

General Development Online Support (GD-OS)

If you are reading this, you're probably truly interested in what the Online Support (OS) has to offer. In this document you will get to know the hybrid offer of the Jonathan Schmid Training Online Support, the GD-OS, in more detail and hopefully it will provide some assistance in your decision making. This offer is aimed at those who are willing to dig deeper and are also interested in specific practice goals. This offer is open to everyone, especially to people who are intrigued in reaching certain goals and building their own practice at the same time.

This document is organized as follows: First you will get general information about the process of the GD-OS, then you'll see a „fact-check“ what is all included in this offer and then we will finish with the financial aspect.

PROCESS OF THE GD-OS

In particular the GD-OS is a process-oriented support, which provides support within the physical practice. The offered topics are limited, because the wholeness of our practice is the ED-OS offer. In addition to the practical material, the GD-OS is supplemented by topic-specific theoretical material. Thus, you always get the chance to acquire theoretical background knowledge in addition to the practical experience and to expand your overall knowledge and understanding. The GD-OS is intended as a longer-term support and a commitment lasts nine months. Then we discuss again and decide how to proceed. After a macrocycle is complete, you can decide what



PHOTO BY DEVIN RÜZGAR

to do next for yourself: again GD-OS, upgrade to ED-OS or something else, independent of us. The nine months are divided into one **macrocycle**, three **mesocycles**, six **microcycles**, and the individual **training sessions**. The macrocycle provides the long-term orientation, the mesocycle the individual stages, the microcycles the specific training phases and the training sessions the work done during a microcycle. During a mesocycle the main-topics usually remain unchanged and we work intensively on the given projects. How extensive a phase or mesocycle is always depends on your requirements. The prerequisites can be factors such as time availability, working life, stress levels, physical abilities, etc.

A microcycle, a training phase, is always created according to your goals and wishes and our planning and structuring of them. This means that you tell us on what you want to work and focus on and we plan and program it, sharing our knowledge and ideas to it. Within the topics you want to work on the structure is based on the individual - i.e. you and your prerequisites. Therefore, the structure does not treat all students equally, but adapts to them individually.

Each training phase is based on the previous one, so there is always progress, whether on the technical or the conceptual level. To end a mesocycle always means in a certain way to leave certain topics for the moment and to open for new ones. But some things remain the same. This depends on you and the topic. A microcycle lasts between four and six weeks, depending on your weekly time commitment and the intensity and complexity of the topic(s).

Each phase consists of a detailed PDF document with written descriptions and various video material. In addition to the practical material of the different categories, you will get theoretical material to expand your knowledge. All of this is designed to support and add value to your practice and make sure that you really learn something and don't just do things like a robot. Each phase also has a reflective practice which is your responsibility to lead honestly and carefully. We provide the template for this, but it must be clear: you get out of it what you give into it.

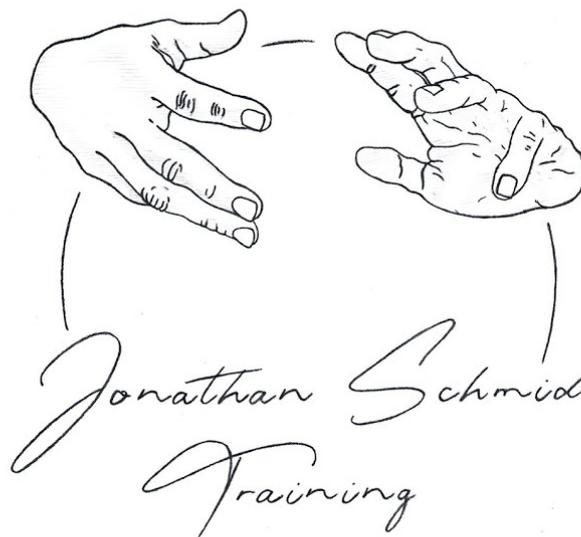
How the first training phase and general planning looks like depends on the individuality of each person. If you have already a lot of training experience you will naturally find a different start than someone who has little or no experience. After deciding to start the journey, we will have a physical and mental assessment, where we can get a first picture of you.

