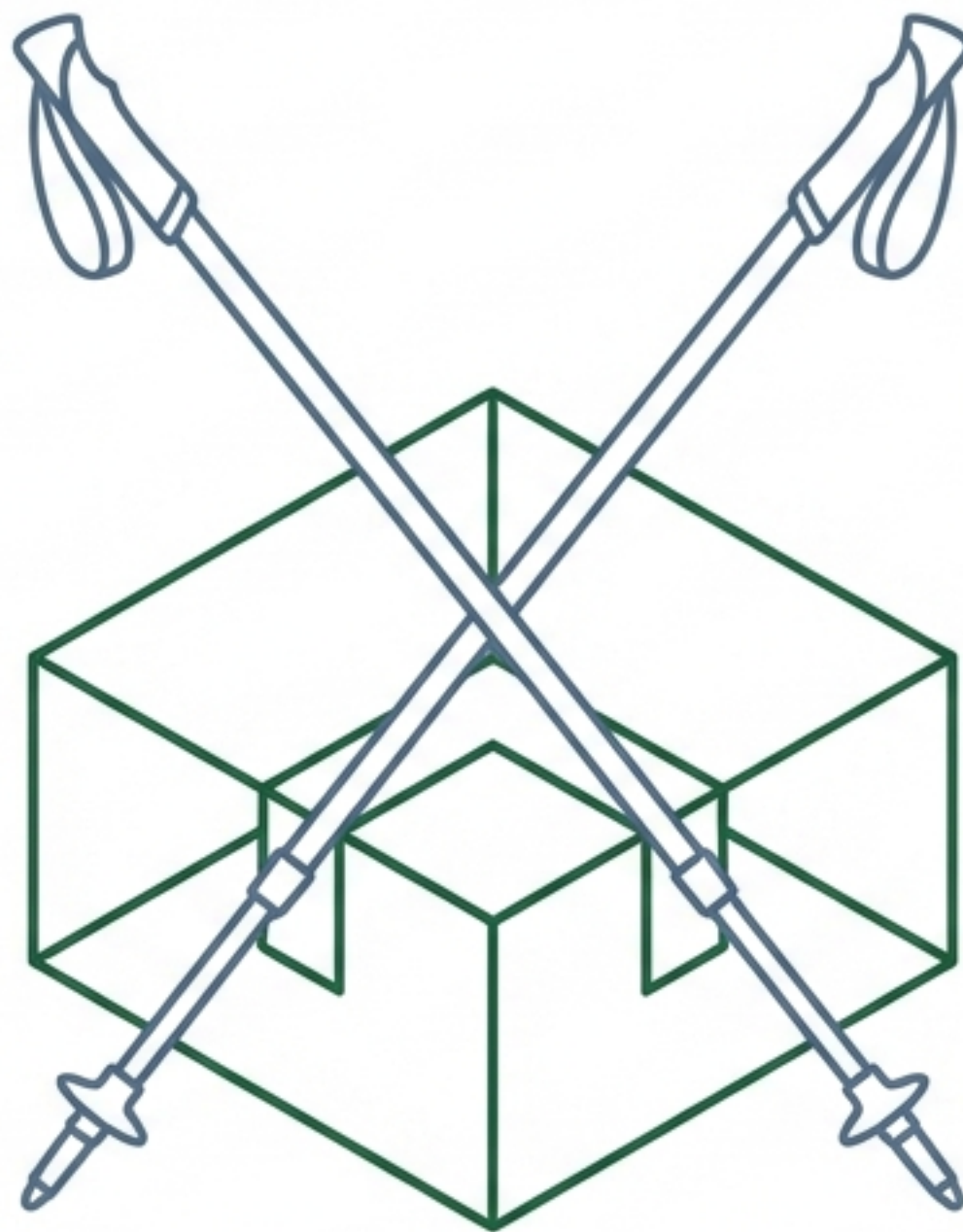


The Instructor's Blueprint

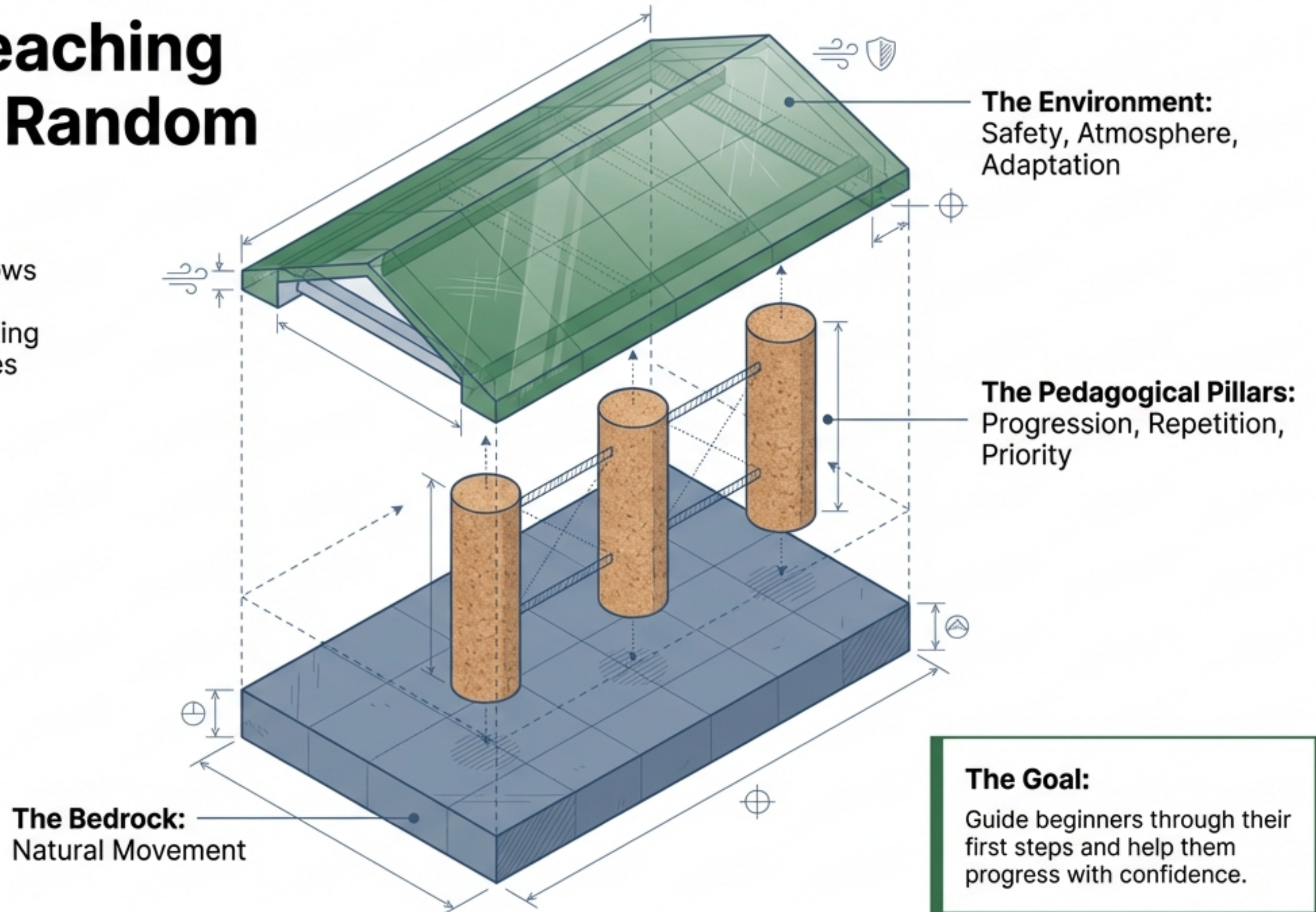
Core Pedagogical and
Environmental Principles
