

FITHOP[®] KIDS

THE
7
ELEMENTS
FOR SELF
DEVELOPMENT

PROGRAM OVERVIEW

The **7** Elements For Self Development™

PROGRAM OVERVIEW

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WHAT IS **FITHOP**[®] KIDS

Elevated learning through the unique synthesis of music and physical education, where **rhythm and rhyme** are the guiding stars.

THE ACRONYM:

As it sounds, the word **FiTHOP** is a fusion of the two cultures; fitness & hip-hop. However, it is also an acronym – meaning each letter stands for something significant.

FiTHOP is a:

**FUNCTIONAL INTEGRATIVE
TRAINING & HEALTH
OPTIMIZING PROGRAM!**

Functional

At the heart of our program is the FUN in functional. We're about building skills for exercise and beyond, making life a joyful journey.

Integrative

Synthesizing principles and exercises from a number of different practices and disciplines, bridging the gap between Eastern and Western philosophies.

Training

A structured process of safely challenging the limits of our body and mind.

Health

With a focus on life's most valuable asset, our health! Which is when the body and mind are aligned.

Optimizing

Maximizing the efficiency and quality of our performance.

Program

a structured series of lessons and exercises designed to develop proficiency in physical, mental, and creative performance.

10 RULES OF **FIT HOP**[®] KIDS

RULE #1
YOU GOTTA HAVE FUN

RULE #6
FIRST WARM UP. THEN DO TRICKS

RULE #2
DO THE BEST YOU CAN DO

RULE #7
NEVER SKIP A LESSON

RULE #3
DON'T FORGET TO BREATHE

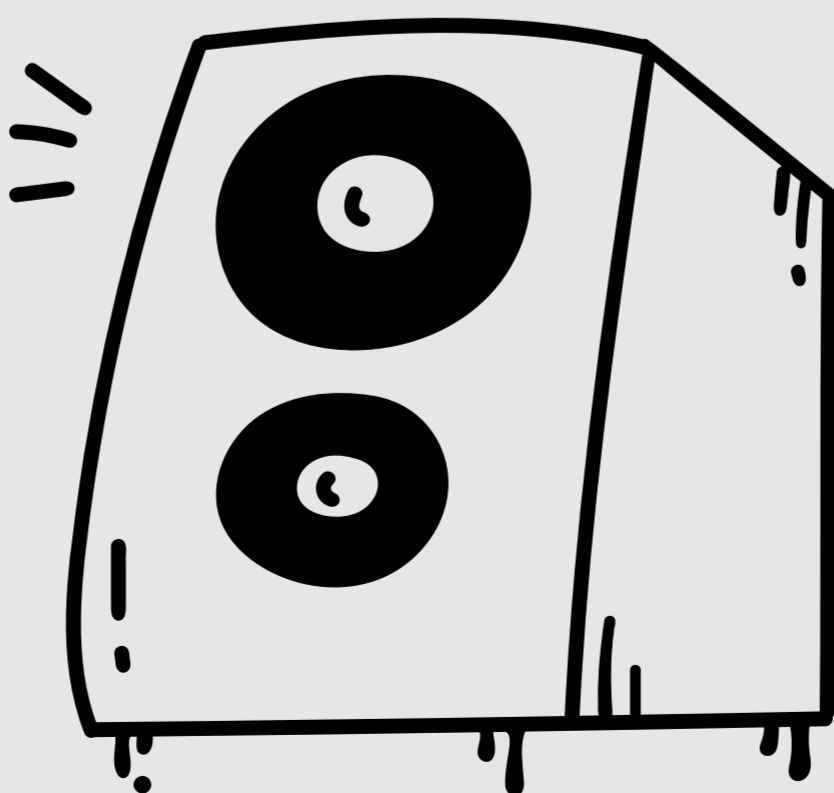
RULE #8
SIT AND STAND STRAIGHT

RULE #4
ALWAYS ENGAGE YOUR CORE

RULE #9
YOU GOTTA SWEAT SO YOU CAN SHINE

RULE #5
YOU GOTTA GIVE IT A TRY

RULE #10
PRACTICE AGAIN AND AGAIN



XYZs

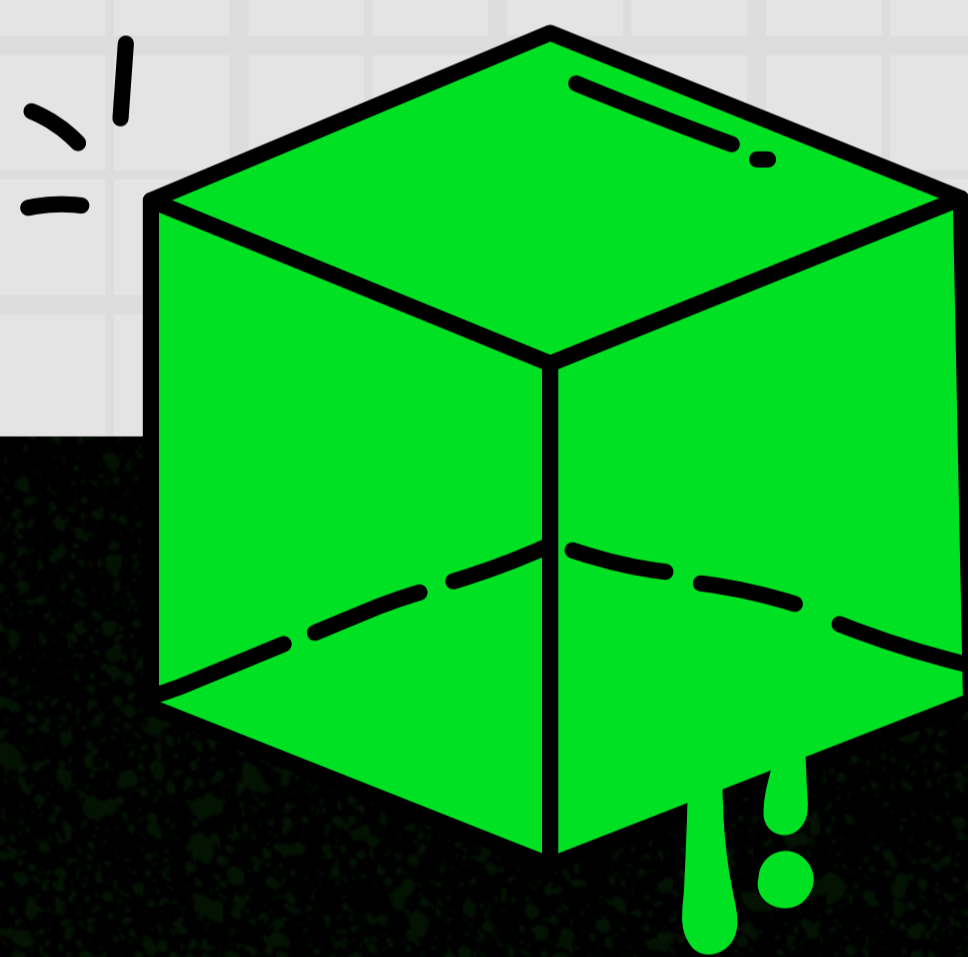
Just like we need to learn our ABCs before we can write, we need to learn our XYZs before we can exercise.



Why? So we can perform our exercises with proper alignment. This helps to prevent injury, synchronize movement with each other easily, and ensures our body's longevity. If you think of it as a car, more mileage and less maintenance.

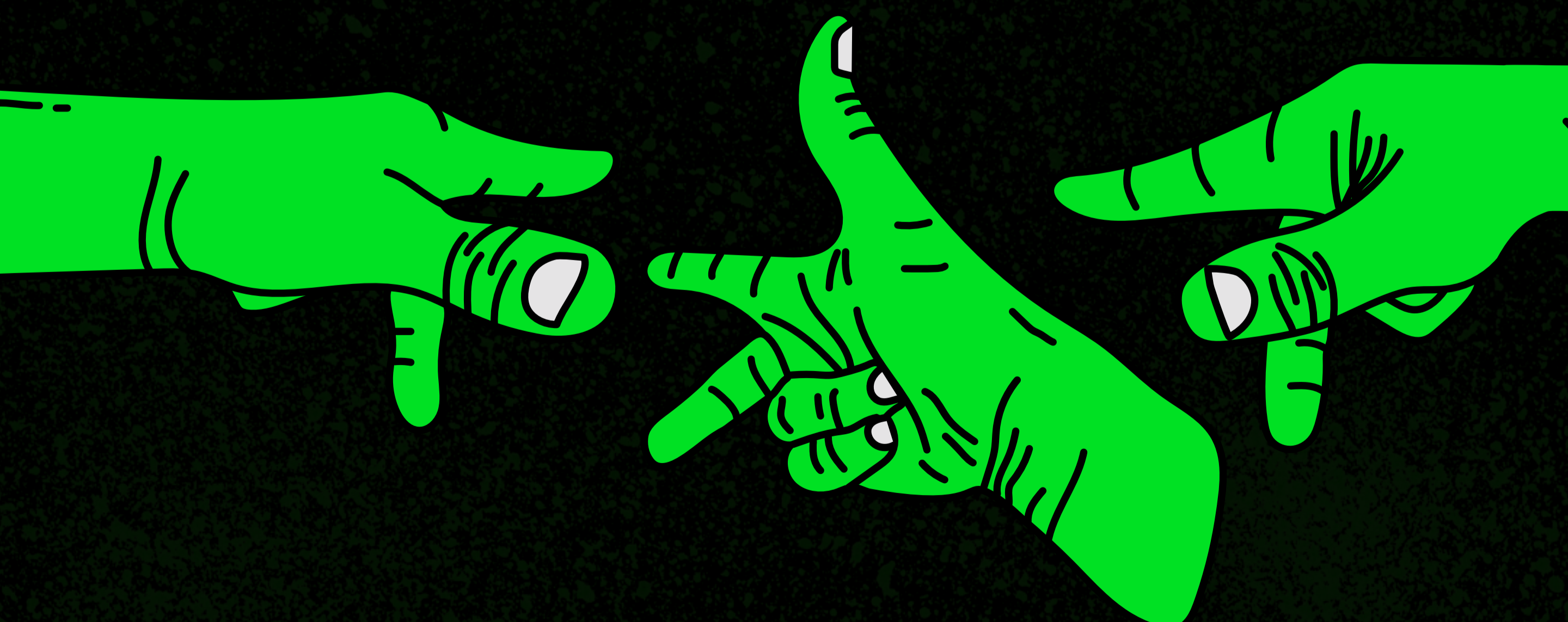
X, Y, and Z represent the 3 planes that make up our 3D physical world.

You can visualize these planes as the walls, ceiling and floor of a room.



XYZ Mudra

Mudra means hand symbol.



X

The thumbs represent the line of movement going **left & right**.

