



Training Program Guide

Fonv Pilates Academy Introduction



Fonv Pilates Association
International Pilates Education Network

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Pre-visit Guide

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1. Introduction of .fonv

.fonv

Fonv is a Professional Pilates equipment brand launched in 2019 by an industrial design studio, S2VICTOR, developing electronic products (e.g. refrigerator, TV, IT devices and medical device) with global companies.

S2VICTOR is highly recognized in more than 20 countries and manufactures high-end equipment.

We expand our field from a professional equipment into various areas such as education, arts and leisure, etc.

1. Introduction of .fonv

.fonv means “Focus on Invisible Values.”

.fonv values the invisible rather than the visible.

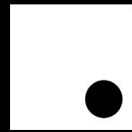
.fonv aims for kindness and consideration beyond external beauty.

By putting a period in front of .fonv, we connote that we would lead a new direction, not follow existing path.

We have dedicated our time and effort to reflect our pursued direction to .Fonv academy association.



2. Introduction of Fonv Pilates Association



Fonv Pilates Association

International Pilates Education Network

Fonv Pilates adheres to the brand philosophy of "**focusing on invisible values.**"

Our brand assembles experts from various fields, conducting diverse business ventures rooted in Pilates with a perfect design and a human-centered approach.

Through these objectives we aim to convey Joseph Pilates' teaching of [contrology]:

"The complete coordination of body, mind, and spirit."

Fonv Pilates is an educational program that perpetuates Joseph's teachings by leveraging our utmost expertise and delicate curriculum.

Our educational program encompasses the following distinguishing features:

2. Introduction of Fonv Pilates Association



Korea, Japan (Tokyo), Japan (Sapporo), China (Shanghai), Taiwan (Taipei), Malaysia (KL)
Malaysia (Penang), Singapore, Australia (Melbourne), Hungary (Budapest), Indonesia (Jakarta)

As of 2024, Fonv has expanded its criteria (academy, equipment, franchise, etc.)
and collaborated with the partners from various countries.

We're contemplating with the partners about recent rise of interest in Pilates globally.

3. Course

LEVEL 01

FONV ESSENTIALS

Basic Anatomy

Mat & Props

Reformer

Group Sessions

LEVEL 02

FONV PROFESSIONAL

Cadillac

Chair

Barrel

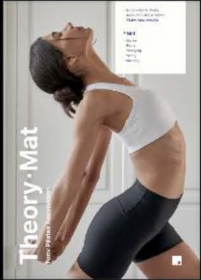
M/R/P Advanced

Private Sessions

Train Level 01 Instructors

3. Course

LV1. Mat, Props, Reformer



LV1 training is a qualification to conduct group classes including **Mat, Props, Reformer**. It is a qualification specialized for group classes rather than private classes.

Basic Anatomy

Mat & Props

Reformer



3. Course

Lv1. Training Program

Session 1	Ceremony	Orientation / Level Test	Session18	Training	Reformer
Session 2	Theory	Basic Anatomy	Session19	Training	Reformer
Session 3	Theory	Basic Anatomy	Session20	Practice	Cell-Group Training
Session 4	Theory	Basic Anatomy	Session 21	Training	Props
Session 5	Training	Mat	Session22	Training	Props
Session 6	Training	Mat	Session23	Webinar	Teaching Methods
Session 7	Webinar	Pilates Basics	Session24	Training	Props
Session 8	Training	Mat	Session25	Training	Props
Session 9	Training	Mat	Session26	Practice	Cell-Group Training
Session10	Training	Mat	Session27	Practice	Teaching Practice
Session 11	Practice	Cell-Group Training	Session28	Practice	Teaching Practice
Session 12	Training	Reformer	Session29	Practice	Personal Training Sessions
Session13	Training	Reformer	Session30	Training	Mat Detail Cueing
Session 14	Training	Reformer	Session 31	Training	Props Detail Cueing
Session 15	Webinar	Posture Analysis	Session32	Training	Reformer Detail Cueing
Session16	Training	Reformer	Session33	Finals	Theory / Practical Exams
Session 17	Training	Reformer	Session34	Ceremony	Education Completion Ceremony

*Each session indicates 4-hr class.

Observation(4hr) + Assistant Participation (2hr) + Individual Practice (15hr)

3. Course

PI Training Program

Advanced

Pilates Methods

Teaching Know-how

What is a Professional Instructor?

- PI (Professional Instructor) is a certified instructor by HQ of Fonv academy association.
- PI assists to operate throughout the curriculum.



