The Starrett System / Movement & Mobility 101/
Course Outline

**Part I**

A. Introduction and Key Concepts
   1. Introduction *(18:10)*
   2. Making the Invisible Visible *(12:07)*
   3. The Overview Wheel *(14:44)*
   4. Defining Normal *(3:34)*

B. Prioritization and Organization of the Spine and CNS
   1. Spine First *(12:46)*
   2. Spinal Archetypes *(16:55)*
   3. Butt Wink *(4:09)*
   4. Bracing and Breathing/Stiffness *(12:01)*
   5. Bracing and Breathing: Practical Applications *(17:49)*
   6. Two Hand Rule *(3:32)*
   7. Braced Neutral and Braced Dynamic *(6:40)*
   8. Head as the Keystone *(4:10)*
   9. Neural Dynamics Primer *(17:15)*
  10. Principles Protect us from Complexity *(8:17)*
  11. Rules of Torsion *(11:57)*
  12. Arthrokinematic Primer *(4:21)*

C. Introduction to Archetypes
   1. Introduction to the Shoulder Archetype *(5:52)*
   2. The Problem with the Incomplete Archetype *(5:14)*
   3. Introduction to the Broken Shoulder Archetype *(5:32)*
   4. Introduction to the Hip Archetype *(7:38)*

**Part II**

A. Torsion and Stability
   1. Torsion Quick Test *(6:38)*
   2. Active Vs. Passive Unimpingement *(4:49)*
   3. Why Big Toes Matter *(3:19)*
   4. Torsion Quick Test: Shoulder *(4:26)*
   5. Avoiding Rotational Shear *(3:47)*
   6. Why Thumbs Matter *(3:05)*
   7. Open Torque/Closed Torque *(6:49)*
   8. Reciprocating Stability *(6:17)*
  10. The Stability Problem with Sitting *(7:14)*
  11. Why Feet and Posture Matters *(7:57)*
B. Load Order and Proper Sequencing
   1. Load Sequencing (5:06)
   2. Empty Can Test (2:06)
   3. 7 Green Lights (3:01)

C. Movement Hierarchies
   1. The Movement Hierarchy (4:39)
   2. Category 2 Movements (4:58)
   3. Category 3 Movements (9:57)
   4. Squat: Category 1, Category 2 and Category 3 (4:29)
   5. Overhead: Category 1, Category 2 and Category 3 (3:09)
   6. The Tunnel Concept (9:37)

Part III
A. Programming for Clients
   1. Conceptual Model to Evaluate Programming (5:38)
   2. Competing Patterns (4:48)
   3. Pattern Fault: Jump Rope (3:59)
   5. Translational Loading (5:17)
   6. Coaches Eye (Photos/Videos)

B. Mobilization Techniques Application and Methods
   1. Moving from Motor Control to Mobilization (11:08)
   2. Mobilization Safety and Consideration (19:14)
   3. Upstream/Downstream (3:44)
   4. Implications of Missing Ankle ROM (9:46)
   5. Restrictions and Proximal Stability (2:45)
   6. PNF Basics (12:11)
   7. Muscle Dynamics: PNF (5:51)
   8. Soft Tissue Techniques (14:10)
   9. Sliding Surfaces and VooDoo Floss (12:17)
   11. VooDoo Floss: Hip (3:58)
   12. VooDoo Floss: Shoulder (4:23)
   13. VooDoo Floss: Ankle (3:34)
   14. Sliding Surfaces and VooDoo X-Floss (7:36)
   15. Ball Whacking: Ankle (6:42)
Part IV

A. Special Applications
   1. Conceptual Model of the Shoulder (11:53)
   2. Asymmetries are Important (4:13)
   3. The Pelvic Fault (9:33)
   4. Programming for the Hypermobile Athlete (7:52)
   5. Programming: A When to What Order of Operations (9:36)
   6. Rehab Programming (8:43)
   7. Incidents Vs. Injuries (9:25)
   8. Incidents Vs. Injuries Part II (7:03)

B. Mobility and Beyond
   1. Movement Principles in Technology (4:48)
   2. Seeking Professional Help (4:05)

C. Self-Study
   1. *Bonus Content* 14 Day Mobility Challenge