Y

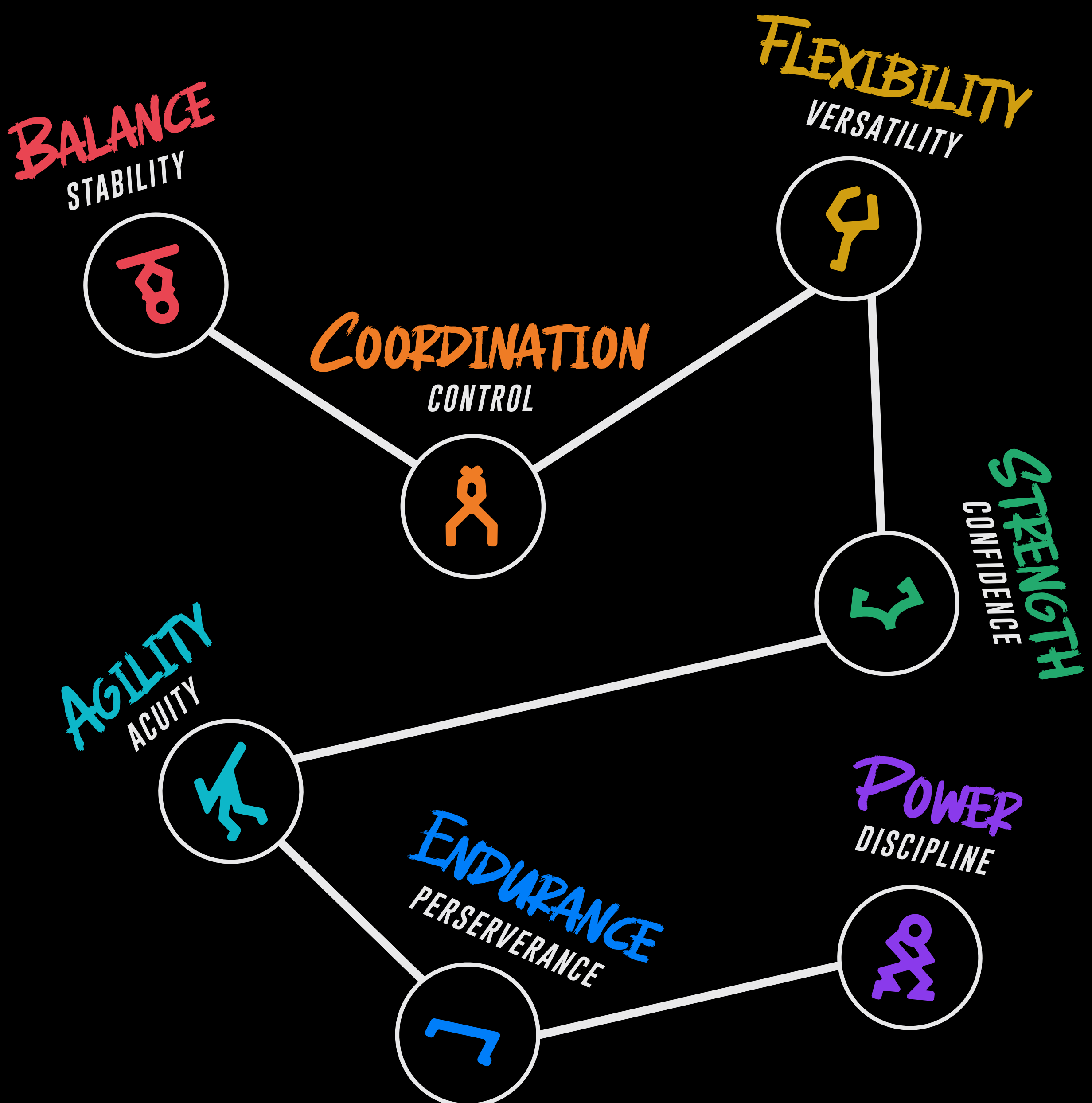
The index fingers represent the line of movement going **forwards & backwards**.

Z

The middle fingers represent the line of movement going **up & down**.

The **7** Elements For Self Development™

By harnessing the **7 FITHOP** Elements for Self Development, participants are able to achieve power over their mind and body.

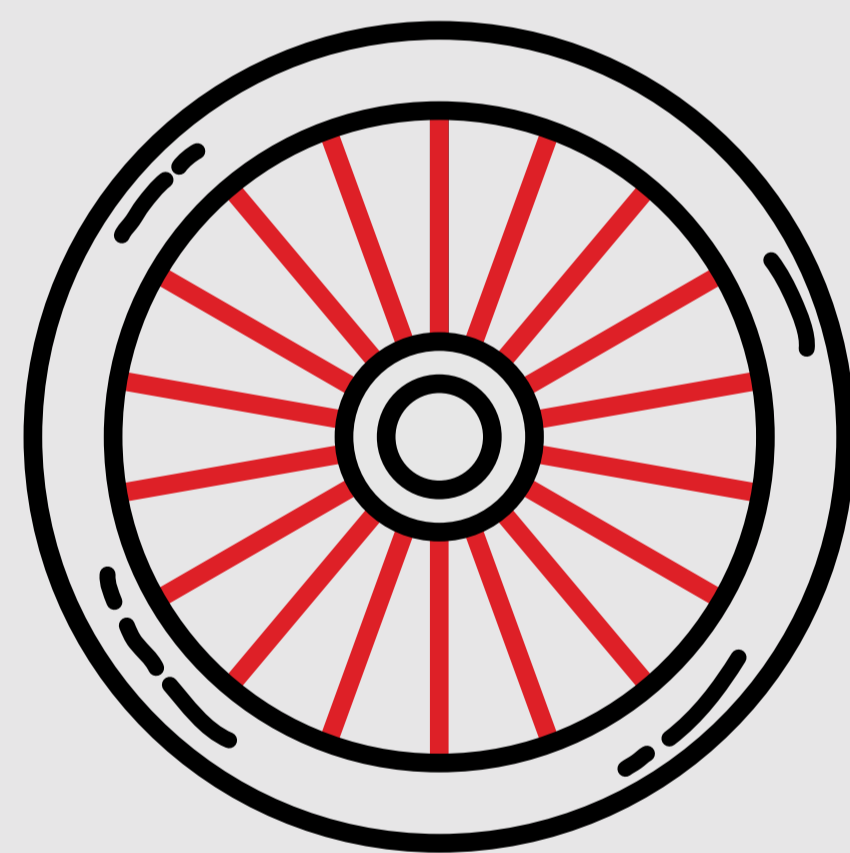


The keys to unlocking peak performance lie within the **The 7 Elements for Self Development™**. Irrespective of whether your passion is soccer, track & field, gymnastics, dance, martial arts, or a seemingly modest activity like bowling, these elements act as the compass guiding you towards your personal best.

Why 7? Picture these 7 elements as resemblant of the rainbow's 7 vibrant colors, the days in a week, the notes in a musical scale, and even the 7 planets at our solar system's core.

A relatable metaphor is visualizing a bicycle wheel: just as its spokes need equal tuning for a smooth and secure ride, our development thrives on nurturing all 7 elements.

One really great way to understand the importance of why we need all 7 elements is by picturing a bicycle wheel. In order for it to roll smoothly and safely, each spoke of the wheel must be tuned equally.



Each element is a pair. Like Yin-Yang, each works together for both the body and mind to be in balance. Speaking of balance, the first and foremost element is Balance. Balancing on one foot, on a balance beam or riding a bicycle are examples of balance of the body, however balancing your meals for optimal nutrition is equally important. Why? Because 'Food affects your Mood'. Your emotions affect your mental state which affect your ability to focus and concentrate as well as to regulate your heart rate.



Let's take a closer look at each element...

BALANCE

STABILITY



Balance is the first element for self development.

In our mind, it represents

the power of Stability.



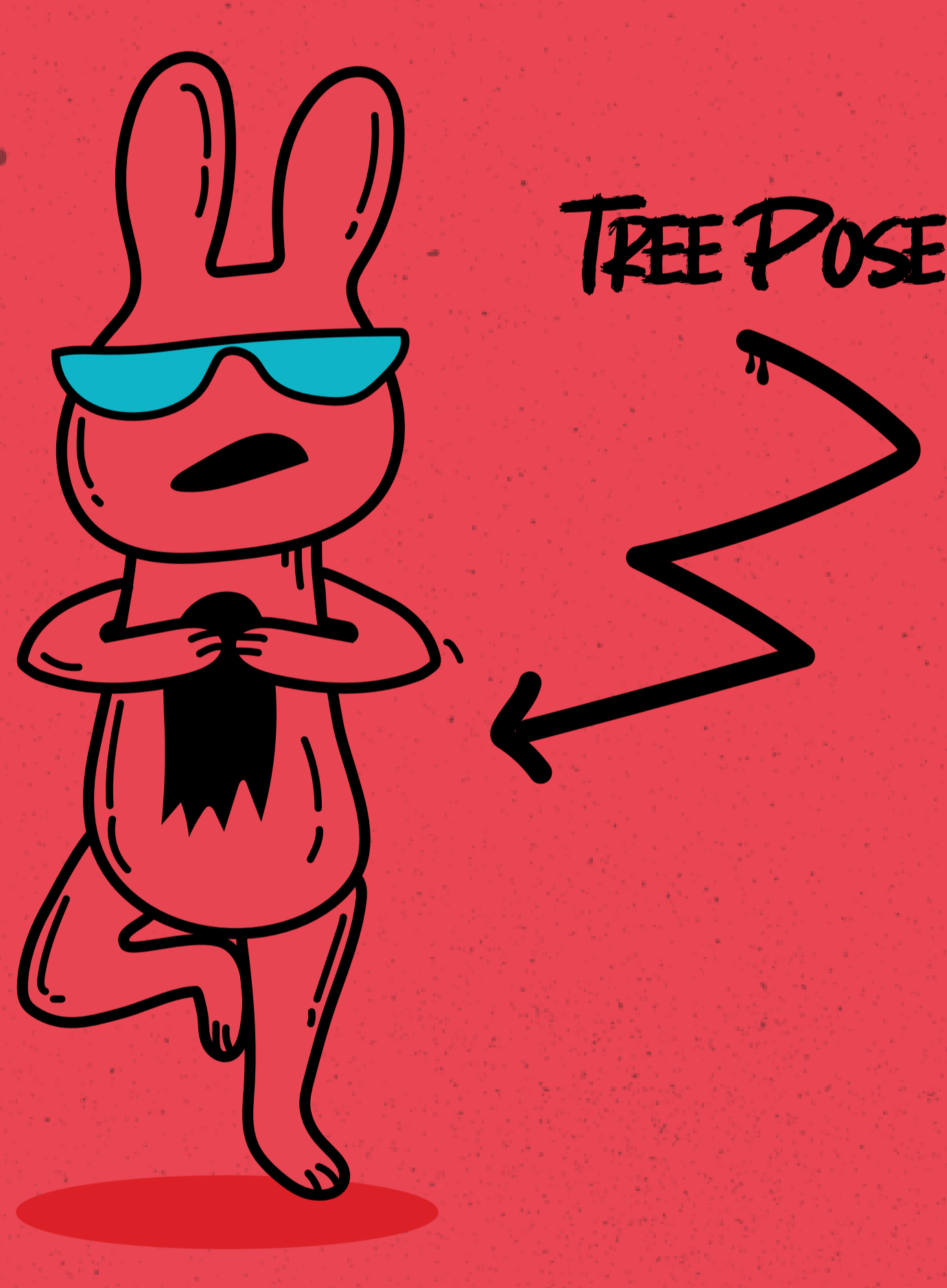
Balance is the ability to maintain your center and stability at all times.

Whether lifting your foot, skateboarding, or walking on an icy surface, you need balance. Fortunately, the human body comes equipped with its own balance - two arms, two legs, two ears and two eyes. In movement, we have smooth, easy and graceful motion. And in stillness, we have peace, calmness, and attentiveness.

There are 3 main types of Balance:

1. Stillness

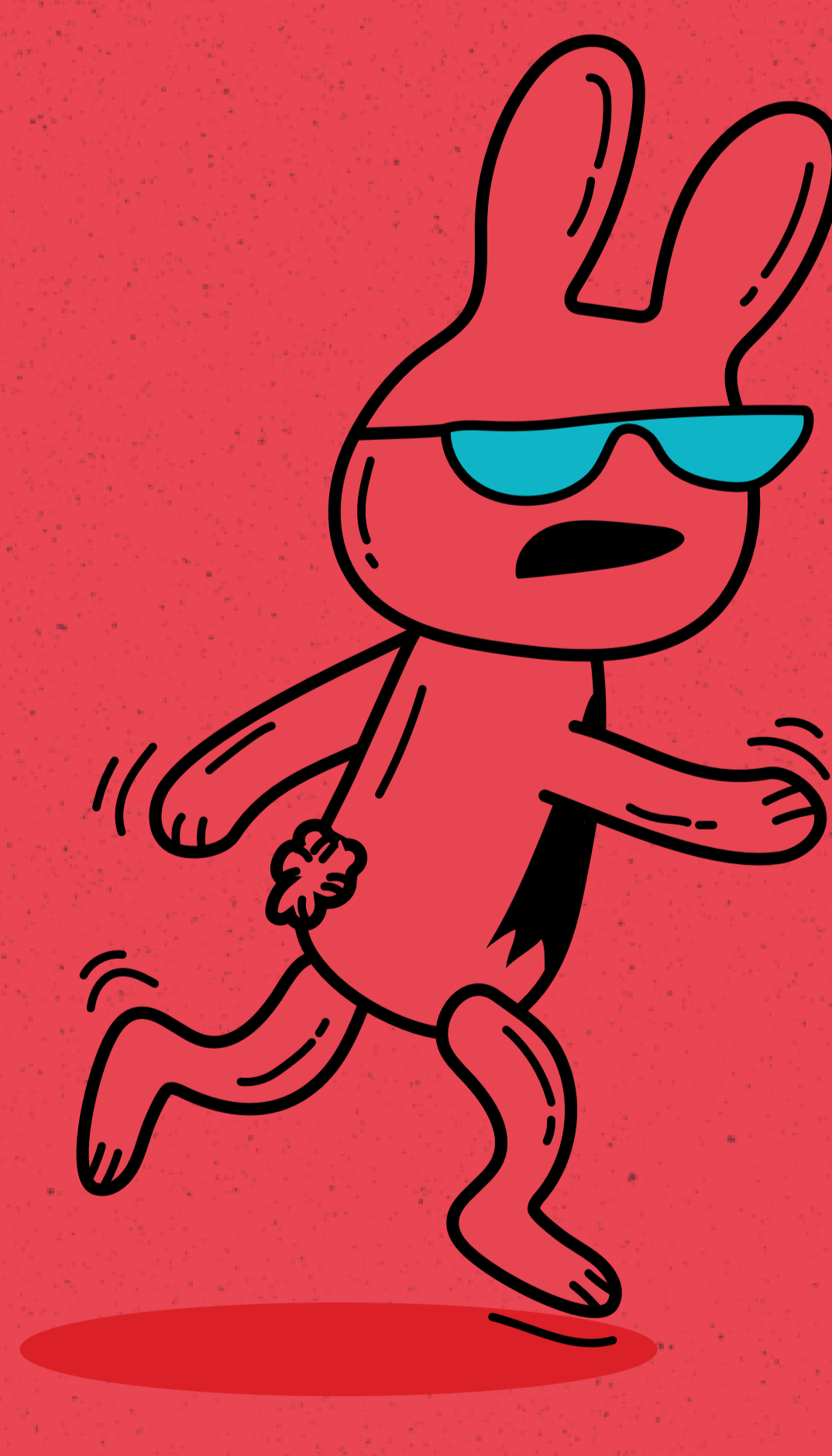
These include positions like simply standing upright with proper posture or on your tippy toes, or even just your heels - which is harder! Or even harder still, it can be standing on your hands in a handstand or holding out a side kick. **These are all positions or postures where there is NO MOVEMENT.** Yoga poses such as the Tree Pose or Warrior Pose are examples of this kind of balance.