for Nordic Walking

Professional Training System
& Field Reference



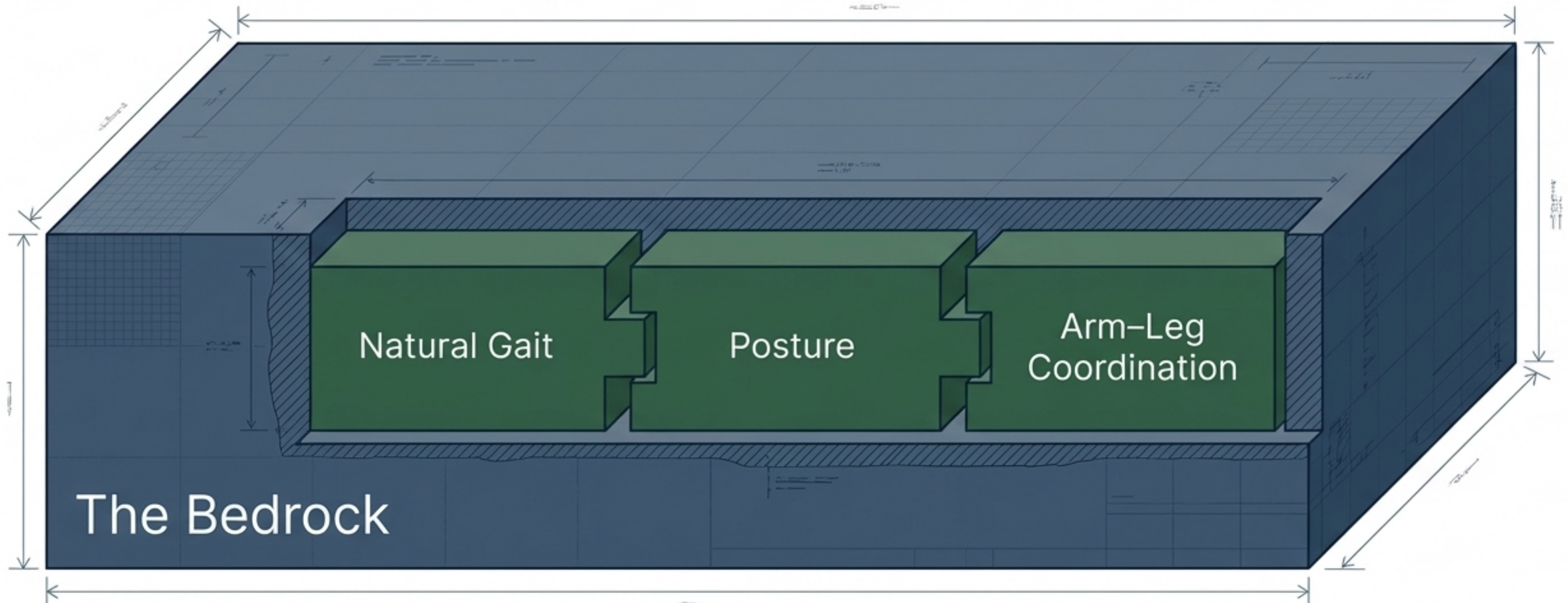
Structured Teaching Outperforms Random Instruction

