

# International Aerial Teacher Training Program

# RUBY KAREN PROJECT

[WWW.RUBYKAREN.COM](http://WWW.RUBYKAREN.COM) [info@rubykaren.com](mailto:info@rubykaren.com) (714) 330-7484

Who can take the IATTP Certification: Qualified candidates are:

1. A current aerial instructor with at least 1 continuous teaching experience (proof of experience e.g. W-2, W-9)
2. An aerial student with at least 2 years continuous enrollment; or
3. Any certified personal trainer; certified yoga, pilates or gyrotomics (copy of valid certificate); or
4. An aerialist, dance or gymnastic instructors with at least 2 years experience (proof of experience e.g. W-2, W-9); or
5. Any person who acquired residency of at least 20 teaching hours or 40 assisting hours in fitness, personal or gymnastic training or related disciplines (evidence required), 1 year or immediately prior to the IATTP training; or
6. Alternatively: Evaluation Test to be conducted by RKP to evaluate Strength - Endurance – Flexibility – Coordination skills (fee applies); and
7. CPR certification or its equivalent of the applicant's country (to be accomplished prior to release of IAATP certificate)

What does the IATTP offer?

The certification courses are subdivided according to two types: One is Fitness Programs and the other, Aerial Tricks

## A. Fitness Certification Courses:

These courses are designed to teach students whose goal is to indulge in an aerobic fitness work-out. The students are mostly in the beginners stage or have had very little or with zero fitness training. The following courses offered are:

1. **Hammock Fitness** – the most basic certification program, this low-height Hammock (loop on the hip level) is a great entry level for potential instructors as it requires less strength based skills. Its vocabulary contains a large number of floor exercises as well as tilting movements that develop flexibility, reflex sharpness, balance and somatic perceptions and strength.
2. **Aerial Hoop Fitness:** Basic hangs, chin ups and straddles in various shapes and form, make up for this program. Designed for students who already have fitness or sports background, the training focuses on clients who want to maintain and/or improve their current condition.
3. **Aerial Dance Fitness:** Aerial Dance Fitness is designed to meet the needs of both entry-level students and the seasoned athlete. Creating synergy by fusing ground movements with

the various aerial apparatus (tissu, hoop & hammock), half of the class time is spent on flexibility and strengthening exercises both ground and in the air along with basic dance and styling techniques side by side aerial combinations to improved posture, flexibility, strength and endurance.

### B. Aerial Performance Arts

The courses are designed for students who want to train as professional performing artists. The skill level associated with these courses is very high, and physical ability is demanding.

4. **Aerial Hammock Level 1** – High hammocks (chest level) Basic spins and individual tricks and combinations
5. **Aerial Hammock Level 2** - High hammocks (head level) Basic spins and individual tricks and combinations geared for professional performances.
6. **Aerial Hoop Dance**: Basic spins, swings, climbs, hangs and individual tricks and combinations for students who want to take their training into the performance level.
7. **Aerial Silks/Tissu Level 1**: Basic fitness skills on tissu including conditioning, strength and core work out with fundamental moves and neutral zones for combination moves
8. **Aerial Silks/Tissu Level 2**: Advance tricks e.g. swings, climbs, drops, spins, dive rolls and styling combinations and transitions requiring moves on vertical space of no less than 18 feet

#### What is covered under the IATTP program?

- All programs will have essential rigging sessions, safety protocols, injury prevention, spotting sessions, open aerial practice and 1 hour private session
- Aerial exercises, Moves, Basic to High End Tricks, Transitional & Neutral Zones, Combinations
- Except for the Fitness Programs, all will have composition, choreography and creativity sessions
- There will be ground works including contortion based flexibility and stretching, graceful entrance, exits & transitions, dance choreography and acrobatics. These shall be scheduled during apprentice sessions.
- There will be culminating presentations: Practical Examination in the form of teaching and performance (depend on the program) and Written Examination
- There will be a business consultancy forum session (available at our local stations – Costa Mesa & Los Angeles)
- Other amenities that inherently arise during the training week.
- An IATTP Certificate of Completion
- Discounted aerial apparatus, gears, fabric and hardware and certified rigging services

#### Training Time:

We have the Fast Track (4-5 days) and the Regular Track (3 months).

Our next schedule Fast Track IATTP session is on \_\_\_\_\_  
Regular Track: Every 1<sup>st</sup> Wednesday of the month.





### Tuition Fees

- Hammock Fitness or Hoop Fitness: \$1000.00
- Aerial Dance Fitness, Aerial Hoop Dance and Aerial Silk Level 1: \$1,350.
- Level 2: Aerial Hoop Dance & Aerial Silk: \$500.
- Examinations: Written and Practical: \$500. if you plan to skip the training program.
- Pre-Qualification Evaluation Test: \$100.00
- Crash Course: \$750. not including the examinations
- Certificate Renewal Fee: \$150.00
- Manual: \$75.00

### Number of Hours for the IATTP:

Hammock and Hoop Fitness Programs: 20 - 25 hours

Level 1 Aerials: 20 - 25 hours

Level 2 Aerials: 10 hours.

Level 2 requires completion of Level 1 certification plus written and two practical examinations (teaching and performance for composition/ choreography)

### What if I do not want to take the IATTP but want to get certified?

An aerial teacher or an aerialist with at least 2 years of continued teaching experience prior to certification can be certified provided that he or she passes the written and practical examinations. Since the examination covers mostly what is learned during the IATTP session, another alternative is to take a crash course (4 private sessions, group classes, open practice sessions and educational material) in order to prepare for the required examinations to learn the fundamental, mandatory and structured syllabus.

### Educational Materials

IATTP provides a structured outline with vocabulary, tips and pertinent guidelines. Due to language disparity, we have concluded that it is to the best interest of the student applicant to take responsibility in drawing and writing down in their own words, details of what they are learning during program sessions.

### Examinations

Enrollment to any of these programs DOES NOT GUARANTEE passing the examinations. We will do our best to train you so you can pass and be ready to teach. The passing mark is 75% for foreign nationals, and 80% for US residents. If you do not pass, you can take the practical examinations within 6 months so you can master your teaching and choreography executions. We will also give you residency training hours if you select to do so. When you are ready, you can re-take the examinations within 6 month. We will give you a 75% discount (\$125.) for one or all your examinations. If you are not able to make it personally, we will allow a video submission as a

substitute for your practical examination.

How long is the IATTP Certification valid for and how do you maintain your certification?

The certification is valid for 2 years. After which, as an IATTP certified instructor, you would need to renew your status by undergo continuing education in many forms, as well as pay your annual membership fee. Current membership fee is \$150. And your renewal payment can be made six (6) months prior to the expiration of your certification.

Continuing Education

Aerial Arts America is the governing body that endorses educational standards in the aerial arts discipline. Its function is to uphold the high standards by recommending, approving, endorsing and promoting educational tools including continuing educational programs, workshops, events and alike. Our website will list several programs which Aerial Arts America will endorse plus other programs it sees fit that contribute to a certified instructor's overall teaching performance. Continuing education shall be calculated by number of points earned. Each program, class, workshop or event shall have an equivalent point. You can also recommend some classes that you feel are helpful for a specific discipline and we will bring this to the board for approval.

Contract Relationship

The student applicant will need to review, understand and execute an agreement relating to any media files produced or generated during training, as well as subject matters relating to copyright, trademarks and intellectual property materials. Contents of this agreement will be provided for your review before finalizing your enrollment.

