

DETAIL SHEET FOR iLs KICK START PROTOCOL

To assist professionals using the Kick Start System

12-week Protocol

This integrative protocol is designed to emphasize the three zones of sensory motor (balance, coordination, motor planning), communication (reading, auditory processing, phonemic awareness and language skills), and integration (higher cognitive function, creativity, mental alertness).

Each 60-minute session consists of four tracks, each of approximately 15 minutes in length. The client is to listen to each session three times (or more) in a week before moving on to the next session. Listening sessions are preferably one hour but may be divided into 30-minute segments (six times per week), if needed.

The protocol begins with three weeks of full spectrum music and music with emphasis in low-frequency bandwidths that help with motor coordination and balance. This is followed by gradually filtered music with emphasis in the language bandwidths of 750-3000 Hz, as well as enhanced higher spectrum music for its energizing effect.

Each session includes a combination of 3 or 4 out of following 7 processing techniques: **FSM, FM, SpL, SI/SM, ELS, EHS and Sweep***. **We have noted the introduction of new frequencies and the location of EHS to assist you in monitoring your client's program. Chants are noted below.**

<u>Zones</u>	<u>Session</u>	<u>Description</u>
1-3	1-3	FSM, S-M, Special Enhanced Low Spectrum
1-3	4	FM 250 – 500, EHS Track 2
2	5	FM 500 – 750, EHS Track 2
2	6	FM 750 , EHS Track 3
2	7	FM 1K, EHS Track 3
2	8	FM 1.5K, EHS Track 3
2-3	9	FM 2K, EHS Track 3
2-3	10	FM 2.5K, EHS Track 3
3	11	FM 3K, EHS Track 2
3	12	Sweep™, Tracks 1 and 4

(Optional two-week break)

The program may then be reversed starting with week 12 thru week 1. This entire sequence may be repeated as many times as desired.

Some people have a preference for one type of chant over another. To substitute one type of chant for another, see locations of each below; most* chants are placed in the final 15 minutes of each weekly segment.

Male chants are located in weeks 3, 9

Female chants are located in weeks 1, 8*

Mixed chants are located in weeks 2, 6

* located in 2nd track

Note: Kick Start Systems sold in Australia and New Zealand have all Female chant in the same locations as above.

* **You will find a new term** in this protocol. Sweep™ refers to the fluid, or moving, filtration of a particular piece of music as it is played. This differs from the standard type of filtration in which a piece of music is filtered at one level, followed by another piece of music filtered at another level, etc. The purpose could be likened to de-compression in deep sea diving, one becomes acclimated to the new filtration levels in a relatively rapid, but safe, manner.