The challenge is to hold the position without wobbling too much. Here we explore the edges and limits of our own body weight. For example, how much we need to lean to the left when we lift our right foot off the ground.

2. Dynamic

This is **balance** in motion. Where there IS MOVEMENT - for exmple walking in slow motion, tippy toeing, lunging or kicking. The challenge is to maintain stability throughout every part of the movement.



3. Acrobatic

This is the most challenging of the 3 because it involves leaving the ground and being in mid-air like when jumping on a trampoline, hopping on one foot or leaping from one spot to another. The challenge is being able to stick the landing as gracefully as possible, like a cat. In order to master balance, we must understand counterbalance. For example, when we walk, our left hand swings forward as we step forward with our right foot and vice versa. Although the body has learned to counterbalance naturally as we grow, we can enhance our balance even further in a number of ways. The main equipment we use for teaching balance is the stability ball and foam roller - which are simply geometrical shapes. They challenge us to maintain stability because they create an unstable surface.



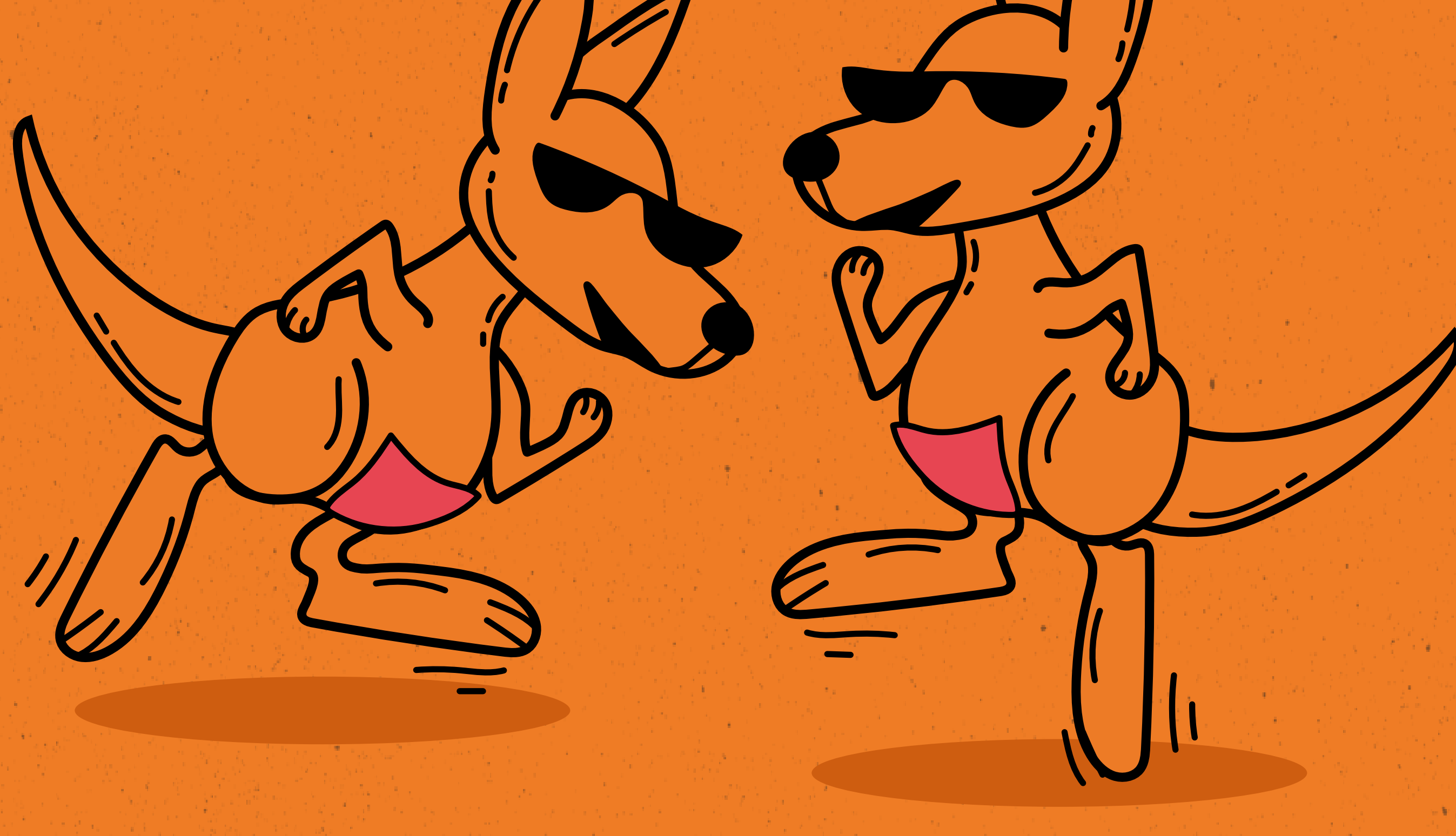
With good balance, you will feel strong, calm and safe with every movement - even when things seem difficult or uncomfortable, we stay centered!

COORDINATION

CONTROL



Coordination is the second element for self development. In our mind, it represents the power of Control.



Did you know that we use 200 muscles just to take a single step forward?

We have to make sure we are counterbalancing at every moment otherwise we'd trip over our own feet. We don't think about it, but that doesn't mean we are not using coordination all day long. We are just lucky that our brain has the incredible ability to remember.

But what if you wanted to play the drums? Or beatbox, or dance?

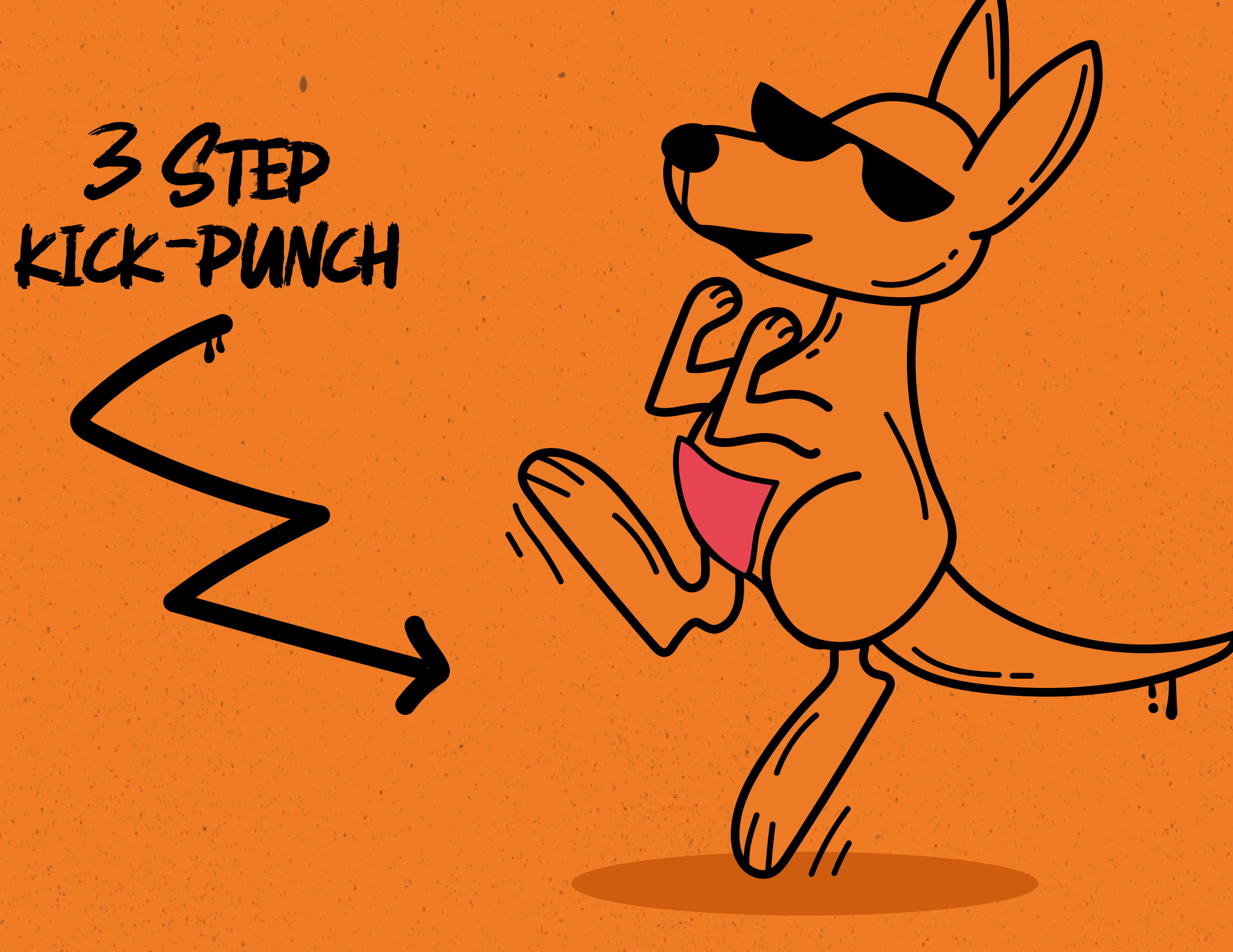
You would need a lot of coordination. The only way to develop this element is with practice! When we repeat a movement over and over again, our body also learns to remember. This is called 'muscle memory' and it is why we don't have to think of all 200 muscles in order to take a single step forward.

All skills whether catching a ball, swinging a bat, kicking a punching bag, or even spinning on your head are all just controlled muscles which we have developed through diligent practice.

There are **3** main types of Coordination:

1. The ability to have control over your own body.

Being able to separate the left and right arms and legs, like patting your head while rubbing your tummy, following a 2 step dance move or just repeating a kick-boxing combination are examples of this type of coordination.