A structured training system allows instructors to teach effectively, consistently, and safely. Organizing learning into clear stages ensures participants develop body awareness before advancing.

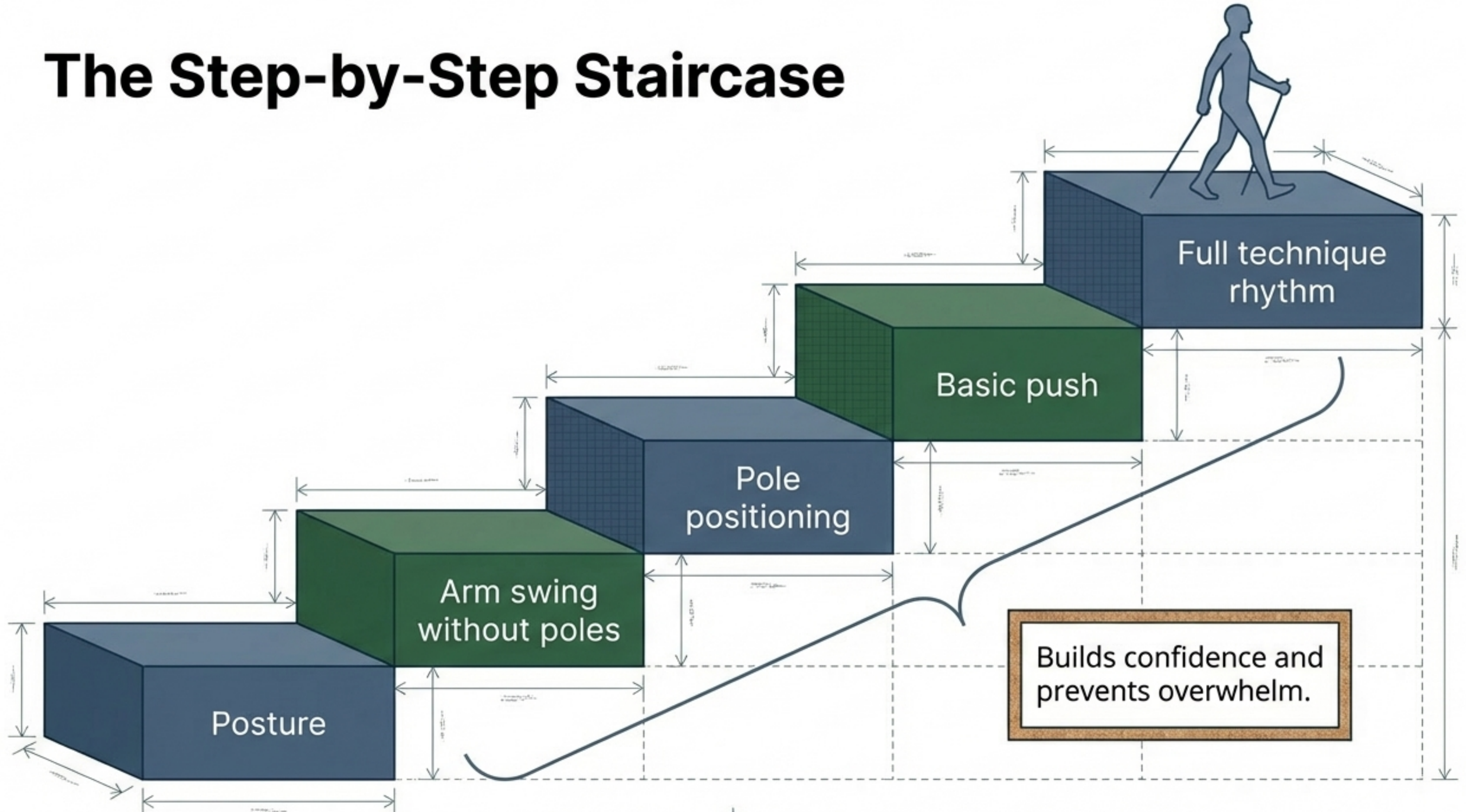


The Bedrock: Natural Movement First

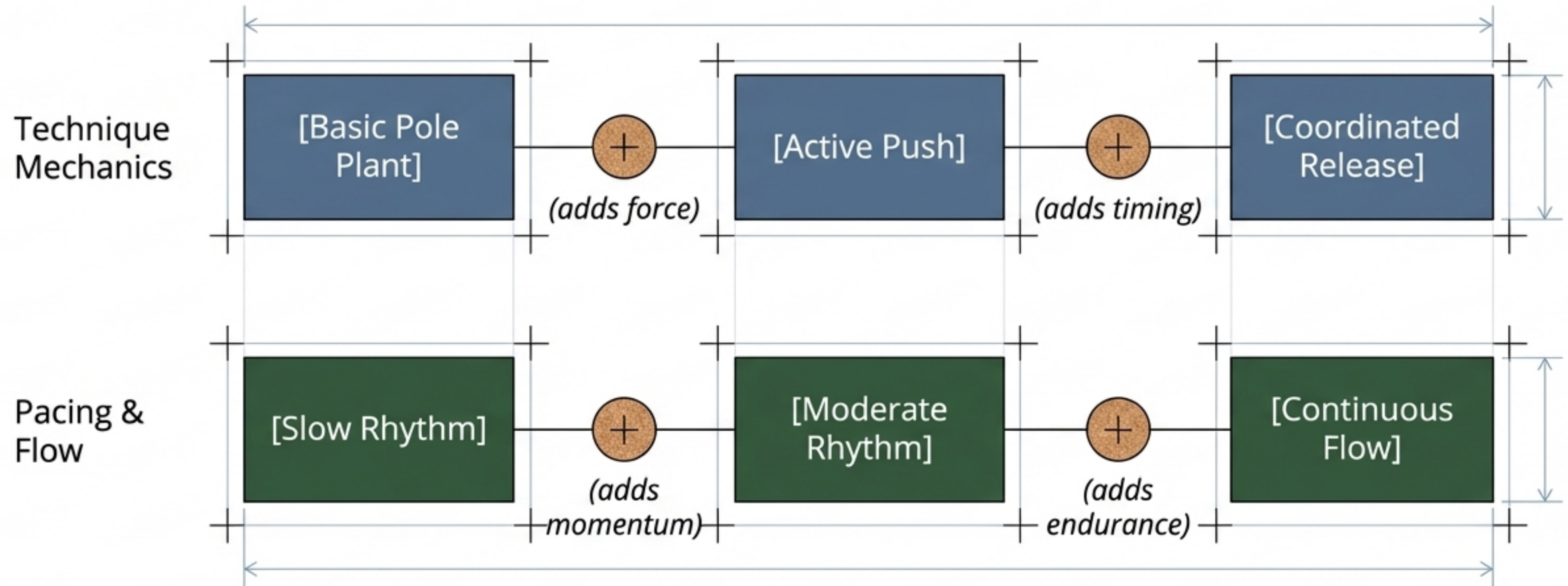
Good natural walking is the foundation for good Nordic Walking. Before introducing poles, instructors **must** ensure participants understand three critical elements of natural gait.