Our communication platform is Discord. It is accessible free of charge via the browser or available as a free app for mobile phone and desktop. As video platform we use YouTube.

Every second week you send a compilation video with different training clips (maximum total duration 15 minutes) and questions regarding your phase on which we give feedback. We respond to your video by filming our screen and making a voice over on your video or, if necessary, recording an extra video tailored to your individual needs.

More detailed information about the the whole procedure and communication will be provided in your first phase document and via mail after you have registered for Online Support.

GLIMPSE INTO THE ONLINE SUPPORT



Fact Check GD-OS

Following a short fact check, what the GD-OS contains for you:

• Assessment

- Large questionnaire about yourself to get to know you a bit and to be able to assess your current situation
- At the same time first chance for you to reflect on yourself and your current life situation

• Practical Material

In the GD-OS we only offer practical material from our physical practice.

All material is provided with written descriptions, images and one of our more than 1200 videos on YouTube.

- Strength (Basic Strength, Skill Strength, Ring Strength, Organic Strength)
- Mobility & Pre-/Rehab (increase active range; prehabilitate weak links or rehabilitate injuries)
- Coordination (whole body coordination, softness, integrity, agility)
- Handbalance (building or expanding your Handstand practice)
- Planes Work & Acrobatics (floorwork, acrobatics, integration, quality research)
- Surroundings (building mental and physical capacity to move in and with your environment)

• Theoretical Material

As already described you get additional theoretical material on the topics you are working on or that we believe can help you/ broaden your perspective.

- Introduction videos about basic topics (breathing, posture, joint positions, etc.)
- Documents to support the practice (training design, daily practice, physical practice, etc.)
- Introductory texts about categories/specific topics (mobility, strength training, etc.)
- Lectures about various topics (stress, frustration, learning, intermittent fasting, cold exposure, etc.)

• Feedback

- Video submission **every second week** from your side (maximum duration of 15 minutes)
- Detailed feedback video (Voice-Over and or explanation) **every second week** from our side

• Social Interactions

- Online Support Meetings (Zoom / Discord)
- Exchange platform, together with other students and us (Discord)
- Group Training Hamburg (reduced price for permanent joining or free as a visitor)
- Invitation Student Intensive (6 days every summer)

FINANCIAL OFFER

A General Development Online Support contract can be signed for 9 months. After 9 months you can decide again, if you do another 9 month cycle or if you up- or downgrade your membership (ED-OS or PD-OS). Most students who decide for this offer are staying between 1-3 years, but this is totally up to you and you will see how it goes for you after six months. If you're not looking for a long-time support like this check our PD-OS offer, maybe it suits you better.

- a) 9 months cost 200 Euro/month (1800 Euro in total)
- You can decide in advance if you pay all at once or monthly. We prefer monthly.
 - You get 5 % discount on each public workshop.

Please bear in mind that the price takes into account that this offer is limited and cannot exist for the masses. Further the price includes several work steps and the detailed work can only be maintained through financial recognition. My team and me will provide you with weekly educational material consisting of written programs and our video library, articles and general support between five and 30 hours. This material is the result of many years of time invested in our practice, filtering, summarizing, processing, writing, filming, editing, and preparing experience and knowledge. In addition, there is then direct work in the form of writing the phase as well as the feedback.

Because we value, believe in and like personal contact, we look forward to a few face-to-face meetings throughout the year where we can exchange ideas, discuss technical and conceptual issues and see and experience you in 3D. This contact can take place through participation in workshops, personal training or non-binding visits and participation in group training. Important: This is not a **MUST**, but a possibility we are very happy about.

All further and deeper information you need from us and we need from you will be given to you after you have decided to participate in the GD-OS and want to work with us.