

# Description of the SuperStatics<sup>SM</sup> Exercise Certification

This certification shares many similarities with the certification programs I conducted and dispensed with the now-defunct SuperSlow Exercise Guild. Almost all of the foundational information that is required for competence is the same. But this new version has the additional layer of the information found in *Music and Dance—Critical Factors of Practice and Conditioning* as well as the new articles on the website at [seriousexercise.com](http://seriousexercise.com). And this new information focuses directly on the article—but not limited to—“Transitioning from TSC to Feedback Statics” and its included glossary.

For now, all certification candidates travel to Florida to be tested by me. Soon, appointed masters will be available in various locations throughout the world. Several are now pending in Canada, Great Britain, and the Netherlands. At this time we have about 15 potential masters who have offered and/ or be considered to perform this service.

As before, masters are appointed and volunteer to be so. They do not pay for this ranking and privilege. I do not allow payment for this appointment, because I want the option to dismiss a master for not complying with our standards. If I allow payment, I would lose control. Rigid control of standards in this otherwise insane milieu of fitness is mandatory.

Some owners of exercise facilities are asking about this program who might envision becoming a master so that they can certify their employees. I urge all who are interested to seek both the Level I and the Level II certifications, but I recommend against any employers testing their own employees. Yes, certifying one’s employees will save money over the expense of paying my fees and the employees’ travel and lodging to Florida, but this will unnecessarily destroy the employer/ employee relationship in many cases.

This certification is sometimes intellectually brutal. I shape amorphous minds into precision technicians. And a graduation from this certification is merely a framework for additional competence gained from OJT both before and after the process here. It takes a while for the information to get from the new instructors’ heads to their hands as the saying goes.

## Steps for Certification Registration

1. Sign confidentiality agreement
2. Purchase *Music and Dance* and *The Renaissance of Exercise—Volume I*. (*SuperSlow—The Ultimate Exercise Protocol—second edition* is additionally required for the Level II Certification.)
3. Register and Pay Fees (\$695 for Level I and \$1595 for Level II)
  - a. After Registration is Complete, Study materials are mailed
    - i. Topics to Study
    - ii. Practical Scripts
    - iii. Audio CDs in some cases

- iv. DVDs in some cases
- v. Oral Script for Preliminary Considerations presentation
- vi. Practical Check-off Sheets

3. Set dates for testing

The Certification is comprised of three major parts: a written test, an oral presentation of the preliminary considerations, and a practical.

Typically, but not required, you will arrive in Orlando on a Thursday afternoon, rent a car, go to your hotel room at the Hawthorne (407-767-5757) or the Days Inn (closer to my office: 407 961-7016), phone me, and I will lead you to my office so that you can come on your own the next morning and begin your written test immediately.

Expect to take 2-3 hours completing the written test. You will be sitting at my desk while I supervise subjects behind you. In so doing you may overhear some instructional verbiage you may wish to adopt.

Once complete, we will grade your test together and you will be given ample opportunity to defend your answers. This may take the rest of the day. If you fail the written (pass = 80%) or make less than the 90% required to go on to Level-II, you can retake it. The second time I grade it, there will be no defense of answers, and I will grade it ruthlessly.

Once the written and its grading is complete you begin the oral—hopefully before the end of Friday (or the first full day). I will allow you to start it, but may jump in at various points in your delivery and present it to you as an example of what I expect.

Once done satisfactorily, we will begin the practical and go through the exercises until you pass each item on each of the exercises I select that demonstrate to me that you can perform adequately as though I am a completely new subject and you are my instructor.

For the Level I Certification, please allow three full days to complete. For example, if you arrive on a Thursday, try to schedule your departure late Sunday afternoon or into that evening.

Although being thoroughly prepared is extremely encouraged, some arrive with the belief that this will be somewhat like taking a drivers license written and driving test. I had one pediatric nephrologist comment that she'd rather repeat all of medical school than go through the practical I administer.

If you struggle—assuming you pass the written—I will give you all the time and chances needed to successfully pass the oral and practical parts of the testing. Of course, you not being prepared will make the testing very hard on both of us. But once we get to the time for you to leave to the airport on Sunday or sundown on Sunday—whichever occurs first—the clock has run out.

If you elect and are eligible to perform the Level II Certification, you will need to remain here for several more days or return to Orlando for a special testing date.

Please don't hesitate to contact me: [ken@seriousexercise.com](mailto:ken@seriousexercise.com)