The Step-by-Step Staircase

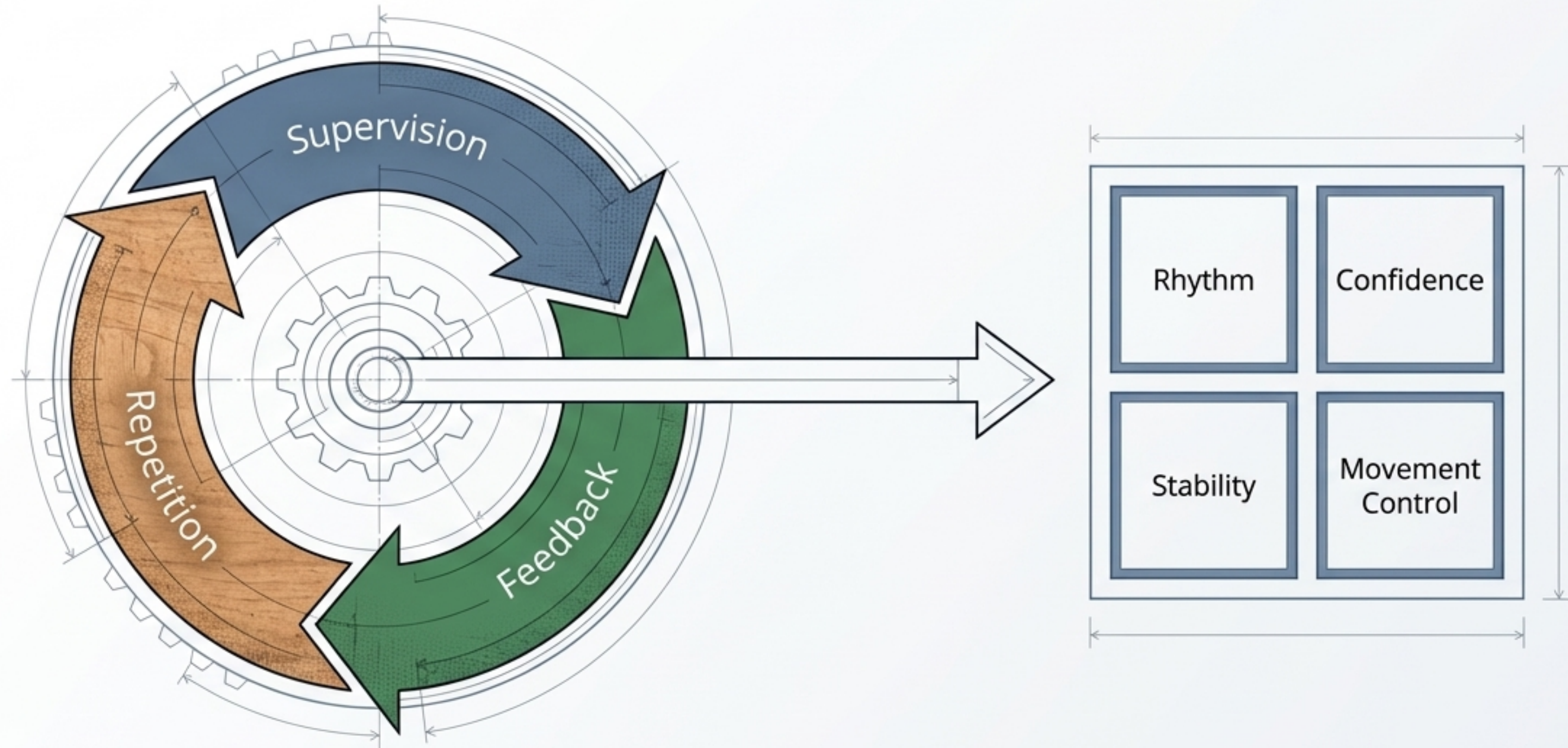


The Evolution Pipeline: Simple to Complex



