The Starrett System / Movement & Mobility 101/
Course Outline

Part I
A. Introduction and Key Concepts
1. Introduction (18:10)
2. Making the Invisible Visible (12:07)
3. The Overview Wheel (14:44)
4. Defining Normal (3:34)
B. Prioritization and Organization of the Spine and CNS
1. Spine First (12:46)
2. Spinal Archetypes (16:55)
3. Butt Wink (4:09)
4. Bracing and Breathing/Stiffness (12:01)
5. Bracing and Breathing: Practical Applications (17:49)
6. Two Hand Rule (3:32)
7. Braced Neutral and Braced Dynamic (6:40)
8. Head as the Keystone (4:10)
9. Neural Dynamics Primer (17:15)
10. Principles Protect us from Complexity (8:17)
11. Rules of Torsion (11:57)
12. Arthrokinematic Primer (4:21)
C. Introduction to Archetypes
1. Introduction to the Shoulder Archetype (5:52)
2. The Problem with the Incomplete Archetype (5:14)
3. Introduction to the Broken Shoulder Archetype (5:32)
4. Introduction to the Hip Archetype (7:38)

Part II
A. Torsion and Stability
1. Torsion Quick Test (6:38)
2. Active Vs. Passive Unimpeingement (4:49)
3. Why Big Toes Matter (3:19)
4. Torsion Quick Test: Shoulder (4:26)
5. Avoiding Rotational Shear (3:47)
6. Why Thumbs Matter (3:05)
7. Open Torque/Closed Torque (6:49)
8. Reciprocating Stability (6:17)
10. The Stability Problem with Sitting (7:14)
11. Why Feet and Posture Matters (7:57)
B. Load Order and Proper Sequencing
   1. Load Sequencing (5:06)
   2. Empty Can Test (2:06)
   3. 7 Green Lights (3:01)

C. Movement Hierarchies
   1. The Movement Hierarchy (4:39)
   2. Category 2 Movements (4:58)
   3. Category 3 Movements (9:57)
   4. Squat: Category 1, Category 2 and Category 3 (4:29)
   5. Overhead: Category 1, Category 2 and Category 3 (3:09)
   6. The Tunnel Concept (9:37)

Part III
A. Programming for Clients
   1. Conceptual Model to Evaluate Programming (5:38)
   2. Competing Patterns (4:48)
   3. Pattern Fault: Jump Rope (3:59)
   5. Translational Loading (5:17)
   6. Coaches Eye (Photos/Videos)

B. Mobilization Techniques Application and Methods
   1. Moving from Motor Control to Mobilization (11:08)
   2. Mobilization Safety and Consideration (19:14)
   3. Upstream/Downstream (3:44)
   4. Implications of Missing Ankle ROM (9:46)
   5. Restrictions and Proximal Stability (2:45)
   6. PNF Basics (12:11)
   7. Muscle Dynamics: PNF (5:51)
   8. Soft Tissue Techniques (14:10)
   9. Sliding Surfaces and VooDoo Floss (12:17)
  11. VooDoo Floss: Hip (3:58)
  12. VooDoo Floss: Shoulder (4:23)
  13. VooDoo Floss: Ankle (3:34)
  14. Sliding Surfaces and VooDoo X-Floss (7:36)
  15. Ball Whacking: Ankle (6:42)
Part IV

A. Special Applications
   1. Conceptual Model of the Shoulder (11:53)
   2. Asymmetries are Important (4:13)
   3. The Pelvic Fault (9:33)
   4. Programming for the Hypermobile Athlete (7:52)
   5. Programming: A When to What Order of Operations (9:36)
   6. Rehab Programming (8:43)
   7. Incidents Vs. Injuries (9:25)
   8. Incidents Vs. Injuries Part II (7:03)

B. Mobility and Beyond
   1. Movement Principles in Technology (4:48)
   2. Seeking Professional Help (4:05)

C. Self-Study
   1. *Bonus Content* 14 Day Mobility Challenge