

# THE STARRETT SYSTEM

## MOVEMENT & MOBILITY 102

### 1ST EDITION OUTLINE

#### **Week 1: Introduction & Background**

**Mon:** Introduction

**Mon:** The I-3 Model

**Tue:** Recognizing Red Flags & The Role of a Coach

**Wed:** The D2R2 Model

**Thu:** Breathing

#### **Week 2: Lower Extremity Archetypes**

**Mon:** Lumbar Spine Archetype Assessments

**Tue:** Squat/Hinge Archetype Assessments

**Wed:** Understanding The Role of the Nervous System

**Thu:** Blood-Flow Restriction & Occlusion

#### **Week 3: Lower Extremity Archetypes**

**Mon:** Pistol Archetype Assessments

**Tue:** Lunge Archetype Assessments

**Wed:** Scraping

**Thu:** Percussion

#### **Week 4: Upper Extremity Archetypes**

**Mon:** Thoracic Spine Archetype Assessments

**Tue:** Overhead Archetype Assessments

**Wed:** Front Rack Archetype Assessments

**Thu:** Proprioceptive Neuromuscular Facilitation (PNF)

#### **Week 5: Upper Extremity Archetypes**

**Mon:** Press Archetype Assessments

**Tue:** Hang Archetype Assessments

**Wed:** Compression Devices

#### **Week 6: Programming & Application**

**Mon:** Programming For Incomplete Patterns

**Tue:** Applying The TRS Advanced Assessments In Your Practice