

# GrayInstitute

PROUDLY PRESENTS

## Chain Reaction® 3D *Assessment & Application of Movement*

WITH

Gary Gray and Doug Gray

*Applied Functional Science™*



Transform  
Your  
Knowledge  
Into  
Unlimited  
Assessments  
&  
Applications



**2012 SCHEDULE OF CHAIN REACTION® 3D**

*This seminar series is entering its 24th year and is internationally acclaimed for its innovation, development, mastery, and delivery of **Applied Functional Science™***

[www.GrayInstitute.com](http://www.GrayInstitute.com) ■ 866.230.8300 ■ 517.266.4653

# Chain Reaction® 3D Registration Special

## Participant Benefits

As a **Chain Reaction® 3D** participant, you will be afforded multiple opportunities to continue your understanding and application of **Applied Functional Science™** through special offers on **Gray Institute** resources.

## Overview

**Chain Reaction® 3D** is an internationally acclaimed seminar series that has been empowering and enhancing the lives of professionals for 24 years and is presented by the **Gray Institute**. The **Gray Institute** is acclaimed for its innovation, development, mastery, and delivery of **Applied Functional Science™**. **Chain Reaction® 3D** provides a framework of **Applied Functional Science™** that allows practitioners to add to enhance their knowledge and applications for their assessment, training, and treatment abilities. **Chain Reaction® 3D** empowers you with the thought process to better serve your patients/clients for prevention, performance, and rehabilitation. The principle that everyone is different—**everyone is individualized**—lends itself to the fact that everyone should be trained and treated differently based on their function, needs, and goals. **Chain Reaction® 3D** provides direct participation, personal attention, and practical instruction in empowering you to enhance the lives of others!

## Who Should Participate

**Chain Reaction® 3D** is designed for any and all practitioners who want the best for their patients and clients. Professionals include, but are not limited to, the following: Physical Therapists, Physical Therapy Assistants, Personal Trainers, Strength & Conditioning Coaches, Physicians, Chiropractors, Athletic Trainers, Osteopaths, Occupational Therapists, and Coaches (of any level and of any sport/activity).

## Professional Development | Contact Hours

**Chain Reaction® 3D** is approved for 21 Contact Hours by **BOC, NSCA, ACE**, and specified state **APTA** boards. This course is also approved for 10 Contact Hours by **NASM**.

## Course Objectives and Outline

**Chain Reaction® 3D** is a logical, sequential seminar that ultimately empowers the practitioner with the thought process to **assess and apply movement** three-dimensionally to better serve anyone and everyone in the world of prevention, performance, and rehabilitation. The **Course Objectives and Outline** includes, but is not limited to, the following:

### LEARN, UNDERSTAND, AND APPLY:

- The **Foundation** of Movement ... **Applied Functional Science™**
  - *Physical Sciences, Biological Sciences, and Behavioral Sciences*
- The **Process** of Movement ... **Principles-Strategies-Techniques**
  - *Individualized Process vs. Generic Protocols*
- The **Language** of Movement ... **Applied Functional Science™ Nomenclature**
  - *Description and Documentation*
- The **Study** of Movement ... **Chain Reaction® Biomechanics**
  - *The Transformational Zones of Human Function*
- The **Synergy** of Movement ... **NeuroMusculoSkeletal System**
  - *Neurological System, Muscular System, and Skeletal System*

### DISCOVER, COMPREHEND, AND EXPERIENCE:

- The **Organization** of Movement ... **3D Matrix System**
  - *Foundational, Enhancement, and Skilling Movements/Exercises/Techniques*
- The **Success** of Movement ... **Integrated Isolation and Isolated Integration**
  - *Mostability (Motion + Stability)*
- The **Intention** of Movement ... **Purpose-Driven**
  - *Flexibility, Agility, Coordination, Strength, Power, Endurance, Speed, Balance, Reaction, and Recovery*
- The **Assessment** of Movement ... **Biomechanical Analysis**
  - *Global and Component Function*
- The **Training** of Movement ... **Thresholds of Function**
  - *Optimize, Mobilize, and Vitalize Sphere of Influence*
- The **Treatment** of Movement ... **Restoration**
  - *Healing Environments for Injuries and Dysfunction*
- The **Variation** of Movement ... **Tweakology™**
  - *Determining Efficient and Effective Variables*

**ONLY  
\$795**

# Agenda

# 2012 Course Dates and Locations

## Thursday

Registration 7:00am

Class Time\*\* 8:00am – 5:00pm

## Friday

Pump and Praise™\* 6:15am – 7:30am

Class Time\*\* 8:00am - 5:00pm

## Saturday

Pump and Praise™\* 6:30am – 7:30am

Class Time\*\* 8:00am – 12:00pm

### \*Optional Bonus Opportunities

Pump and Praise™ Experiences:  
3D Circuit Training (Friday) and  
3D Locomotor Training (Saturday)

\*\*Lunch is on your own

## Spring

**April 12-14—Seattle, WA**  
DoubleTree by Hilton Seattle Airport  
17620 International Blvd.  
Seattle, WA 98188  
Reservations: 206-244-4800  
Single/Double Rate: \$141.00 per night

**April 19- 21—Boston, MA**  
Radisson Hotel  
200 Stuart Street  
Boston, MA 02116  
Reservations: 617-482-1800  
Single/Double Rate: \$319.00