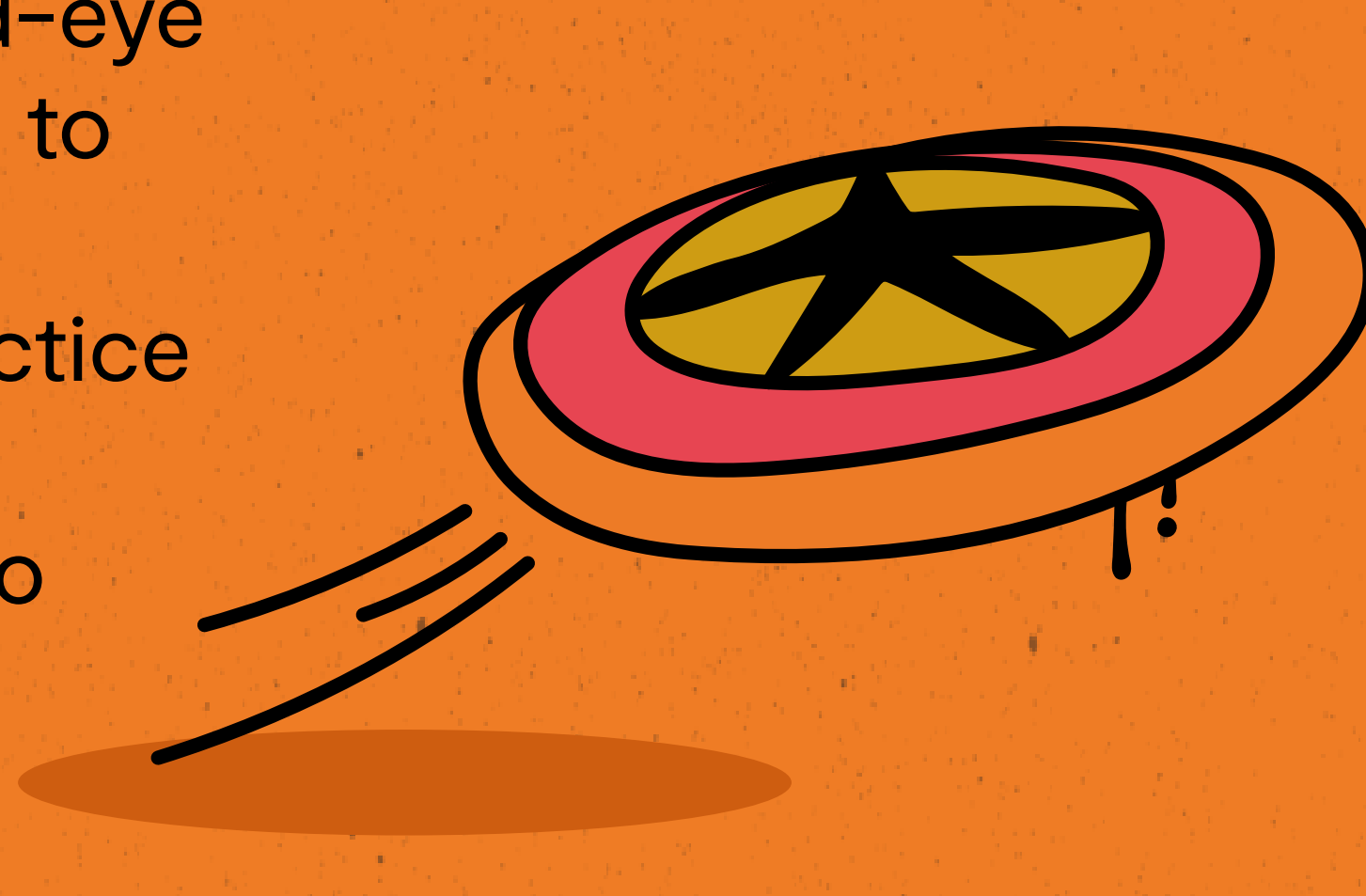
2. The ability to control the timing of your movements.

These exercises require having a good sense of rhythm. Dancers, boxers, and drummers have a lot of this type of coordination. Musicians are masters of this control in order to play together and stay on beat. We must however, learn what 'tempo' and 'meter' are in order to master this type of coordination.



3. The ability to throw and catch an object such as a ball or frisbee.

This is also called hand-eye coordination. We need to really understand our **FITHOP XYZs** and practice the first two types of coordination in order to master this one.



The result of coordination is the complete control over your body, but most importantly over your mind, your choices and knowing when is the right time because there is a time for everything.

We don't ask our parents to go to the park 5 minutes before bedtime just like we don't plant a vegetable garden in the fall.

Self-control is a powerful tool when it comes to life - especially on the playground.

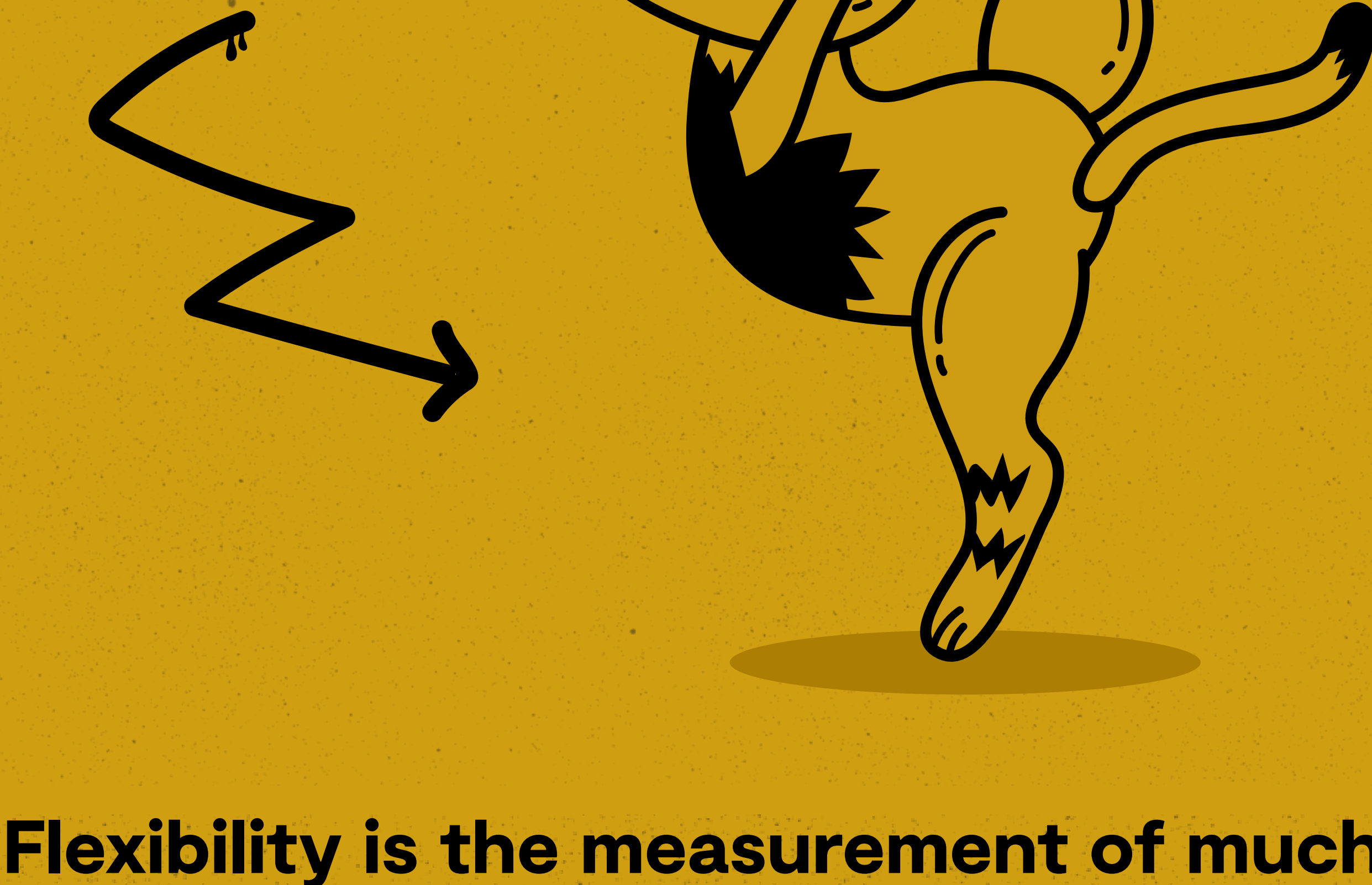
FLEXIBILITY

VERSATILITY



Flexibility is the third element for self development.

In our minds, it is the power of Versatility.



Flexibility is the measurement of much your body can bend and twist.

The proper definition is 'range of motion at your joints'. It is important not to confuse flexibility with being double-jointed however, because the key to flexibility is having an equal amount of strength and stability. Muscles that are too stretchy are easily injured. Just like Yin and Yang, flexibility and strength work together to keep your joints safe!

The safer your joints are, the more comfortable it is to push your limits and explore different styles of movement. The word versatility comes from the word 'versatile' which means 'many different styles'.

Flexibility is the key to 'longevity' which means 'living for very long'. Why?



Because having long and strong muscles is like having a highway with many lanes for your blood cells to travel through.

Your blood carries your 'Chi' which is your life force energy. The best way to visualize your body is like a battery, so the more easily your blood can circulate, the faster and longer you body can recharge.

Flexibility is also the ability to bend without breaking which is very beneficial because life has a way of testing how far we can bend without breaking. Being flexible and versatile means you are adaptable, pliable, and durable.



There are **3** main types of Stretches:

1. Still (no motion)

These are stretches that we hold. There is no movement; just a holding of the maximum 'range' you can 'reach' or bend. These stretches are often called 'cool down' stretches. They are performed after our workout, because they put our muscles in a state of rest. Holding the splits is an example of this type of flexibility.



2. Dynamic (with movement)

These are stretches done 'with movement'. They are the stretches used to 'warm up' or 'wake up' the muscles in order to prepare the body for optimal performance. You will see these types of stretches as part of most warmups.



*Remember, 'functional' means practical, so you can imagine what kind of stretches would be necessary for a sport based on what you are doing in that sport.

For example, in Tae Kwon Do or Ballet, you would have a lot of kicks to open the hips, or in baseball or tennis you would have a lot of arm movements to stretch the shoulders.

3. Partnered & Assisted Stretches

These types of stretches are usually led by a professional therapist such as a chiropractor, physiotherapist, massage therapist, or personal trainer to ensure they are done properly and safely. This type of stretching is the best because the stretch is actually being done for you, instead of doing the stretch yourself. Your only job is to relax, breath and TRUST. This forms a powerful connection with your mind and body - allowing you to push beyond your limits.



An important point to note is that breathing is the key to a good stretch. It helps us to release tension and safely go deeper.

STRENGTH

CONFIDENCE



Strength is the fourth element for self development. In our minds, it represents the power of Confidence.



Strength is the ability to resist, hold and push.

Like holding your body weight on the monkey bars, lifting a heavy box, or just resisting your pet dog as he pulls his leash while walking him. Not to be confused with power, strength is the maximum amount of force a muscle can generate. Power includes the factor of time, where force is applied quickly to create fast, explosive movement.

To imagine the difference, think of a punch versus a push-up or a jump versus a squat.

It's important not to assume big muscles are strong muscles just like being muscular doesn't necessarily mean you have confidence. **Remember it's about athletics first...**aesthetics are just another result. Strength and confidence come with consistent practice. How you use your strength however, is what determines how you are seen by others.

TOO COOL FOR SCHOOL

VS.

