

SEQUENCE OF EVENTS

# XBT<sup>®</sup> SPEED



a concept by Klaus Kirsch



XBT BASIC INSTRUCTOR





# SPEED INSTRUCTOR TRAINING

## DAY ONE Duration from 10 am - 4 pm

### OVERVIEW DAY ONE

- Welcome the participants with a short introduction to the XBT® SPEED concept
- Basic introductory lesson without the XBT® fitness belt

### STEP #1 - basic techniques

Learn the basic techniques without the XBT® fitness belt

- Boxing techniques
- Kicking techniques
- Secondary techniques
- Functional exercises

➤ *The techniques are shown and performed by all participants*

### STEP #2 - basics structures of XBT® lessons

Construction of a lesson, explanation of both variants

- on beat from the music
- on time

- *In variant 1 (on beat): the music theory is shown and how to work with it*
- *Both variants are tested by the participants*

### STEP #3 - basics in the field of group workouts

Work in groups

- The participants are learning how to coach in front of a group
- The participants work in small groups and teach each other alternately

### STEP #4 - note the basics

Theory

Everything is recorded in writing

- *Execution and subtleties of the techniques*
- *Open question and answer session*

### End of DAY ONE

The trainer is flexible in the implementation of the training.

It depends on the level of performance of the participants. Questions can be made





# SPEED INSTRUCTOR TRAINING

## DAY TWO Duration from 10 am – 4 pm

### SHORT INTRODUCTION

- „Welcome everyone to day TWO“

### STEP #1 - basics with the XBT® fitness belt

#### Introduction and explanation of the XBT® fitness belt

- History and background knowledge
- Correct handling of the belt
- How to put on the belt
- Cleaning & care of the belt

### STEP #2 – introductory lesson with use of the XBT®

Short XBT®-SPEED unit carried out by an XBT® Mastercoach

### STEP #3 - basic techniques with the XBT® fitness belt

#### Learned basic techniques from day one , now with the XBT® fitness belt

- Boxing techniques
  - Kicking techniques
  - Secondary techniques
  - Functional exercises
- Techniques are shown and performed by all participants with the XBT® fitness belt
- Each participants should show a functional exercise so that everyone can create a collection of different moves and exercises

### STEP #4 - group workout practice

#### Practice the coaching in front of the group

After a short warm up, each participant has to do an XBT® unit in front of the group

- Feedback from the Group after the unit

### STEP #4 - theory

Learned knowledge is going to be recorded in written

## End of DAY TWO

**Special:** a brief look into the XBT®SLOWMO concept

(depending on how fast the participants completed the training)

