



**THE WORLD'S
LARGEST
CLASS**
MESQUITE CONVENTION CENTER 2023

We are close to celebrating for the seventh consecutive year our Annual Convention for instructors of Xco® Latin by Jackie.

This year we continue with the hybrid format of short 90-minute workshops and regular 3-hour workshops.

On Thursday and Friday you can select TWO 90-minute workshops and ONE 3-hour workshop each day. On Saturday you will be able to select ONE 90 minute workshop, ONE 3-hour workshop.

For this convention we have designed new workshops and we will have two special classes: ONE on Thursday to kick off the Convention **"SABOR LATINO"**, with Master Trainers Mike Shakiro, Willie Santiago and Elite Presenter Oscar Campos for the first time on stage.

On Friday we will have our second Master Class **"HIGH INTENSITY"** with the participation of MT Angelica Magaña, Ana Buitrago and Denice Treviño.

On Friday at the end of the day for the second consecutive year we will have the contest **"La Voz Xco® Latin by Jackie"** where last year's winner Maggie Pecina will defend her title. REMEMBER there is a \$1000 credit voucher for the winner!!!

As the main event on Saturday, April 1, "The World's Largest Class" (open to the general public) with our Program Creator Jacqueline Rodríguez and the Elite Team. This extended Master Class has the theme of Around the World in 90 Minutes, with an outstanding stage and audio visual production.

Our team has prepared these three days of workshops and classes to expand your knowledge and improve your abilities / skills as an instructor. We count on the presence of each one of you to enjoy, share and celebrate life with this modality that we are so passionate about.



90 MINUTE WORKSHOPS TO SELECT

I. BECOME YOUR BEST VERSION OF YOURSELF –DR. VICTOR MONTES (Spanish)

What's stopping me? In this 90 minute workshop you will learn how negative beliefs limit the scope of our progress as a person and as an instructor. You will understand how the results of our lives are the product of our actions, which in turn are framed in our thoughts.

II. MORE THAN A MODALITY A LIFE PURPOSE – DR. VICTOR MONTES (Spanish)

Emotions are the vital force that drives the actions in our lives. This 90-minute workshop is designed to learn techniques to deal with our emotions and those of others daily. At the end of the workshop, you will understand how to develop interpersonal harmony and achieve collaboration where respect and mutual appreciation between instructors and our clients define us as what we are, a Modality with Purpose.

III. XANDUNGUEO ATLETICO – MT ROSY DAVILA AND ELITE PRESENTER OSCAR CAMPOS

In this dynamic and fun 90-minute workshop you will learn how to adapt our Athletic Movements in a functional and fun way without undermining their Purpose of our Movement Patterns. You will develop techniques so that your clients receive the maximum benefit and performance through their correct execution, adding their touch of SAZON to the recipe.

IV. CORE STABILITY – MT ANGELICA MAGAÑA AND LUISO FORTES

The main element in our Modality is the activation of the CORE. It is the key factor in obtaining results and guaranteeing success as an instructor. In many Movement Patterns we use the arms to get the Reactive Impact when we really must recruit the core muscles to achieve it. This workshop is designed to show the correct way to activate the CORE in the Movement Patterns through a correct execution.

V. TECHNIQUE + EXECUTION = PERFECTION – MT ANGELICA MAGAÑA

Do you know what they are how to perfectly execute the Simple Movements? Do you know what the purpose, execution and reason of each one is? The Simple Movements are the foundation to improve the mobility and performance of our clients. In this dynamic, interactive and fun 90-minute workshop you will learn to develop the correct way to execute them and thus maximize the benefits.

VI. THE SEVENTH SENSE – HEAD OF EDUCATION WENDY AVILES

In our Modality we identify what we called the “seven sense” of Proprioception. That invisible, automatic sense that is born inside our body and is rhythmically integrated with the Acoustic Sound (Feedback) of the Xco®-Trainers. In this 90-minute interactive workshop you will learn to use and teach your clients to recognize and develop this sense, which is one of the pillars and points of differentiation of our modality: *PROPRIOCEPTION, ACOUSTIC SOUND, COORDINATION, AND HANDLING OF THE TOOL*. You will understand the client development process: Evaluative / Cognitive Development / Level of Adaptation / Challenge.

VII. A.D.S. (ACCELERATION, DECELERATION AND STABILITY) – PROGRAM CREATOR JACKIE RODRIGUEZ

As a movement is repeated, the nervous system is conditioned to send better and faster signals to the muscles and in turn forces your body to take pauses to establish Stability and Balance. Systematic Pauses are being incorporated more frequently into the newer Movement Patterns. In this 90 minute workshop you will learn Stability and Balance techniques incorporating Acceleration, Deceleration and Systematic Pauses. By applying A.D.S to your classes, your clients will obtain as a greater benefit Permanence and Stability in their body regardless of the Impact they receive.

VIII. DEMO - TOOL FOR OPENING MARKETS – MT YURIANA BADILLO AND HC ALE LOYO

DEMO can open or close an opportunity? It is the main tool for the organic growth of our Modality. This informative workshop has the objective of showing you the importance of a DEMO and use it to open up new markets.