3. Course

LV2. Training Program

Session 1	Ceremony	Orientation / Level Test	Session 19	Training	Barrel
Session 2	Training	Cadillac	Session 20	Webinar	Dietetics / Nutrition
Session 3	Training	Cadillac	Session 21	Training	Barrel
Session 4	Training	Cadillac	Session 22	Practice	Cell-Group Training
Session 5	Training	Cadillac	Session 23	Practice	Advanced Mat
Session 6	Training	Cadillac	Session 24	Practice	Advanced Mat
Session 7	Training	Cadillac	Session 25	Practice	Advanced Reformer
Session 8	Practice	Cell-Group Training	Session 26	Practice	Advanced Reformer
Session 9	Webinar	Advanced Posture Analysis	Session 27	Practice	Training Practice
Session 10	Training	Chair	Session 28	Practice	Training Practice
Session 11	Training	Chair	Session 29	Practice	Personal Training Sessions
Session 12	Training	Chair	Session 30	Training	Cadillac (Detail Cueing)
Session 13	Training	Chair	Session 31	Training	Chair (Detail Cueing)
Session 14	Training	Chair	Session 32	Training	Barrel (Detail Cueing)
Session 15	Practice	Cell-Group Training	Session 33	Training	Mat Advanced (Detail Cueing)
Session 16	Webinar	Advanced Functional Anatomy	Session 34	Training	Reformer Advanced (Detail Cueing)
Session 17	Training	Barrel	Session 35	Training	Props Advancde (Detail Cueing)
Session 18	Training	Barrel	Session 36	Finals	Theory / Practical Exams
			Session 37	Ceremony	Education completion ceremoiny

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3. Course

PI Training Program

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What is a Professional Instructor?

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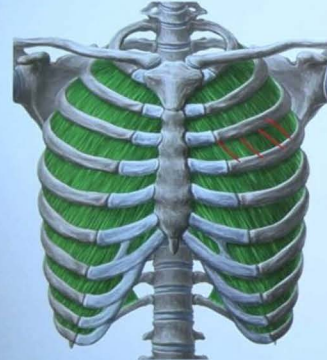
4. Curriculum

Theory _Basic Anatomy (recorded version)

Basic Anatomy session will be provided as a recorded version.
International trainee is able to understand the session conducted in English in accordance international certification standards.
International trainee is able to acquaint specific spelling of Anatomy terms due to subtitles.

1. Watch 2 to 3, 30 ~ 40 minute lecture videos per class (Total 3 classes) including a break
2. Q&A conducted by a local instructor (within 30 minutes per class)
3. Additional lectures are scheduled for local instructors

INTERCOSTAL MUSCLE



Intercostalis interni

[Origin]


- From the cartilages to the angles of the upper eleven ribs

[Insertion]

- Superior border of the rib below

[Action]

- Draw ventral part of ribs downward decreasing the volume of the thoracic cavity for expiration



4. Curriculum

Online Seminar _ Webinar (Live)

Webinar is a web conference between a master and a trainee.
It covers 3 different types of topics, not about Pilates sequence.

- **Session 1** : Pilates Basic Theory
A seminar that explains basic information such as the basic knowledge a Pilates instructor should know. For example, the history of Pilates.
- **Session 2** : Posture Analysis
A seminar that helps you understand and analyze each person's different body types to create the right sequence.
- **Session 3** : Detail Cue for various body types
Seminar on correct vocalization, hands-on, and attitude when teaching.



1. Plans to use video conferencing platforms such as Zoom
2. Live seminar with the master in charge using an interpreter
3. Demo test is needed before live seminar
4. Beam projector, video camera, speakers, etc. required on site.

4. Curriculum

Online Seminar _ Webinar (Session 1)

Webinar is a web conference class between the master and the trainee.
It covers 3 different types of topics, not about Pilates sequence.

Session 1: Pilates Basic Theory

A seminar explains basic information which a Pilates instructor should know.
For example: The history of Pilates, Basic Pilates principles,
Qualifications of Pilates instructo

Material: Anatomy book, Mat & Theory book



4. Curriculum

Online Seminar _ Webinar (Session 2)

Webinar is a web conference class between the master and the trainee.
It covers 3 different types of topics, not about Pilates sequence.

Session 2 : Posture Analysis

A seminar helps the trainee to understand
how to analyze different body types.