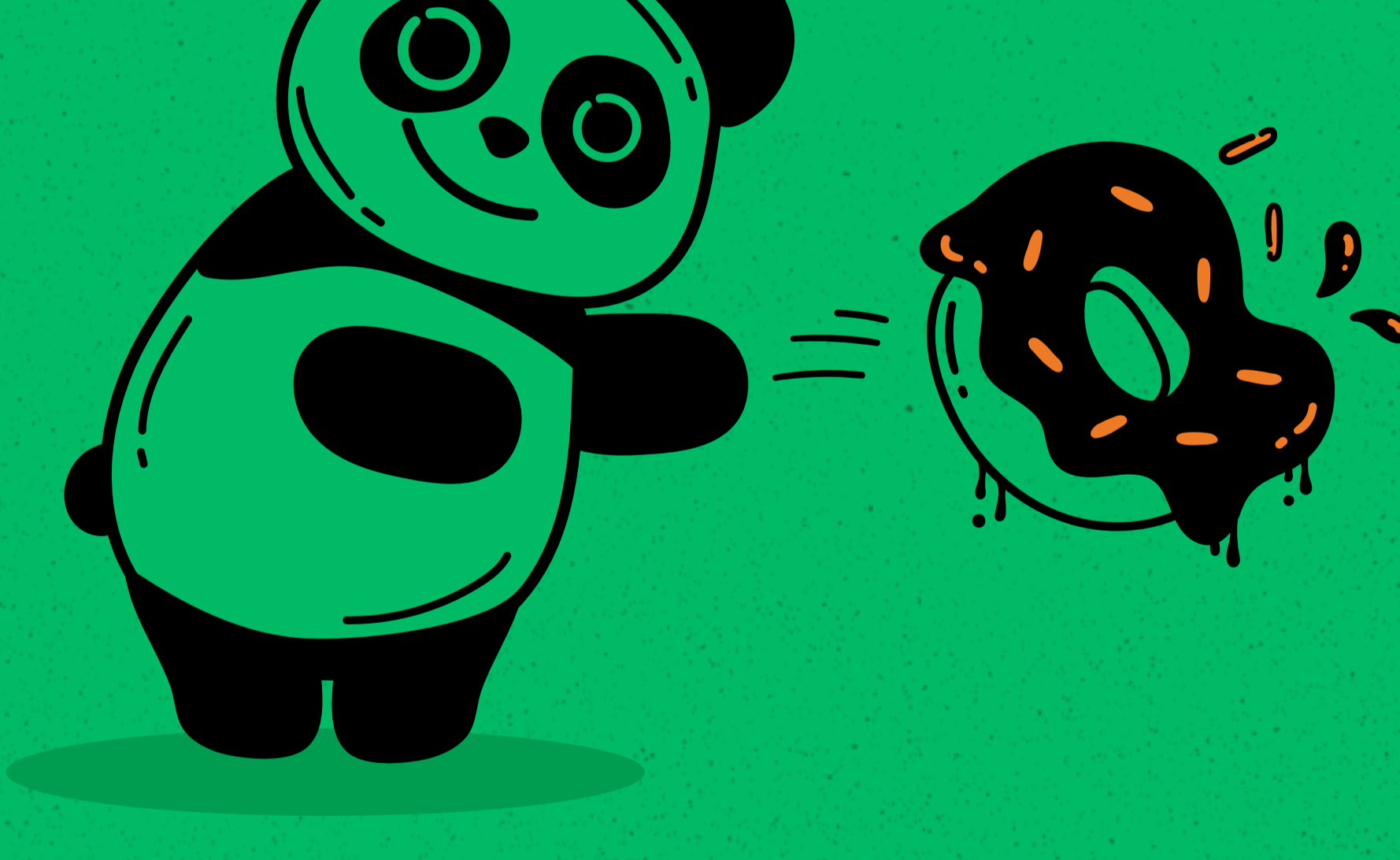
STRONG BUT NOT CRUEL



There are 3 main types of Strength:

1. Push Strength

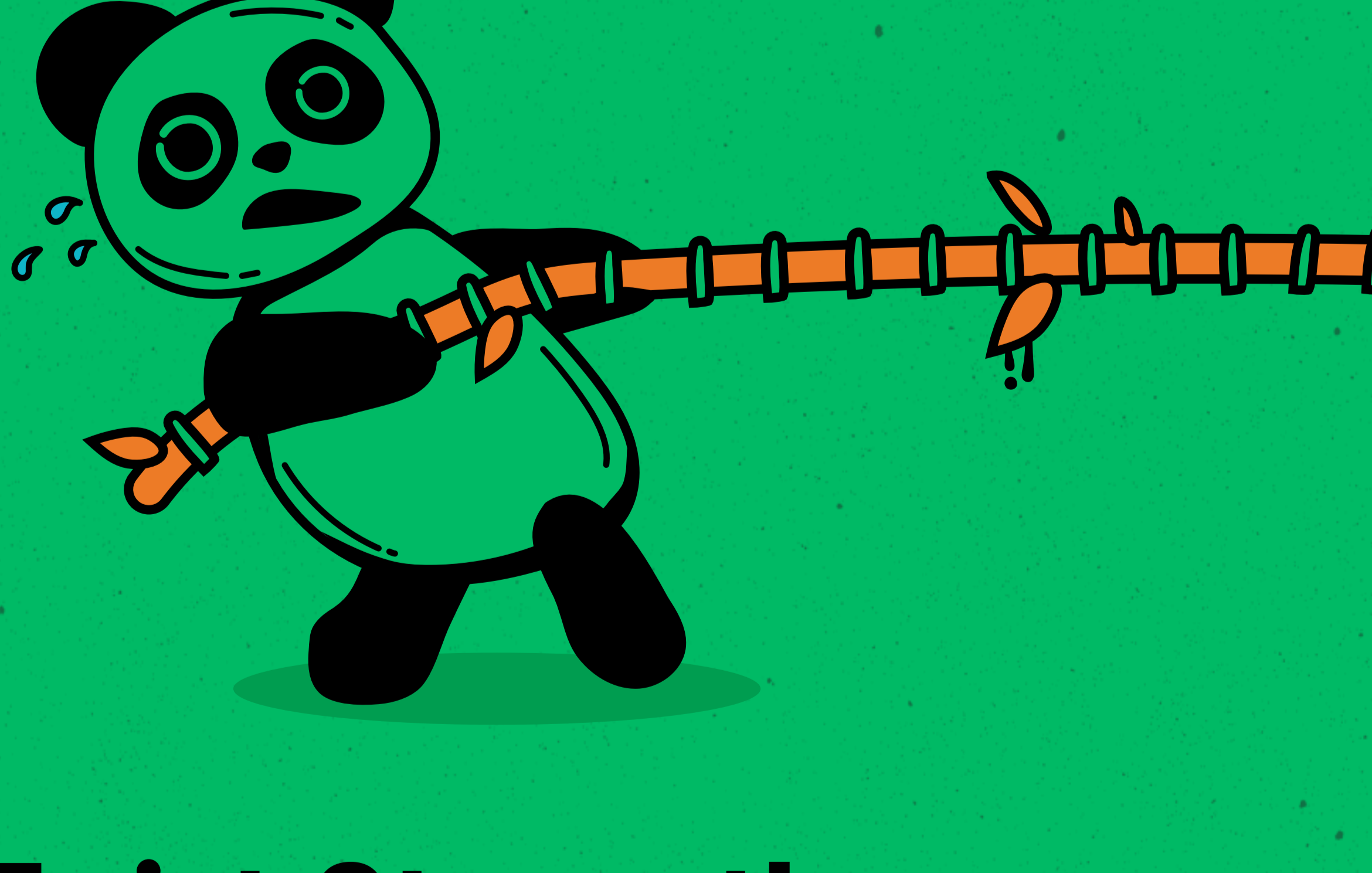
This refers to the muscles, movements and exercises that push away from the body. This pushing is metaphorically moving the world away from us. Exercises such as the push-up or leg press are examples of this type of strength. In our mind, this is the type of confidence that is often described as overconfidence and seen as arrogance by others.



2. Pull Strength

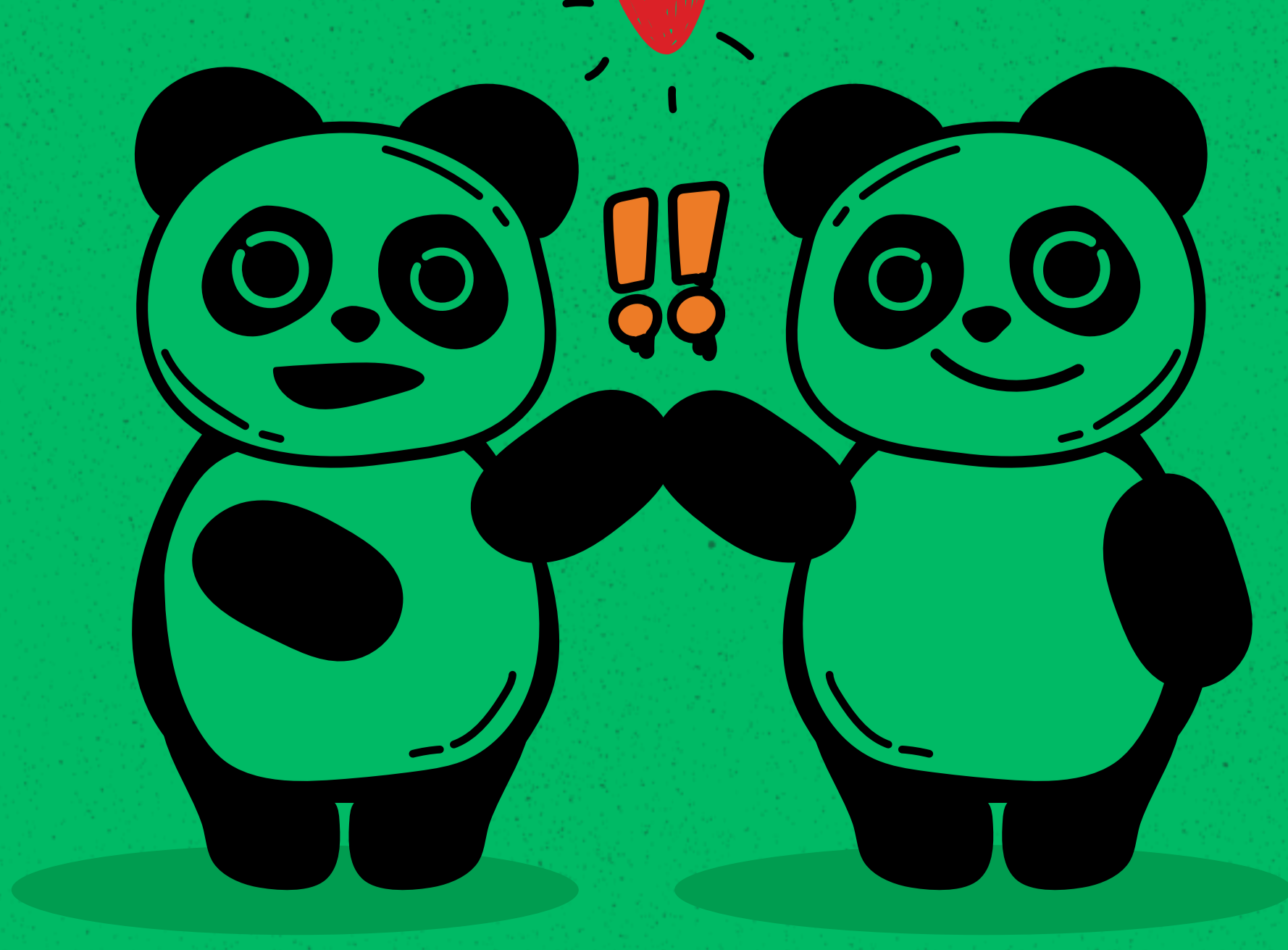
This refers to the muscles, movements, and exercises that pull towards the body. This pulling is metaphorically bringing the world closer to ourselves. Exercises such as rowing, pull-ups or even the game of tug-of-war are some examples.

This is the type of confidence that attracts, welcomes and invites people. Influential and successful people tend to have a lot of this type of confidence. People are naturally attracted to them and see them as leaders.



3. Twist Strength

Refers to the muscles, movements, and exercises which rotate the body, arms, and legs. These movements create the maximum amount of force. Bruce Lee's famous 'one inch punch' is based on this type of strength. This type of confidence is the most important because it represents the ability to know 'when' and 'where' to use the other two. For example you need 'push confidence' to keep a bully away and 'pull confidence' to make new friends.