The Structured Repetition Flywheel

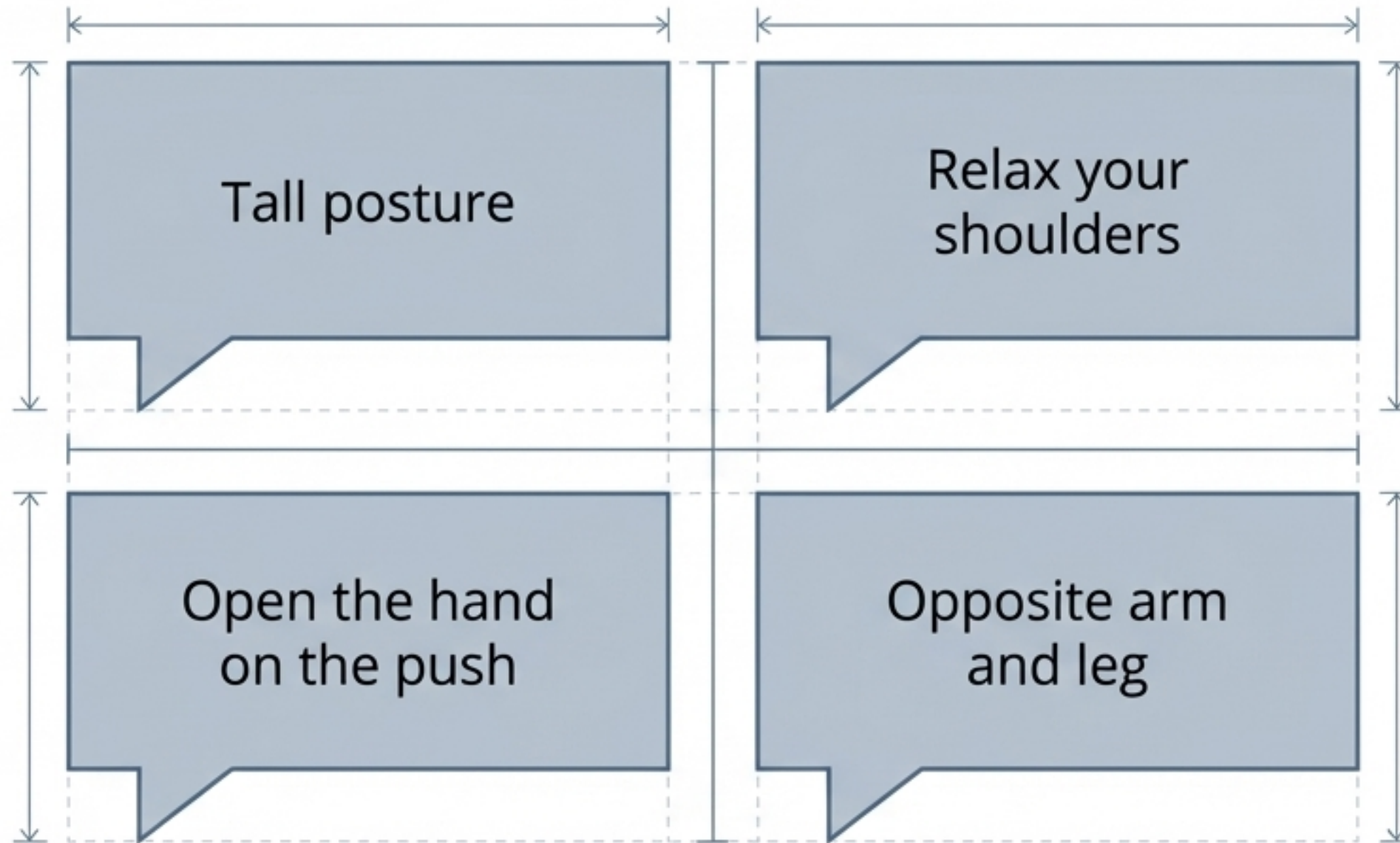
Beginners require repetition, but it must be structured, never random.



