



GOATA - LEVEL 2

The GOATA Level 2 is the next step in the journey for GOATA Coaches who are committed to helping their clients master nature's movement code and unlock lifelong, pain free, performance.

The GOATA2 is a 10-Week immersive experience that picks up exactly where we left off in the GOATA1. The course includes both online video modules and energetic group calls with the Head Coaching staff. Each week the education will progress deeper and deeper into the GOATA methodology, with practical coaching application skills to implement right away.

In addition, students will continue progressing through their own personal GOATA Recode week by week.

By the end of the course, students will be fully equipped to evaluate clients, prescribe Recode protocols, and Coach all of the movement progressions from start to finish.

SCHEDULE OVERVIEW:

- 10-Week Immersion
 - Online Video Curriculum
 - Weekly Cohort Calls w/ Rick and Gary (10)
 - Complete GOATA Coaching Development
 - Professional Tools for Career Advancement
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PHASE 1 - PRE-MOVEMENT FUNDAMENTALS

WEEK

1

- Lesson 9
- Group Call #1 (Mon)

WEEK

2

- Lesson 10
- Group Call #2 (Mon)

WEEK

3

- Lesson 11
- Group Call #3 (Mon)

KEY TOPICS

- Levels
- Pre-Cornering
- Pressure management
- Orientations
- Stacking
- Perfect 10
- Common Errors

ASSESSMENT

Columns

- Front View
- Side View

IABH Suppleness

- 360° Squat
- 360° Hinge

RECODE PROGRESSION

Bilateral Series

- Bilateral Isometrics 201
- Advanced Bilateral 202

PHASE 2 - THE WALK

WEEK

4

- Lesson 12
- Group Call #4 (Mon)

WEEK

5

- Lesson 13
- Group Call #5 (Mon)

KEY TOPICS

- Assessing the Cycle
- Quiet Pressure Wave
- Key Landmarks
- Foot/Shin Relationship
- Load & Transfer
- Common Errors
- Retraining the Walk

ASSESSMENT

Walk Cycle

- Front View
- Back View

Constants

- BCD
- IABH
- Head Control

Pressure Wave

- Bow
- Corner
- Recoil

RECODE PROGRESSION

Unilateral Pressure Wave

- Unilateral Isometrics 301
- Advanced Unilateral 302

PHASE 3 - THE RUN

WEEK

6

- Lesson 13
- Group Call #6 (Mon)

WEEK

7

- Lesson 14
- Group Call #7 (Mon)

KEY TOPICS

- Assessing the Cycle
- Loud Pressure Wave
- Key Landmarks
- Foot/Shin Relationship
- Load & Transfer
- Common Errors
- Retraining the Run

ASSESSMENT

Run Cycle

- Front View
- Back View

Constants

- BCD
- IABH
- Head Control

Pressure Wave

- Bow
- Corner
- Recoil

RECODE PROGRESSION

Mastering The Pressure Wave

- Single Pivot Point Isometrics 401
- Advanced Single Pivot Point 402

PHASE 4 - PERFORMANCE TRAINING

WEEK

8

- Lesson 15
- Group Call #8 (Mon)

WEEK

9

- Lesson 15
- Group Call #9 (Mon)

KEY TOPICS

The Derivatives

- Cut
- Juke
- Jump
- Throw
- Swing

Performance

- Sled
- Landmine
- Henny

ASSESSMENT

Application

- Case Studies
- Peer to Peer

Technology

- GOATA App
- OnForm

RECODE PROGRESSION

Performance Progressions

- Landmine 101
- Sled Work 101

PHASE 5 - GOATA PROGRAMMING

WEEK 10

- Lesson 16
- Group Call #10 (Mon)

KEY TOPICS

- Putting it all together
- Client Communication
- Prescribing Recode
- GOATA App Training

ASSESSMENT

Application

- Case Studies
- Peer to Peer

Technology

- GOATA App
- True Form



At the conclusion of the course, Coaches who meet all the requirements will officially be named GLS GOATA - Level 2 and can immediately begin assessing clients and prescribing GOATA Recodes.