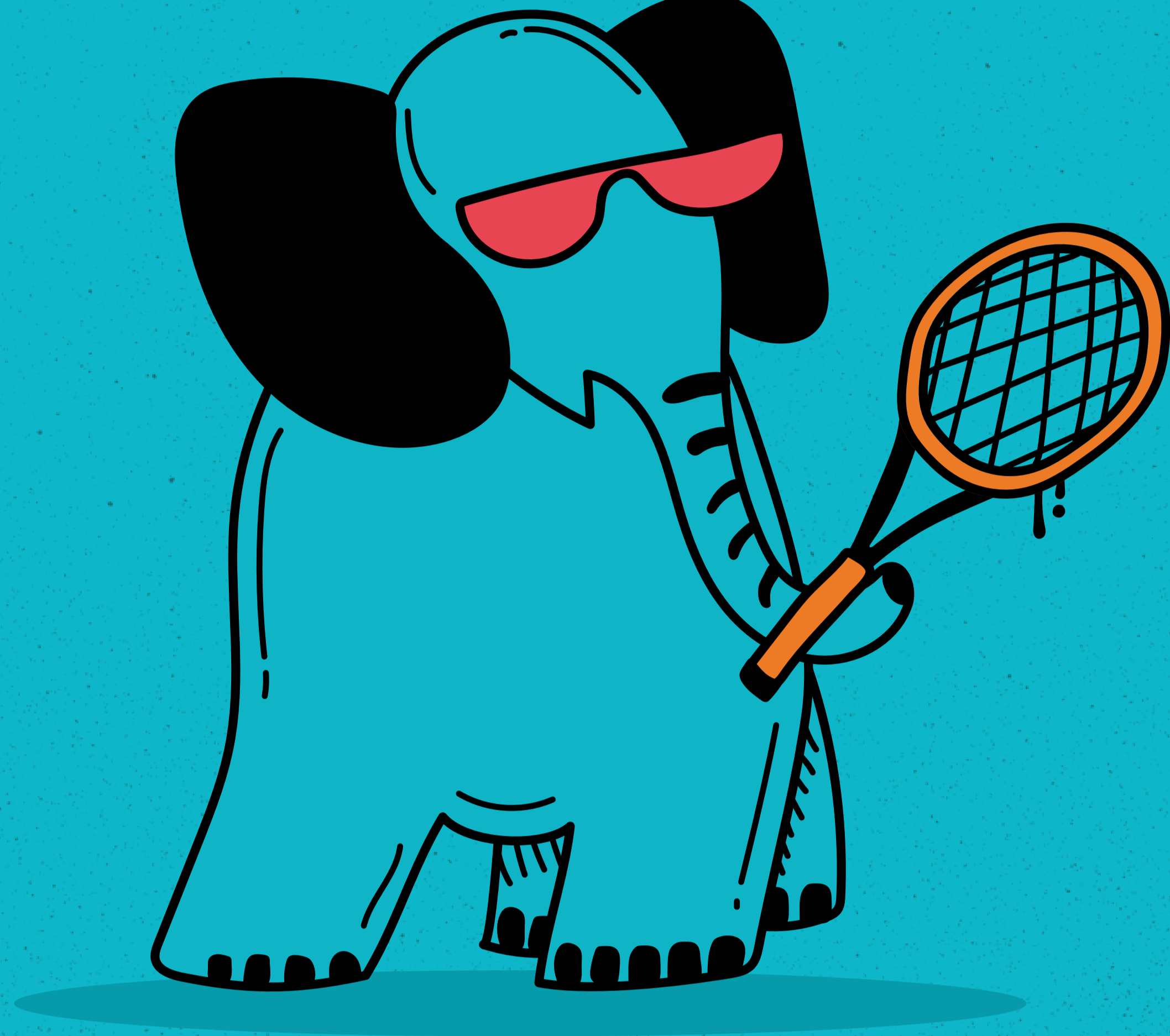


AGILITY

ACUITY



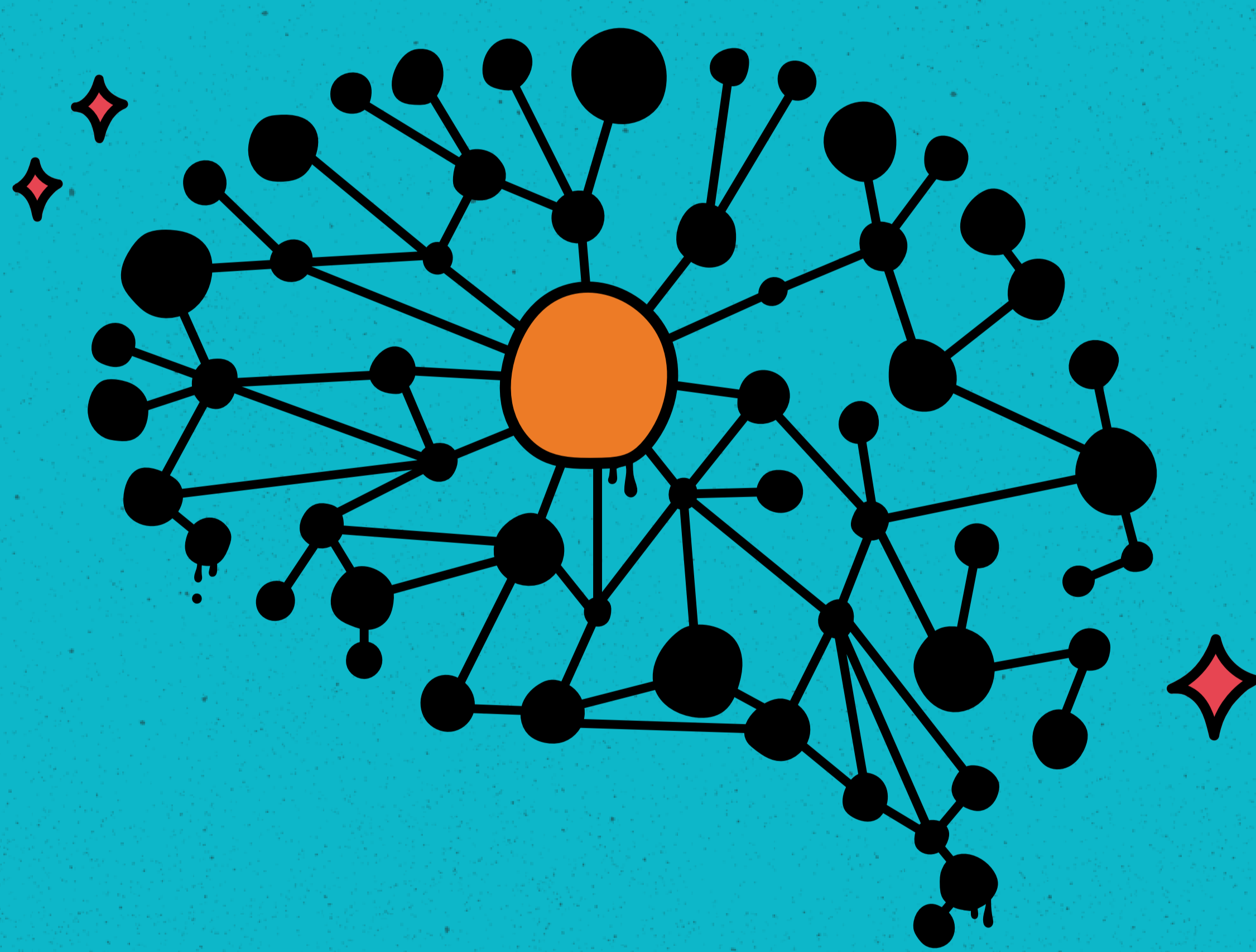
Agility is the fifth element for self development. In the mind, it represents the power of Acuity.



The definition of Agility is ‘the ability to move quickly and swiftly.

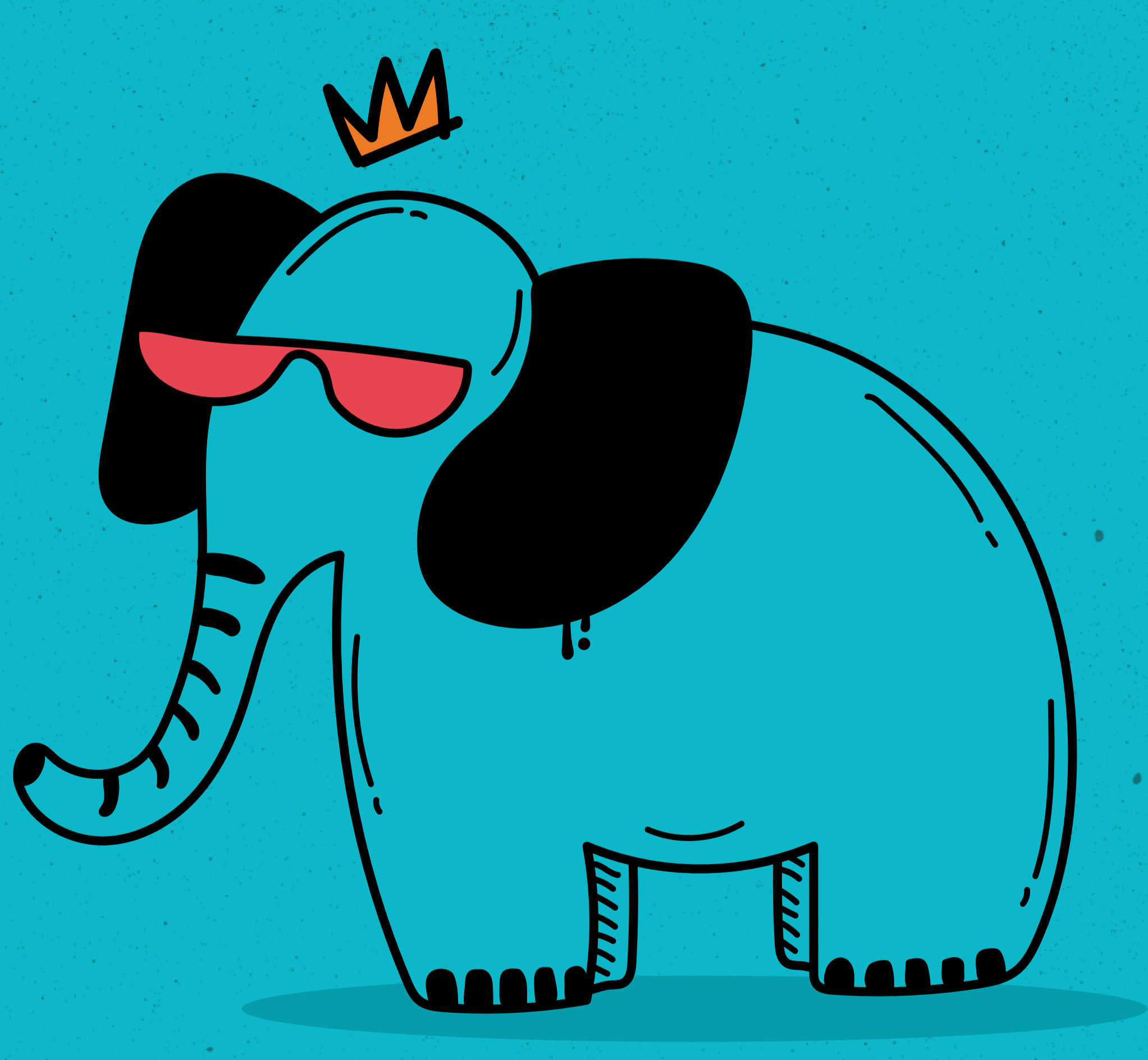
It is the ability to react with incredible speed and accuracy. Hockey, Tennis, squash, and boxing are some examples of sports activities that require agility.

Another word for Agility is nimble - it’s the ability to pivot and dodge something like a punch or ball. In the mind, it is the ability to understand and learn new things quickly. You can imagine it’s like an iphone 10 versus 14 Pro Max.. we are able to connect the dots and thoughts quickly.



Comedians and rappers are great examples of people with high levels of acuity because they are masters of improvisation - which means come up with great ideas quickly right on the spot.

Another word for mental acuity is ‘intelligence’. - which means being able to easily remember things, just like elephants!



The rhymes we use to teach the FiTHOP program are a perfect example of how acuity is a powerful tool for learning.

