 and #4. In these workshops we will review the technique requirements of the Level 2 test exercises as well as review the 26 protocols of the TACFIT program (concepts, metabolic systems, exercises, warm up and compensation and more),

In Week 6, before the certification starts, the candidate will perform the technique tests.

If the candidate successfully passes the technique tests, he or she will be able to move on to Phase 2

Phase 2: Follow-up and "Teaching" - 5 weeks

In this phase, the candidate becomes part of the educational team that will help Level 1 candidates, taking the lead with one of the preparation groups (while always supervised by a Team Leader) To this end, Level 2 candidates will supervise the preparation of Level 1 students for their respective certifications.

During Weeks 1 and 2 a small group of 5-8 students will be assigned to the SI candidate. They will be responsible for the group during the entire certification process, teaching, resolving any questions, correcting technique and supervising the physical preparation of the students. During Weeks 8, 9 and 10, Level 2 candidates will organize a Preparation Streaming WS with the group to review the curriculum.

A Team Leader will test the group members on technique and performance, and the improvement of the group will directly correspond to the instructional part of the process.

If the teaching phase is completed successfully; the candidate will move on to Phase 3

Phase 3: Performance Test – 1 week

The candidate will have 1 more week at the end of which he or she must take two performance tests under the supervision of a Team Leader. This will be done in live, direct streaming while additionally recording the tests for additional review by the Director of Education.

Candidates must pass all 3 phases to be approved.



Level 2 Dates:

The Training Academy preparation period will start on August the 31st, but the training will begin when the student registers for the process and his or her candidacy is approved by TACFIT.

The Schedule will be:

ACADEMY:

- Start of the training program – Aug. the 31st
- Academy WS 1 (4hours, everybody already registered) – Sept. the 12th
- Academy WS 2 (4 hours, everybody already registered) – Sept. the 26th

CERTIFICATION:

- **Technical Test** - Oct. the 9th
- Cert WS 1 (5 hours, everybody) – Oct. 10th (15h CEST, 13h GMT-UTC, 6h PTZ-USA)
- Cert WS 2 (5 hours, everybody) – Oct. 11th (15h CEST, 13h GMT-UTC, 6h PTZ-USA)
- Cert WS 3 (2 hours, small group) – Oct. 17th (or 18th, scheduled by the Group responsible)
- Cert WS 4 (2 hours, small group) – Oct. 24th (or 25th, scheduled by the Group responsible)
- Cert WS 5 (2 hours, small group) – Oct. 31st (or Nov. the 1st, scheduled by the Group responsible)
- Cert WS 6 (5 hours, everybody) – Nov. 7th (15h CEST, 13h GMT-UTC, 6h PTZ-USA)
- Cert WS 7 (5 hours, everybody) – Nov. 8th (15h CEST, 13h GMT-UTC, 6h PTZ-USA)
- **Performance Tests** - Nov. 14th (or 15th) with the Director of the Certification

What does it mean to be a SENIOR INSTRUCTOR?

What can you EXPECT?

After a minimum of 1 year teaching and training as a Field Instructor you may decide to increase your knowledge and become even more involved as part of the educational team.

Becoming a Senior Instructor involves joining the TACFIT educational team, assisting master trainers and team leaders in effectively sharing the principles of the system while training other fitness professionals who agree to abide by the TACFIT standards and the development of the system. This involves achieving a deeper knowledge in the training concepts and coaching practices to be able to share and teach them.

The Senior Instructor has the ability to teach other instructors and to help with certification preparations, tailoring mobility and compensation drills to meet lifestyle and occupational needs of a varied population, customizing the program to clients and adapting to their progress and transformation.

More than just teaching the program, the Senior Instructor will be able to adjust the schedule of the “waving intensity” to individual clients, ensuring positive growth and adaptations for them with consideration for life, training and other stress interactions.

During one of the workshops leading up to certification, the senior instructor will learn how to apply the Tactical Movement Screen– not merely as a pre-assessment, but actually how to screen and fix during training: to down-shift, re-engage, and then upshift back into the full exercise.

If you decide to go through this certification process, as a Senior Instructor you will be qualified in all four levels of the Alpha to Zulu Program, being able to adapt the exercises through the regressions and progressions, as well as create new exercises to reach all clients specific needs.

Most uniquely, you will learn how to coach other professionals, develop your own personal coaching psychology and be provided a complete toolbox of techniques that will prepare you to successfully teach a group.

Certification Requirements:

You will need to show competency on teaching the Field Instructors candidates, as well as successfully passing the level 2 technique and performance tests.

Teaching the Level 1 Instructors means leading them through the certification process successfully, helping them in their development, studies and improvement as it relates to their tests as well as their knowledge of the training philosophy and the TACFIT system.

There are four categories, grouped by sex and weight (male below 68 kg and 68 kg or over), female below 53 kg and 53 kg or over):

Technique test:

- Clubbells: (male 7kg Female 5kg)
 - Iron Cross: 5 reps
 - Double Swipe: 10 reps
 - Barbarian Squat: 5 reps
 - Double Side Swings: 10 reps L + 10 reps R
- Clubbells 2 hands: Gamma Cast 5 reps each side (male 12kg Female 7kg)
- Tools & Bodyweight:
 - Kettlebell Swing (24kg-16kg): 10 reps
 - Pull Ups: 10 male, 2 female. 10" max between reps.
 - Qtest Recruit Level: Front Lunge, Pull Plank Knee, Sit Thru Knee, Push-up Tactical, Spinal Rock, Tripod Vertical. 5 reps each side
 - Echo Protocol: (90/30 x 5) 2
 - Medicine Ball Jump Throw (6kg-4kg)
 - Quad Press Clapping
 - Ring Lawnmower Extension
 - Clubbell Gamma Cast (20kg-15kg)
 - Ape

Performance Test:

- Qualification Test – Instructor Level. 50 points. Below 80% HRM
 - Rear Lunge
 - Pull Plank
 - Sit Thru
 - Screwing Push-ups
 - Spinal Rock Pike
 - Tripod Overhead
- Foxtrot Test – 20'. Below 80% HRM
 - Male: 50 Pull Up – 50 KB PushPress (28-32kg) – 50 ClockWork Squat (15-20kg) – 50 Jump over box
 - Female: 30 Chin-Pull Up – 50 KB PushPress (20-24kg) – 50 ClockWork Squat (10-12kg) – 50 Jump over box