

GOATA - LEVEL 1

The GOATA Level 1 Certification is the first step in the journey for all aspiring GOATA Practitioners who are looking to master nature's movement code and unlock lifelong, pain free, performance for themselves and others.

The GOATA Level 1 Certification is a 3-Week immersive experience with a powerful combination of thorough online video modules and energetic group calls with the GOATA Head Coaching Staff. The course is approximately 12 hours of study that includes the most important foundational pieces of the GOATA system, the GOATA Global Laws, along with daily personal movement practice to experience the system first hand.

By the end of the course, students will be well versed in the unique philosophies of GOATA, with the ability to educate their clients on the importance of these behaviors and begin demonstrating the foundational framework of GOATA movement.

SCHEDULE OVERVIEW:

WEEK

1

- Pre-Course Material
- Group Call #1 (Fri)

WEEK

2

- Modules 1-4
- Group Call #2 (Fri)

WEEK

3

- Modules 5-8
 - Group Call #3 (Fri)
-

LESSON OVERVIEW:

MODULE 1 - THE DEFAULT OPERATING SYSTEM

- **The Default Operating System:** *Forward Locomotion*
- **Intro to Global Laws:** *Alignment & Design*
- **Intro to Global Laws:** *The Pressure Wave*

MODULE 2 - WHERE DID WE GO WRONG?

- **Did We Go Wrong?:** *Integration vs Isolation*
- **How to Fix It:** *Remapping the Musculoskeletal System*
- **Observation Science vs Lab Science**

MODULE 3 - WOATA 101

- **Sitting, Standing, Walking:** *The Cause of Chronic Pain*
- **Gym & Field:** *Patterning the Positions of Injury*

MODULE 4 - GOATA 101

- **The GOATA Global Laws:** *7 Global Laws of GOATA*
- **The Pressure Wave:** *Transfer of Energy*

MODULE 5 - GROUNDWORK 101

- **Groundwork 101:** *Why The Ground?*
- **Positions of Innate Origins:** *Back to the Beginning*
- **Decompressed System:** *Reclaiming Space*

MODULE 6 - GROUNDWORK 102

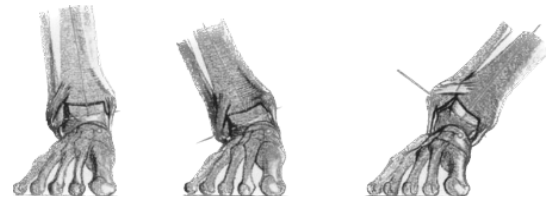
- **Groundwork 102:** *The Handwriting of Movement*
- **Controlling the Constants:** *Foot, Head, Compression*

MODULE 7 - RESTING POSTURES

- **Resting Postures:** *Milestones Approach*
- **Milestones:** *Alignment, Comfort, Endurance*

MODULE 8 - STANDING

- **Standing:** *Finding the Columns*
- **Alignment:** *The 45 Degree Grid*



At the conclusion of the course, Coaches who meet all the requirements will officially be named GOATA - Level 1 and can begin taking their new knowledge and skills to the world.

Coaches who meet all the requirements and pass all assessments of the Level 1 Certification, may be invited to continue developing in the GOATA Level 2. All details will be discussed once the Level 1 course is finished.