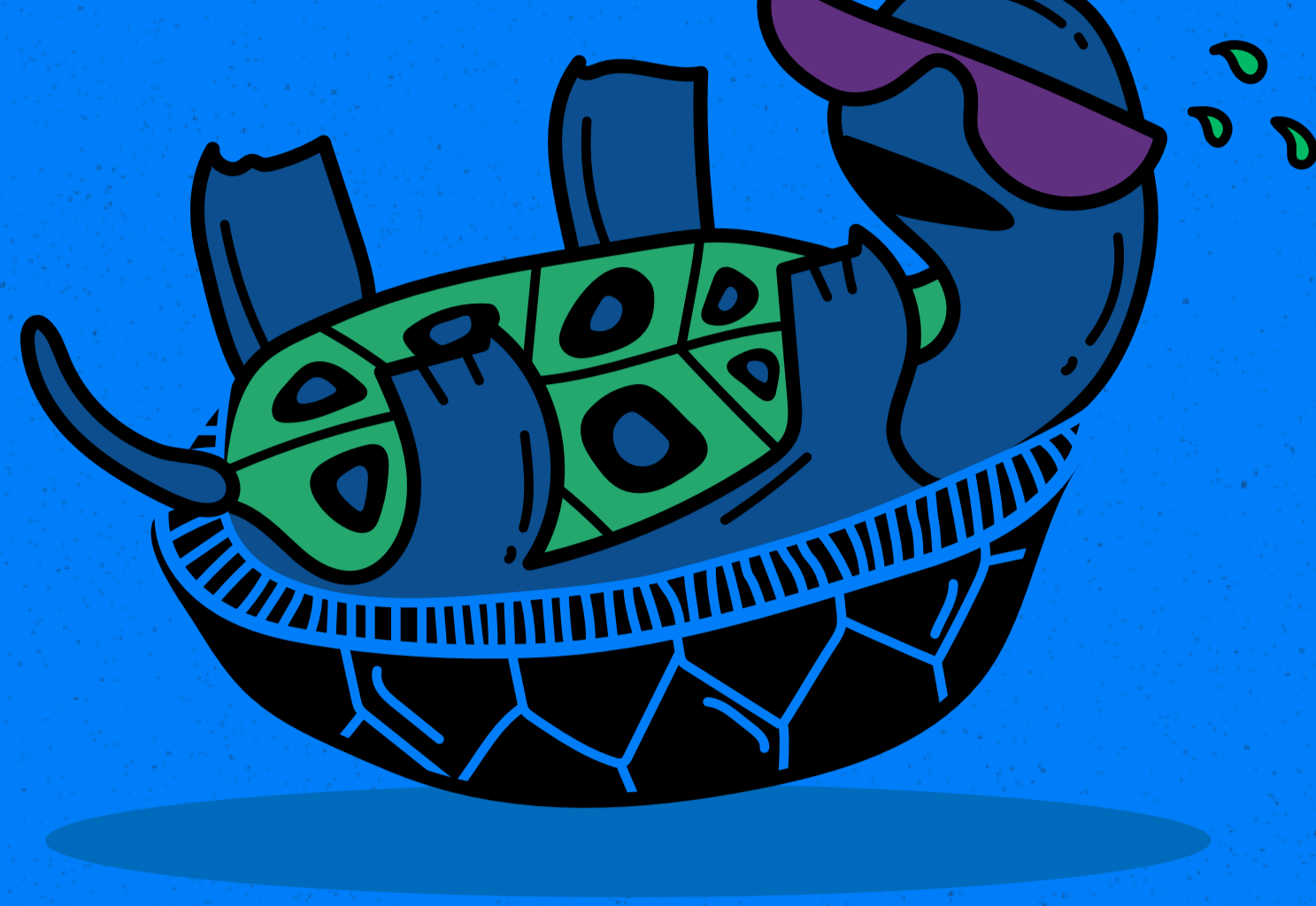
The brain sees and reads information in patterns, so it makes it easier to remember the lessons and rules. (ie The 10 Rules of FiT HOP).

ENDURANCE

PERSISTENCE

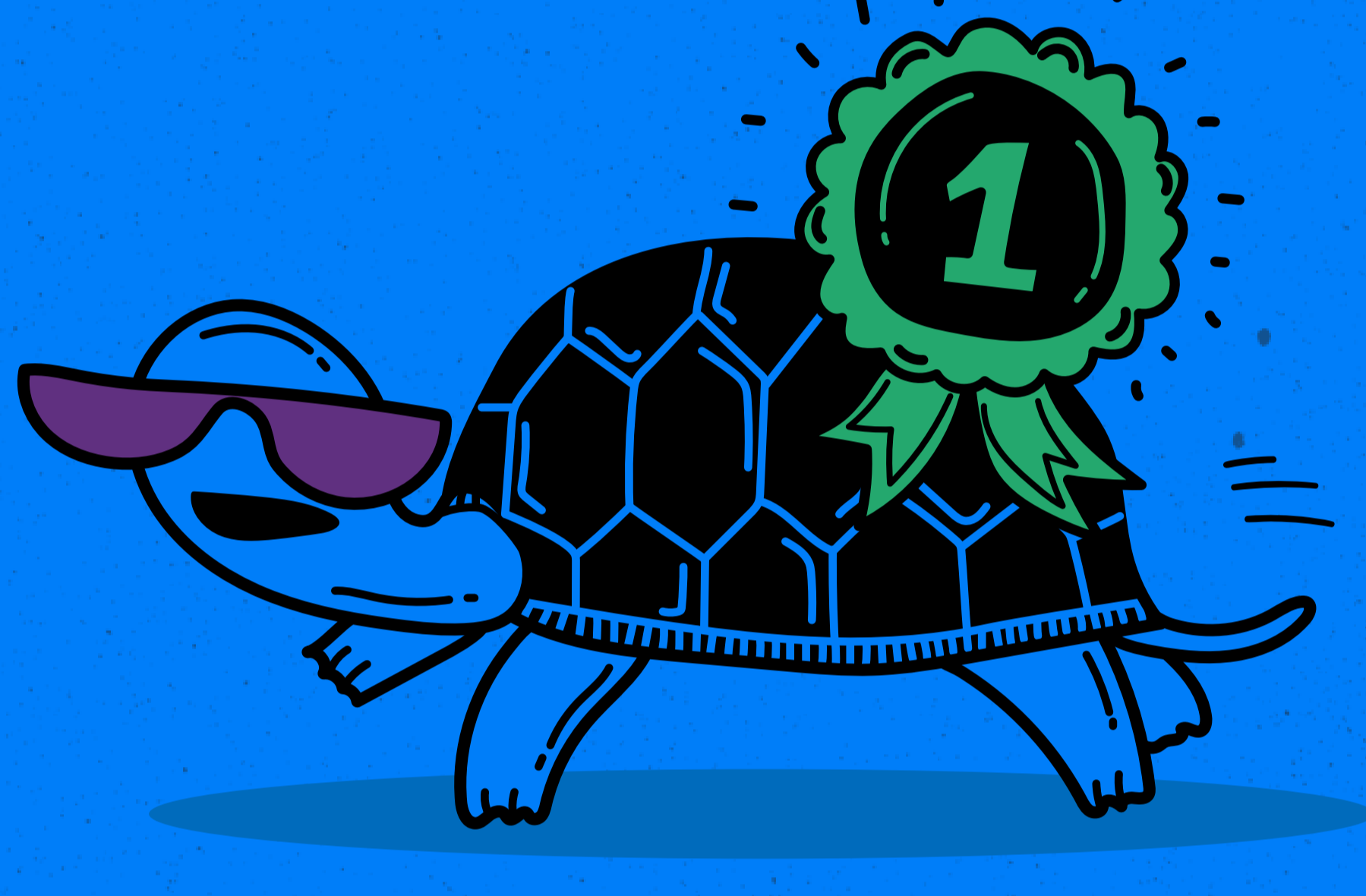


Endurance is the sixth element for self development. In the mind, it represents the power of Perseverance.

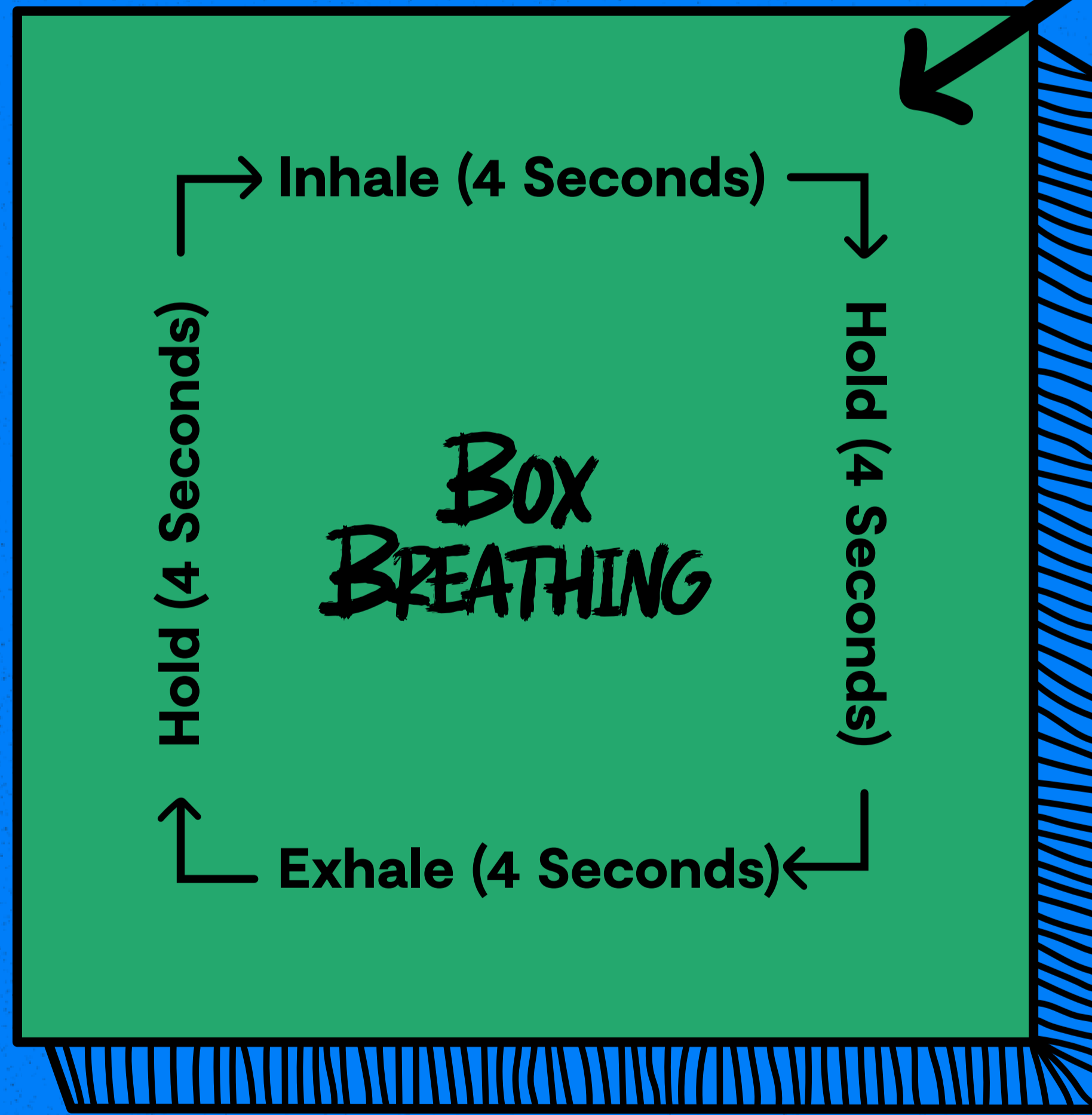


The definition of endurance is 'how long you can last' at something - like a **marathon**. Long distance running, soccer, and triathlons are all examples of sports that require a lot of endurance.

It requires repeating a movement or exercise over and over and over again without giving up until you reach the end. The key to this element is pacing yourself. Slow and steady wins the race - like the tortoise and the hare.