Material : Postural Analysis Guide Checklist

POSTURAL ANALYSIS GUIDE CHECK LIST										NAME		
PLUMB LINE												
<input type="checkbox"/> Is the whole body in front of the Plumb line? (anterior deviation)												
<input type="checkbox"/> Is the whole body behind the Plumb line? (posterior deviation)												
<input type="checkbox"/> Which body part are in front or behind the Plumb line? Head, upper body, pelvis, lower.												
SIDE VIEW			FRONT VIEW				BACK VIEW					
			R. L.		R. L.		R. L.		R. L.			
Knees												
<input type="checkbox"/> normal			<input type="checkbox"/> R. L.		<input type="checkbox"/> normal		<input type="checkbox"/> R. L.		<input type="checkbox"/> normal		<input type="checkbox"/> R. L.	
<input type="checkbox"/> hyperextended			<input type="checkbox"/> R. L.		<input type="checkbox"/> anterior		<input type="checkbox"/> R. L.		<input type="checkbox"/> medial rotation		<input type="checkbox"/> R. L.	
<input type="checkbox"/> flexed			<input type="checkbox"/> R. L.		<input type="checkbox"/> posterior		<input type="checkbox"/> R. L.		<input type="checkbox"/> lateral rotation		<input type="checkbox"/> R. L.	
Head					Knees				Head			
<input type="checkbox"/> normal					<input type="checkbox"/> normal				<input type="checkbox"/> normal		<input type="checkbox"/> R. L.	
<input type="checkbox"/> forward					<input type="checkbox"/> knee, lateral				<input type="checkbox"/> rotated		<input type="checkbox"/> R. L.	
<input type="checkbox"/> rotated					<input type="checkbox"/> knee, medial				<input type="checkbox"/> rotated		<input type="checkbox"/> R. L.	
Lumbar spine					Pelvis							
<input type="checkbox"/> normal					<input type="checkbox"/> level							
<input type="checkbox"/> flat					<input type="checkbox"/> anterior		<input type="checkbox"/> R. L.					
<input type="checkbox"/> excessive rounded					<input type="checkbox"/> normal (horizontal)							
Lower thoracic spine					<input type="checkbox"/> normal (horizontal)							
<input type="checkbox"/> normal					Rib cage							
<input type="checkbox"/> flat					<input type="checkbox"/> normal							
<input type="checkbox"/> excessive flexion					<input type="checkbox"/> elevated							
Upper thoracic spine					<input type="checkbox"/> normal (horizontal)							
<input type="checkbox"/> normal					<input type="checkbox"/> normal (horizontal)							
<input type="checkbox"/> flat					<input type="checkbox"/> normal (horizontal)							
<input type="checkbox"/> excessive flexion					Shoulder							
Cervical spine					<input type="checkbox"/> level							
<input type="checkbox"/> normal					<input type="checkbox"/> elevated		<input type="checkbox"/> R. L.					
<input type="checkbox"/> flat					<input type="checkbox"/> depressed		<input type="checkbox"/> R. L.					
<input type="checkbox"/> excessive extension					Head							
<input type="checkbox"/> normal					<input type="checkbox"/> normal							
Hip/Ankle					<input type="checkbox"/> tilted		<input type="checkbox"/> R. L.					
<input type="checkbox"/> normal			<input type="checkbox"/> R. L.		<input type="checkbox"/> elevated		<input type="checkbox"/> R. L.					
<input type="checkbox"/> medial rotation			<input type="checkbox"/> R. L.		<input type="checkbox"/> normal (horizontal)		<input type="checkbox"/> R. L.					
					<input type="checkbox"/> normal (horizontal)		<input type="checkbox"/> R. L.					



4. Curriculum

Online Seminar _ Webinar (Session 3)

Webinar is a web conference class between the master and the trainee.
It covers various body types and detail cues that instructor can apply to.

Session 3 : Detail Cue for different body types

Seminar is about learning various body types,
their characteristic and detail cue with variations.

Material : To be delivered later



4. Curriculum

Practice_ Cell Group Practice

Teamwork training program

Trainee will help and share the experience each other to build team work spirit.

1. Cells should be organized after analyzing the candidate's level.
2. After forming a cell, a cell leader with high performance will be selected.
3. Create a group chat room in each cell and encourage students to study together.
4. Age/gender/Pilates level must be distributed in a balanced manner.
5. In the area where people live, organize them into cells with people who are as close to each other as possible.
6. Based on 12~15 people → Operate a total of 3 cells with 4~5 people each
7. Based on 16~20 people → Operate a total of 4 cells with 4~5 people each

4. Curriculum

Practice_ Teaching Practice

1. Under the PI's guidance, the trainees shall teach each other a lesson.
2. The trainee shall fulfill 8-hr teaching practice session.
3. This should be done within curriculum hours.
4. The education center shall manage practice schedules.
5. Schedule can be variable due to the situation of education center.

4. Curriculum

Practice_ Individual Practice

1. It is the time to practice individually without a instructor.
2. The trainees can receive practice space and time after checking availability to education center.
3. **Minimum 15-hr** practice will be guaranteed.
4. Day and time can be limited depending on Education Center's situation

4. Curriculum

Practice_ Observation

Trainee will observe the PI's lesson.

1. This is a good opportunity to a trainee to observe and learn instructor's teaching skills and know-how.
2. The trainee should fulfill 4-hr observation before final test.
3. The education center should manage time slot for the trainee.
4. Several trainees can observe the same lesson simultaneously.
5. It should be done out of curriculum hours.
It is recommendable to be done during personal training session.
6. Schedule can be variable due to the situation of education center.



