

The Rock and Water Programme

Three-Day Training Course



The Rock and Water programme, developed by Dutch educator and counsellor Freerk Ykema, offers professionals a new way to interact with children and young people through a psychophysical teaching approach. Simply put, physical exercises are constantly and intentionally linked with mental and social skill development.

The Rock and Water programme leads from games, simple self-defence, boundary and communication exercises to a strong notion of self-confidence. With 48 lesson plans and 175 exercises in the training manual, the programme offers a framework of exercises and topics which assist young people to become aware of purpose and motivation in their life.

Some of these (age-appropriate) topics include: Mental strength, body language, empathic feeling, setting boundaries, bullying, breath strength, life goals, dealing with a threatening group, body awareness, intuition and listening, sexuality and sexual violence and emotional control.

Four red threads

The topics covered in the programme are connected by four red threads:

- 1) Learning how to **ground yourself** (stand strong and relaxed), how to **centre yourself** (breath in the stomach) and how to **focus** (directing the attention and concentration).
- 2) Development of **the psychophysical triangle**: body awareness – emotional awareness – self-awareness. Emotions are expressed physically as muscle tension, high breath or low breath, heart rate etc. As we become more aware of our bodies we gain greater insight and experience of our own reaction patterns which offers significant opportunities for deepening our emotional- and self-awareness and increasing our power of self-control.
- 3) Development of physical **communication forms** as a basis for development of other more verbally oriented forms of communication.

4) The Rock & Water concept

The Rock and Water programme teaches that every action and communication can be filtered through a conceptual framework of apparent opposites, the strong and uncompromising Rock attitude versus the flexible and connecting Water attitude. This concept can be developed and applied from the physical, verbal and relational perspectives. Physically, this means that an attack can be countered by firmly tightened muscles (rock) but can often even more effectively be dealt with using a flexible approach that moves with the energy of the attacker (water action). In a conversation one can choose a strong and uncompromising Rock attitude or opt for a more communicative Water attitude.

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Course Outline - Day one

- Theory: introduction to Rock and Water; changes in society and education
- Learning to be centred and grounded
- Learning to deal with physical and mental pressure
- Introducing the Rock and Water concept
- Learning how to deal with bullying
- Physical exercise games such as Chinese Boxing, Chinese Sticky Hands
- Rock and Water in verbal confrontation

Course Outline - Day two

- Theory: Introduction to the Psychophysical Triangle in its relation to the development of empathic feeling and social competency; social identity; impact of hormones on brain development and behaviour
- Breathing strength and control
- Body language and its impact on self-image, memory and others
- Simple self-defense exercises to enhance self-control, self-confidence and the development of ethical behaviour
- Intuition exercises
- How to deal with a threatening group
- Theory: The Male brain and Female brain

Course Outline - Day three

- Theory: Psychological identity and spiritual identity
- Learning how to deal with group pressure
- Rock and Water in a relationship
- Sexuality
- Mental strength and inner strength exercises
- Evaluation and Certificates