

## **Foot Zone 1-2-3 Class Syllabus**

*You will determine as you go each day when to have a morning and afternoon break along with an hour-long lunch.*

### ➤ **Day 1**

- Prayer
- Student introductions
- Collect money owed for class.
- Power Point: Policies, History & Procedures
  - Have students sign the disclosure
- Power Point: Foot Zone 1-2-3
  - Discuss how the foot is like an origami
  - Teach the foot reference points
    - Have students draw reference points on each other's feet
    - Point out how our feet mimic our body types
  - Teach Phase 1 of the Foot Zone
    - Have students follow the drills in the book with their knuckles
    - After you teach Phase 1 then demonstrate the zone on one of the students
    - Then have the students practice on each other

Encourage Students to practice and memorize Phase 1 before tomorrow's class.

### ➤ **Day 2**

- Prayer
- Power Point: Gemi Zone
  - Teach the shortened version of the Gemi Zone
  - Demonstrate the Gemi Zone and how to use different gems in the foot zone

- Power Point: Foot Zone 1-2-3 (PHASE 2)
  - Teach Phase 2 of the Foot Zone
  - Have students follow the drills in the book with their knuckles.
  - After you teach Phase 2 then demonstrate the zone on one of the students
  - Then have the students practice on each other.
- Power Point: Foot Zone 1-2-3 (PHASE 3)
  - Teach Phase 3 of the Foot Zone
  - Have students follow the drills in the book with their knuckles.
  - After you teach Phase 3 then demonstrate the zone on one of the students
  - Then have the students practice on each other.

Encourage Students to practice and memorize Phase 2 & 3 before tomorrow's class. Or do the best they can.

### ➤ Day 3

- Prayer
- Practice Phase 1, 2 & 3
- Power Point: Foot Zone 1-2-3 (PHASE 4)
  - Teach Phase 4 of the Foot Zone
  - Have students follow the drills in the book with their knuckles.
  - After you teach Phase 4 then demonstrate the zone on one of the students
  - Then have the students practice on each other.
- If time remains, have students practice the complete foot zone.

Let students know that the faster they can memorize the zone and get their head out of their books the better.

Review with them how to access the online animated videos. These videos will not be unlocked until WLZ has been paid in full.

Remind them that after taking this class they have the option to roll half of this class' tuition over to the Foot Zone Certification. This offer expires in 6 months. I would set a date for your Foot Zone Certification class and let them know when that would be.