4. Curriculum

Practice_ Assistant Participation

Trainee will participate in, helps and learn instructor's know-how.

1. Assistant Participation is one of most promotable feature of Fonv education system. So it's compulsory.
2. Trainee should participate in instructor's lesson as an assistant instructor. (No additional payment needed)
3. It should be done out of curriculum hours. It is recommendable to be done during personal training periods.
4. Minimum 2 hours per student needs to participated in.
5. Schedule can be varied due to the situation of education center.

4. Curriculum

Mini Test

Mini-Test helps the understanding of academy program prior to final test.

1. Mat Round teaching(2-3 movements among the learned movements):
Write and submit a 50 minute class sequence using a mat
2. Reformer Round teaching(2-3 movements among the learned movements):
Write and submit a 50 minute class sequence using a reformer
3. Sequence writing format (test paper) is provided by the head office.
4. After evaluation, scanned copy is delivered to head office (for reference to Master Instructor)
5. Grading/evaluation and feedback are conducted by local instructors

4. Curriculum

Exercise_ Detail Cueing (HQ Master)

Master instructor proceeds the session.

Trainee can have an opportunity to think and learn about detail cueing.

1. Master instructor will run 3 sessions during the visit.
2. **Detail Cueing should proceed prior to final test.**
3. Both master instructor and PI will teach trainees.
4. The sessions will be scheduled in weekdays, weekends in prior negotiation.
5. Please vacate the schedule in advance.
6. The session cannot be replenished due to personal schedule.
7. The schedule can be inevitably changed due to the master instructor's schedule or natural disasters.



4. Curriculum

Final Test

- Final test will be conducted a month after a training program is completed. (Test fee will be charged)
- Final test will be conducted by a master instructor from Korea.
- Final test will determine the pass of Pilates instructor certification.

1. Written exam will be conducted according to the set schedule

(1 hour)

- Anatomy / Creating a 50-minute Sequence
- Conducted without a master instructor
- After progressing, send a scanned copy to the master instructor
- Grading/evaluation by master instructor

2. Practical exam conducted according to the set schedule

(30 minutes per person)

- Conducted under the supervision of a master instructor
- Posture analysis
- Round Teaching

3. Deliver test scores to students

4. If the trainee fails the test, he/she will be re-tested.

4. Curriculum

Ceremony

Of those who passed, can attend to the ceremony.
The moment you're qualified, you become a valuable resource for Fonv academy association.

1. Certification issued by HQ to be delivered
2. Qualify to participate in Lv2 upon completion of L1
3. Discounts for worldwide seminars
4. Participation in PI qualification course
5. Discounts on equipment purchase
6. Discounts on related items
7. Possibility of opening Fonv franchise (Need to discuss the conditions)

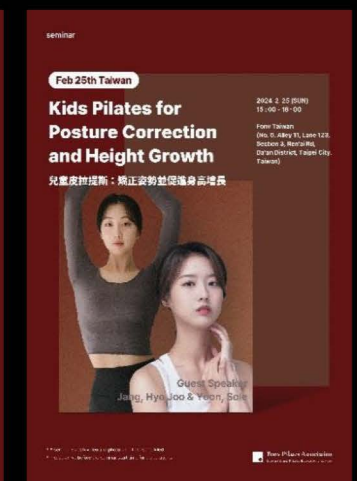
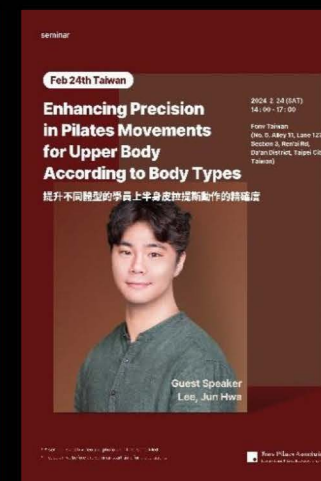
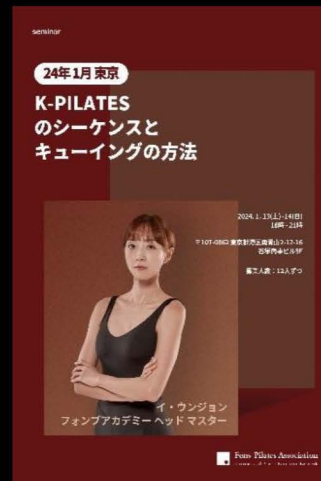


4. Curriculum

Seminar / Workshop

Well-known instructors from Korea or various countries will be dispatched from HQ directly to educate local instructors or clients in short terms.

- Prenatal / Postnatal Pilates course (1~3 Days)
- Kids Pilates for height growth course (1~3 Days)
- Golf Pilates
- Pain & Disease Pilates method
- Reformer sequence/Props sequence
- Pilates lesson for local clients



Thank you

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