

# Paragym certification program

The certification involves 300hrs of theoretical training, 200hrs of practical training and 18 months of conditioning (min. x5 courses/week). 5k.

## Theoretical aspects

- A study of numerous mind-body authors
- Multiple muscle chains theorists
- Therapeutic theory and intervention applied to the context of group conditioning
- A study of the techniques employed in artistic gymnastics
- An analysis human biomechanics in all street acrobatic domains
- In-depth pedagogical theory
- Various specialized topics: pathology, breathing, training parameters (power, eccentric load...), rhythmicity, game play...

## Practical aspects

- Multiple methods of manual assistance for all street acrobatic movements
- A personal training regime to assure one represents the ideal image of the movements one will eventually teach.
- Group instruction of course segments with detailed feedback.
- Touch
- Voice

If interested, or for more information  
please contact Drew Joffre  
([drew@paragym.com](mailto:drew@paragym.com)).