IX. TRANSITIONS – MT WILLIE SANTIAGO

Many times, we know how to do all the Movement Patterns, but despite knowing it, we get stuck in a co-contraction or an endless march. We don't know how to put the Movement Patterns together to have a smooth class.

In this FOUNDATION workshop you will have the opportunity to learn the basics of what a TRANSITION is in our Modality, to change from one Movement Pattern to another in a simple and fluid way. At the end of the workshop you will have the knowledge and tools necessary to create new, fluid and dynamic classes.

X. GPS / CUEING – MT WILLIE SANTIAGO

The global positioning system requires satellites to continuously send navigation signals that are received by receivers that allow users to pinpoint their location and easily navigate in that direction. If you compare your class to a GPS, do you provide them with latitude, longitude, and altitude coordinates so that your clients can follow you? In this 90-minute workshop you will learn the techniques to lead your class with clear, understandable, easy-to-follow language (verbal, body or gesture) to achieve a fluent class that your clients can follow.

3 HOUR WORKSHOPS TO SELECT

1. ADV MOVEMENT PATTERNS 4 - PROGRAM CREATOR JACKIE RODRIGUEZ (only for Certified Instructors)

Do you want to create new classes and take your clients to the next level?

This three-hour workshop will provide you with 10 of the latest new Movement Patterns 4 for your classes. These Movement Patterns are compound and advanced. You will practice and practice until you learn them from start to finish, you will get the most recent developments of the Modality.

2. PART II 1,2,3 URBANO– MT MIKE “SHAKIRO” HERNANDEZ AND ELITE OSCAR CAMPOS

If you enjoyed the previous workshop, get ready that we will increase the temperature. In this advanced, dynamic, interactive and fun workshop you will incorporate the EFT concept (Core, Stability and Flexibility) with multiplanar Movement Patterns that involve acceleration, deceleration and destabilization thus creating a Demand on the Core.

At the end of the workshop, you will achieve a greater synergy between knowledge and movement in relation to our body that will lead to a transformation as an instructor and in your class. Salsa, Cumbia, Reggaeton and much more...

3. FEEL THE BEAT – MT WILLIE SANTIAGO AND SUSANA BARRAZA

This dynamic, interactive and fun three-hour FOUNDATION workshop, designed for participants to obtain greater knowledge of the concept of Music and Movement in Xco® Latin by Jackie.

At the end of this workshop you will reach and improve the following skills:

- Planning an Xco® Latin by Jackie class.
- Achieve and improve the ability to stay on time (On Beat), achieve a more fluid class and make it easy to follow.
- You will be able to identify the Big One in a musical stanza that makes it easier for you to develop a class with greater precision.

4. ADVANCED TRANSITIONS – MT SUSANA BARRAZA AND ANGELICA MAGAÑA (only for Certified Instructors)

This fun, dynamic, and interactive three-hour workshop is designed for certified instructors who are advanced with their clients and want to take them to another level. You will learn Advanced Techniques to join our Movement Patterns and acquire the ability to change from one Movement Pattern to another through Coordination and Synchronization. At the end of the workshop, you will have the knowledge and tools necessary to develop new, fluid, effective and dynamic classes to challenge your clients and take them to another level.

5. “FACE TO FACE” ENDURANCE CHALLENGE – MT DENICE TREVINO AND ANITA BUITRAGO

Get ready for three hours of Intense Level. This workshop will help you to know how much performance you have acquired and understand / evaluate your capacity of Strength, Speed, Endurance and Coordination. With this workshop you will improve your skills as an instructor, and you will learn to systematically execute programmed movements to obtain the desired benefit in advanced classes.

SPECIAL EVENTS

I. SABOR LATINO - MT MIKE SHAKIRO, MT WILLIE SANTIAGO AND ELITE PRESENTER OSCAR CAMPOS

II. HIGH INTENSITY – MT ANGELICA MAGAÑA, ANA BUITRAGO, DENICE TREVIÑO

III. LA VOZ XCO® LATIN BY JACKIE – THE EVENT

On Friday, March 31, at the end of the day, we have our "Convivio" event where, for the second year, we will discover the best talents of our modality and where the winner of La Voz 2022 Maggie Pecina defends her title. This event called La Voz Xco® Latin by Jackie is going to have metallic prizes, the best 12 exponents will be selected to participate. A \$1000 in credits as a prize for the winner. The exponents can be individual or in group. For more information contact MT Rosy Dávila at 682-326-1315 / rosy@xcolatinbyjackie.com

IV. EXTENDED MASTER CLASS “AROUND THE WORLD IN 90 MINUTES” – PROGRAM CREATOR JACKIE RODRIGUEZ

THE WORLD’S LARGEST CLASS, will once again take place in Mesquite Texas. This Master Class with Program Creator Jackie Rodríguez and the ELITE team is an extended version, with more lights, sound, screens.

V. POST CONVENTION EDUCATIONS SUNDAY, APRIL 2, 2023

GUN-EX: SPECIAL PRICE FOR INSTRUCTORS \$149



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