The Communication Matrix

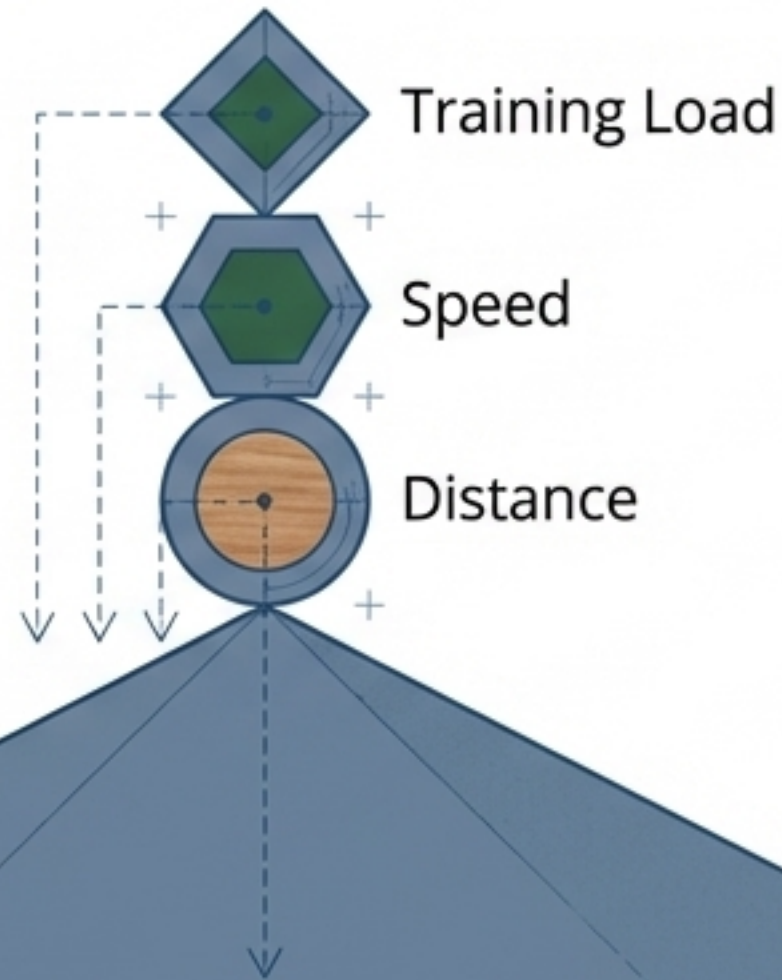
Instructors must communicate teaching points in short, simple phrases.

Complex explanations
reduce learning efficiency.