**May 10-12—Chicago, IL**  
Hilton Rosemont/Chicago O'Hare  
5550 North River Road  
Rosemont, IL 60018  
Reservations: 888-452-6943  
Single/Double Rate: \$129.00

## Fall

**Sept. 20-22—San Diego, CA**  
Catamaran Resort Hotel  
3999 Mission Blvd.  
San Diego, CA 92109  
Reservations: 800-422-8386  
Single/Double Rate: \$189.00

**Oct. 11-13—Chicago, IL**  
Hilton Rosemont/Chicago O'Hare  
5550 North River Road  
Rosemont, IL 60018  
Reservations: 888-452-6943  
Single/Double Rate: \$139.00

## 2012 Chain Reaction® 3D Registration Form

Seminar Location \_\_\_\_\_

Seminar Dates \_\_\_\_\_

Name \_\_\_\_\_  
*(Please PRINT Name As It Should Appear On CEU Certificate)*

Professional Credentials \_\_\_\_\_

Employer \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email Address \_\_\_\_\_

Shipping:  Check if same as billing address

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Chain Reaction® 3D ..... \$795.00

I've enclosed a check for the above  
TOTAL AMOUNT payable to **Gray  
Institute**

Please charge my **Visa, Mastercard  
American Express, or Discover Card**  
to:

CC# \_\_\_\_\_

Exp. Date \_\_\_\_\_

Security Code \_\_\_\_\_

*Authorized Signature for Credit Card Required*

Please mail this registration form and a check  
(payable to **Gray Institute**) to:

**Gray Institute**  
5353 W. US223  
Suite B  
Adrian MI 49221

*Any questions or comments, please call  
866.230.8300 or 517.266.4653.  
If you are using your credit card,  
please fax this form to 517.266.9363.*

**Registration Confirmation:** Please register early. Due to the personal nature of Chain Reaction® 3D, class size is limited. We urge you to obtain registration confirmation before making flight arrangements as course tends to fill rapidly. Confirmation of registration and receipt for tuition will be sent to you.

**Cancellation Policy:** Cancellations must be in writing to qualify for a refund. Cancellations received up to 45 days prior to the course will be assessed a \$50 cancellation fee. A credit towards a future seminar will be given (money received minus \$50 cancellation fee) if cancellation is received less than 45 days prior to the course. Gray Institute reserves the right to cancel any course and will not be responsible for any charges incurred by the participant. If Gray Institute cancels a course, a full tuition refund will be given.

## Chain Reaction® 3D Assessment & Application of Movement

Transform Your Knowledge  
Into Unlimited Assessments  
And Applications

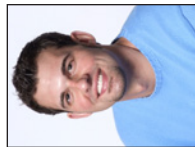
### 2012 COURSE SCHEDULE

# Chain Reaction® 3D

## YOUR PRESENTERS



**Gary Gray PT, FAFS** is the originator and developer of many nationally acclaimed educational programs, including the "Chain Reaction®" series of seminars. He is the recipient of the prestigious 2002 John Maley Award which recognizes an individual for innovation and leadership in physical therapy. Referred to as "Father of Function" and the leading pioneer and authority in rehabilitation and training, Gary is a respected physical therapist, trainer, educator, author, coach, and successful inventor. He has transformed his functional and biomechanical understanding of the body into the most effective performance-enhancement, injury prevention, and rehabilitative applications. Gary's passion for education and sharing, along with his innovation and desire, allows him to translate the complexities of human function into simple and effective techniques. Gary's goal is to enhance the lives of professionals and the lives of those they treat and train.



**Doug Gray, FAFS** is an accomplished young businessman, entrepreneur, national lecturer, author, coach, trainer, and athlete with a deep understanding and experience in *Applied Functional Science™*. He has worked extensively with coaches, trainers, therapists, professional athletes, kids, and parents. Doug currently is the Director of GIFT (Gray Institute for Functional Transformation), as well as a Faculty Member and Fellow of Rock Training Camp and 3D Personal Conditioning Camp, as well as coaches and trains at Girls of Summer Camp. He has participated in the development, production, and delivery of numerous seminars and videos/DVDs dealing with functional prevention, rehabilitation, and performance enhancement, including the 3D Matrix Performance Series. He also serves as the Director of Free2Play (PEAK PE Institute, Inc. DBA "Tridoma"), a dynamic 501(c)(3) organization utilizing movement to transform the lives of children across the world.

### Participants had this to say about the presentations of Gary and Doug:

*"What a great combination! They brought attention to the functional material, not themselves."*

*"My patients and clients have no idea what's in store for them. I can't wait to help them help themselves!"*

*"The information is extremely practical."*

*"This was the most valuable seminar I have ever attended!"*

*"I cannot wait to further my knowledge through the Gray Institute."*

*"I wish I could have learned this information years ago."*

*"This seminar taught me to always question why."*

*"They brought us full circle. I was forced to empty my cup and re-learn that which I already knew, but with a functional perspective!"*

*"The information directly applies to the prevention, training, and rehabilitation of anyone."*

# GrayInstitute

- Live Seminars
- Educational DVDs
- Mentorship Program (GIFT)
- Online Exercise Library
- Online Educational Modules
- E-Newsletter
- Functional Products

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