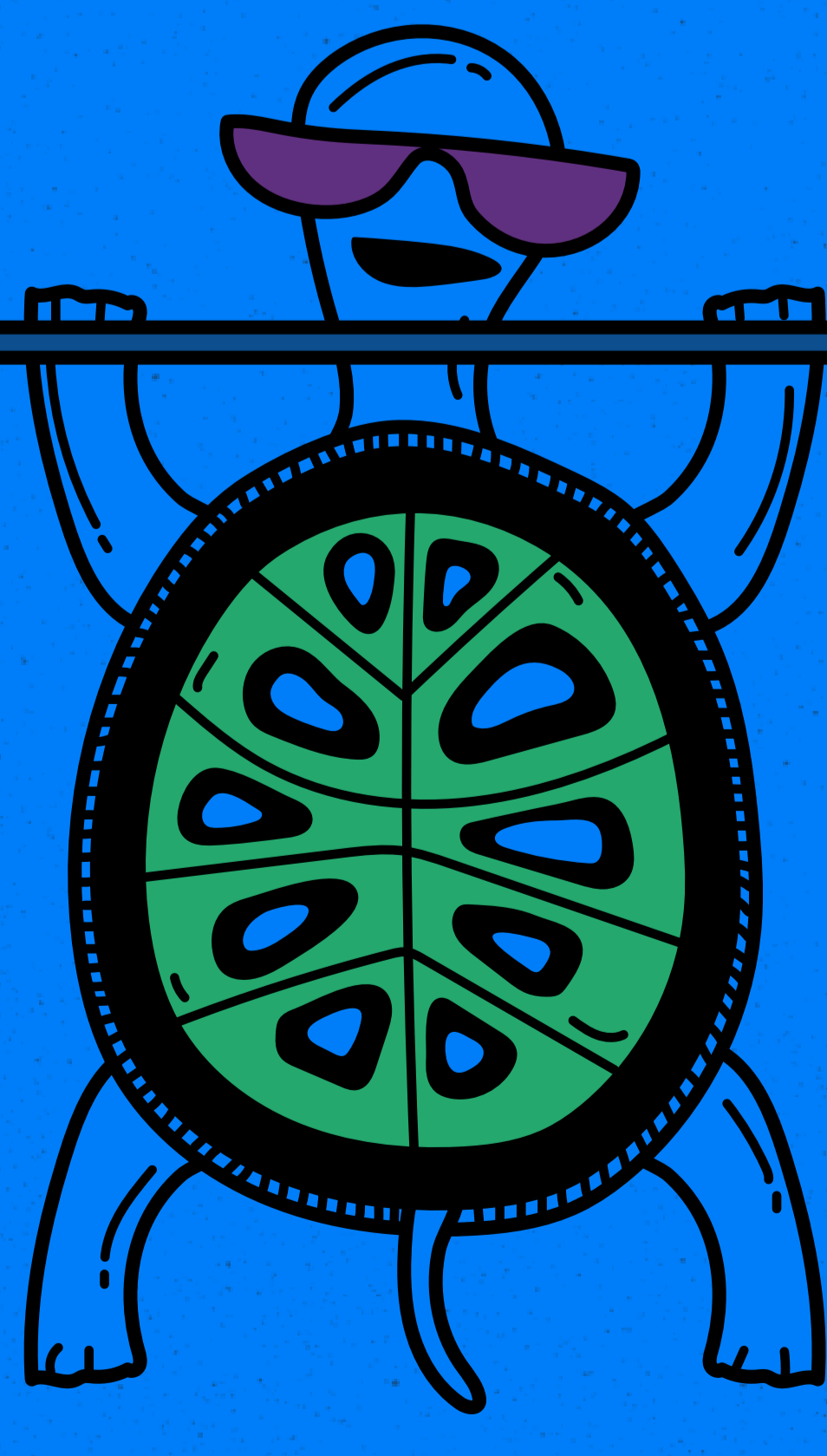


The secret to pacing yourself is in your breath - specifically the **box breathing** technique. (**Rule Number 3 - Don't forget to BREATHE**)



The definition of perseverance is the mental ability to continue to be focused even when you are tired, bored, or simply not interested.

Another word for perseverance is patience - it is the ability to resist distractions, complaining and remaining in the eye of the hurricane.



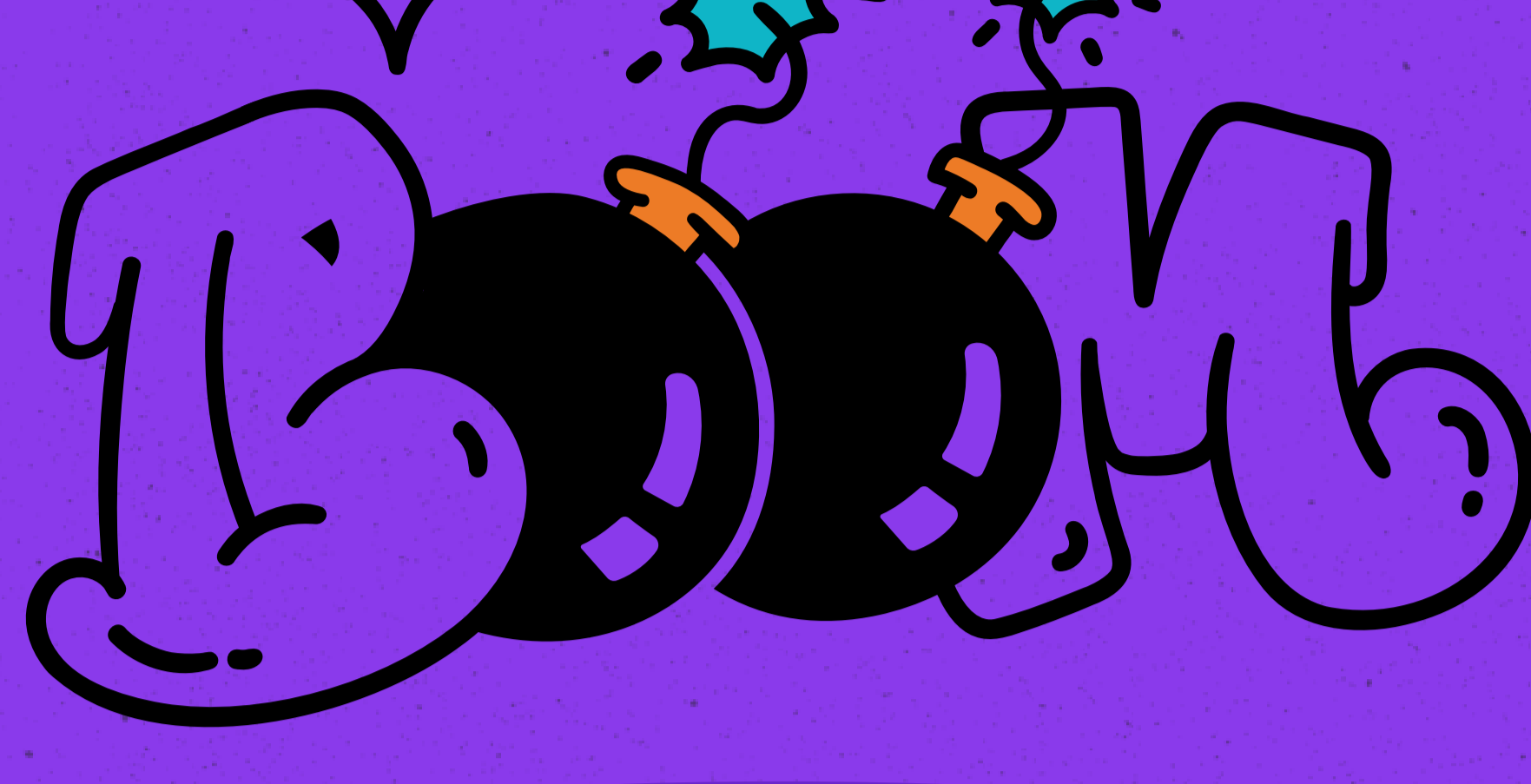
There's a saying that goes 'no pain, no gain'. Once you develop endurance you will be able to sustain your gains and level up your game.

POWER

DISCIPLINE



Power is the seventh element for self development. It represents the mental capacity for Discipline.



The definition of power is ‘the ability to do something difficult easily’.

It’s like having a superpower, but there’s actually nothing super about it. It’s simply the ability to truly believe that you can achieve anything you see. With proper and daily practice, it is the ability to develop a skill and master a discipline – like playing the drums, doing a backflip, walking on your hands or performing a dance choreography.



Just like it takes years of training to get your black belt in Karate, it takes years of practice to develop true power. However, we are all born with the power to choose what we want to practice and with discipline we have the key to achieve anything – that includes good marks and a stellar good report card.

There are **2 main types of Power:**

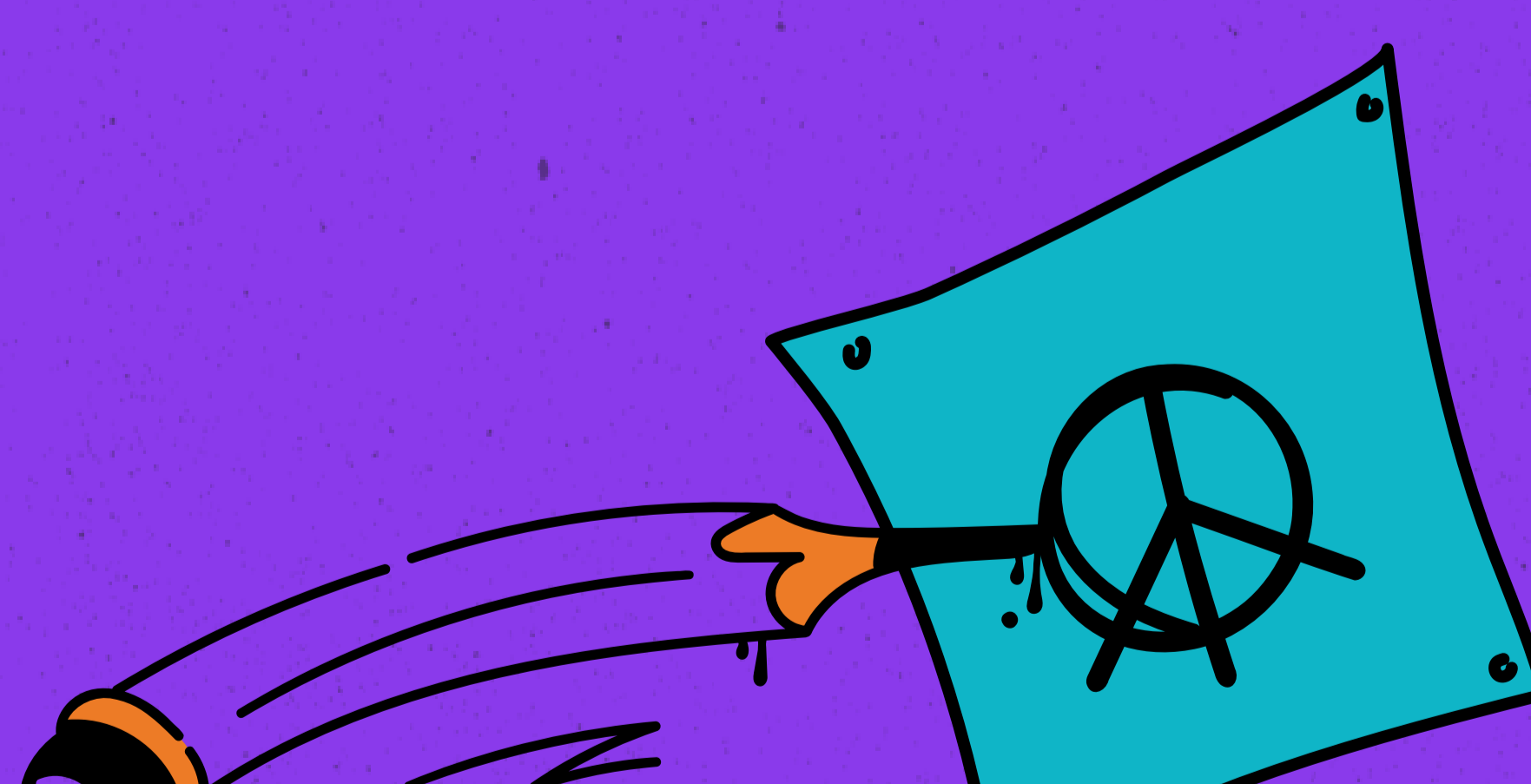
1. Physical Power

This represents the maximum force you can create in the shortest time – like a powerful punch or kick, it is explosive.



2. Creative Power

This represents the freedom to express yourself without worrying about what people think. To create something and feel proud of it – even if it’s not perfect.



Power is what comes from mastering all 7 Elements for Self Development. It gives us a sense of purpose, and starts with knowing in our hearts that we are perfectly imperfect.

Whether or not we feel we are ready, it’s knowing that the time we spend on developing ourselves mentally and physically is totally worth it!

The **7** Elements For Self Development™

PACKAGE 1

11 MODULES

\$3,025.00

FITHOP FUNDAMENTALS

Module One

Introduction
The 10 Rules

Module Two

The 10 Rules Cont.
XYZ's

Module Three

The Warm up
Intro to 7 Elements

Module Four

Balance

Module Eight

Agility

Module Five

Coordination

Module Nine

Endurance

Module Six

Flexibility

Module Ten

Power

Module Seven

Strength

Module Eleven

Summary & Wrap-up

PACKAGE 2

HALF YEAR

\$4,950.00

FITHOP FUNDAMENTALS

Module One

Introduction
The 10 Rules

Module Two

The 10 Rules Cont.
XYZ's

Module Three

The Warm Up
Intro to 7 Elements

Module Four

Balance Part 1

Module Eleven

Strength Part 2

Module Five

Balance Part 2

Module Twelve

Agility Part 1

Module Six

Coordination Part 1

Module Thirteen

Agility Part 2

Module Seven

Coordination Part 2

Module Fourteen

Endurance Part 1

Module Eight

Flexibility Part 1

Module Fifteen

Endurance Part 2

Module Nine

Flexibility Part 2

Module Sixteen

Power Part 1

Module Ten

Strength Part 1

Module Seventeen

Power Part 2

Module Eighteen

Summary & Wrap-up

WANT TO BRING **FITHOP**[®] KIDS TO YOUR SCHOOL?

Contact Niko Sofianos
to set up your discovery call.



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