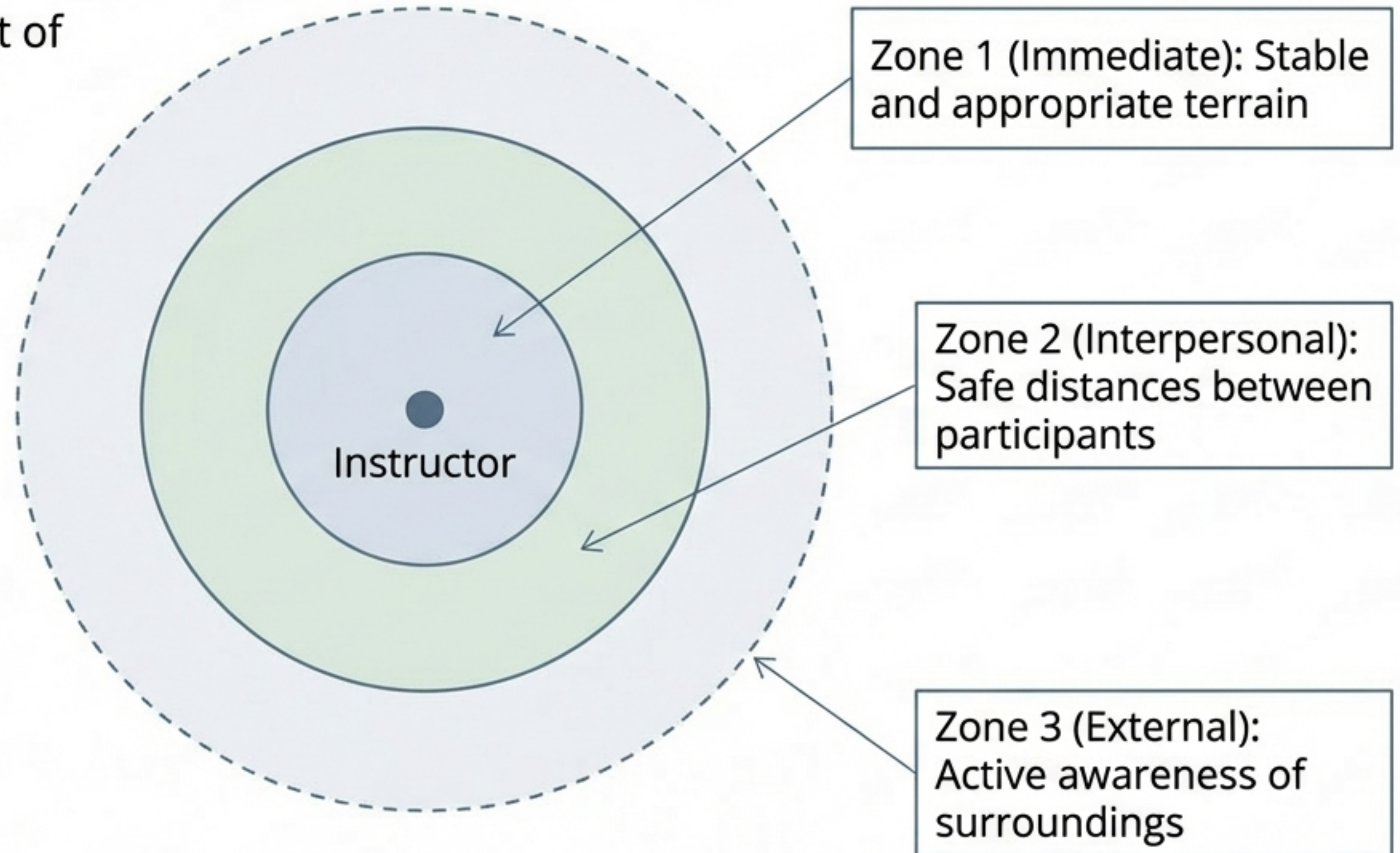
The Hierarchy of Progression

Beginners should master basic technique before attempting to walk faster or longer. Correct movement always precedes intensity.

