

TRITONE TRAINING

WEEK ONE

The Method Intro

- Trainer Portal walk through
- Review pages 3-38

WEEK TWO

COREdio Review

- Magic of Three
- Art of teaching
- The Method Outline
- 10 Steps

WEEK THREE

Triple Barre Review

- 10 Steps
- Practice Triple Barre
- COREdio Practice

WEEK FOUR

Lower Barre Review

- 10 Steps
- Practice Lower Barre

SELF STUDY

- Read pages 54-82
- Memorize The Method Outline (pg 82)
- 10 Steps - COREdio Move Breakdown (pg 80)
- Practice COREdio

SELF STUDY

- COREdio Quiz
- Read pages 83-90
- 10 Steps - Triple Barre Move Breakdown (pg 86)
- Practice Triple Barre

SELF STUDY

- Triple Barre Quiz
- Read pages 91-98
- 10 Steps - Lower Barre Move Breakdown (pg 94)
- Practice Lower Barre

SELF STUDY

- Lower Barre Quiz
- Read pages 99-102
- Schedule Test Out