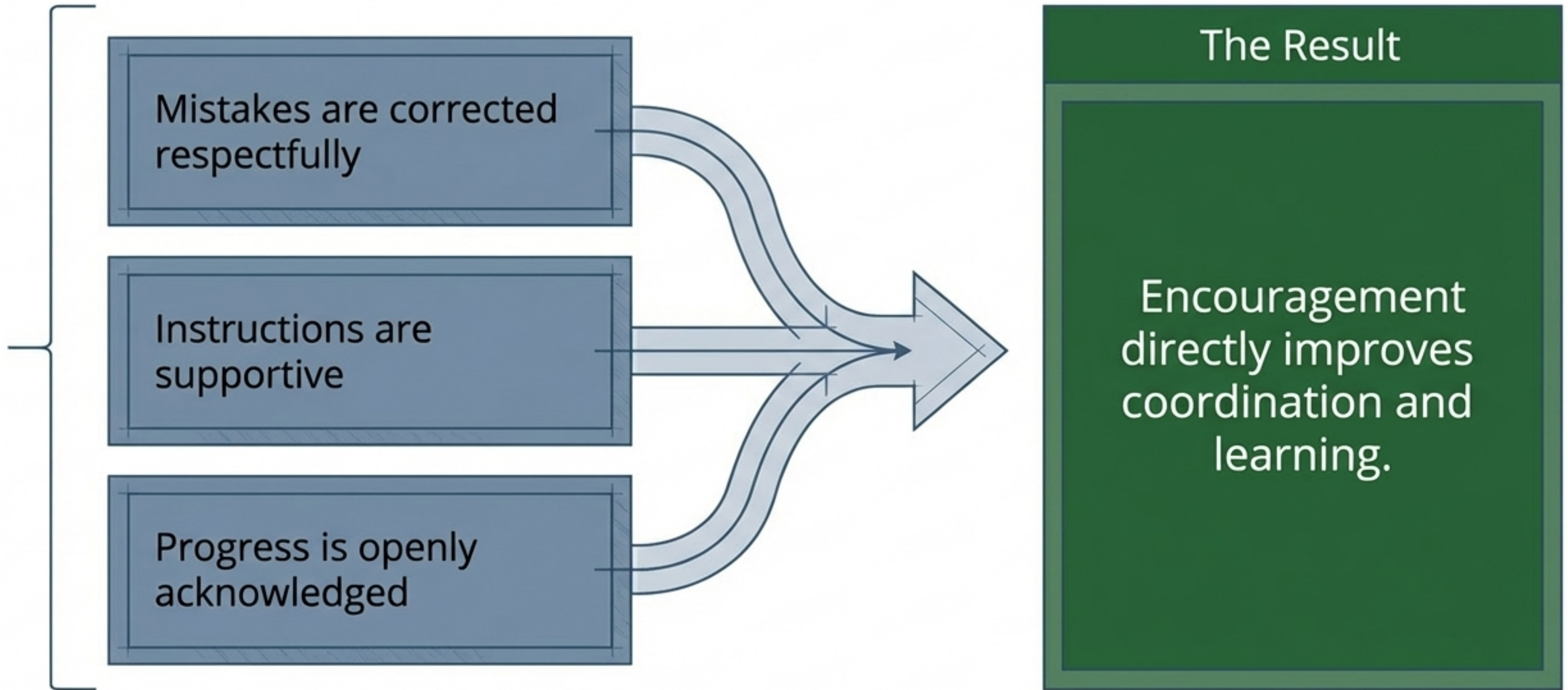


The Safety Ecosystem

Safety is a foundational part of the training system, not an optional element.

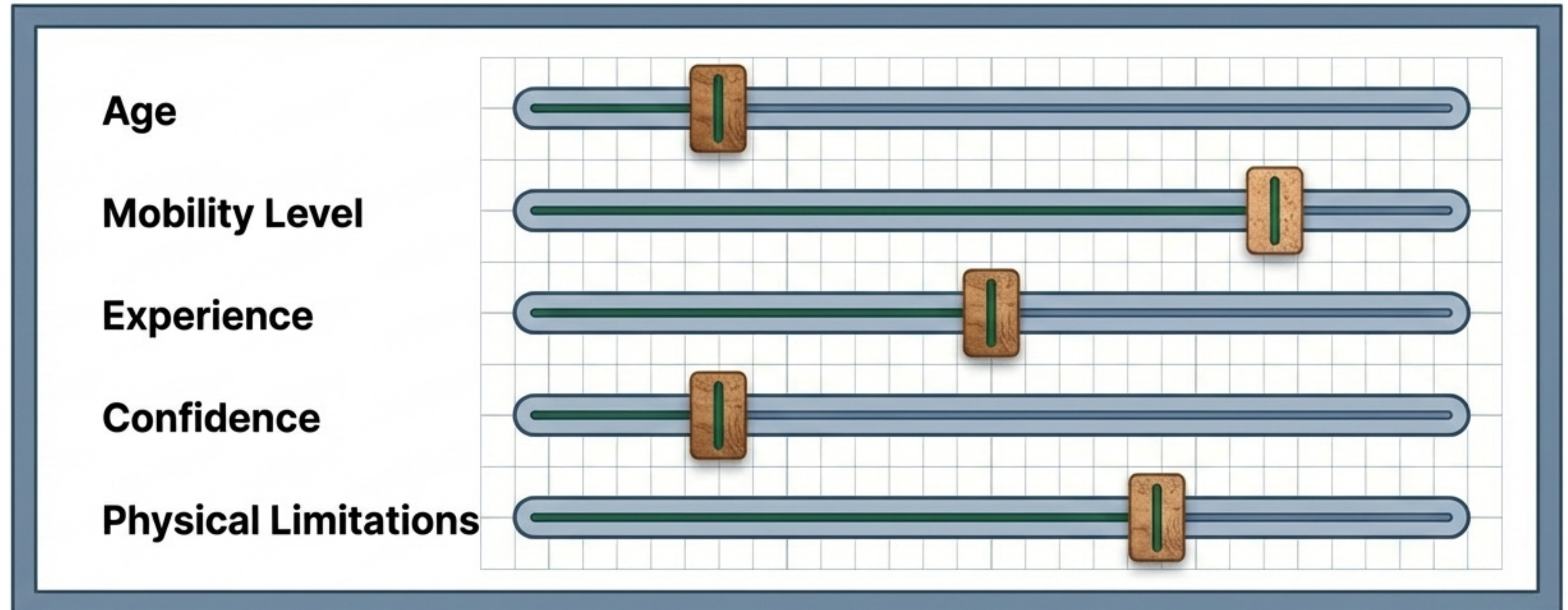


The Atmosphere Catalyst



The Adaptation Dashboard

No single teaching method works for every beginner. Training must be actively adjusted.



The Completed Architecture

