



RHYTHM &
REVOLUTION

01 Why R&R exists

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FOR MEMBERS & FUTURE INSTRUCTORS

THE R&R PHILOSOPHY

A global movement culture built on rhythm.

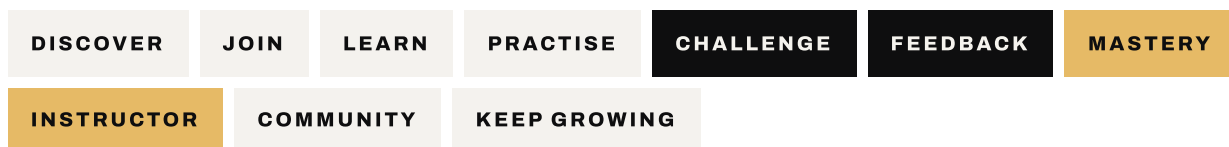




01 — WHY R&R EXISTS

MORE THAN A WORKOUT VIDEO.

Rhythm & Revolution is not a library of exercise clips, and it is not a certificate shop. We are building one place where people move to music, learn, take on challenges, get real feedback, prove their skill — and, when they are ready, grow into official instructors who pass it on.



01

One song, one program

Every R&R program is built on one original song made by our team, with movement designed beat by beat for that music.

02

Listen · See · Think · Move

You hear the music, watch the movement, think about what comes next, and act. Brain and body train together in every class.

03

For everyone

Kids feel rhythm, adults get a workout that feels like music, athletes sharpen timing and coordination. Same method, any level.

The idea in one line

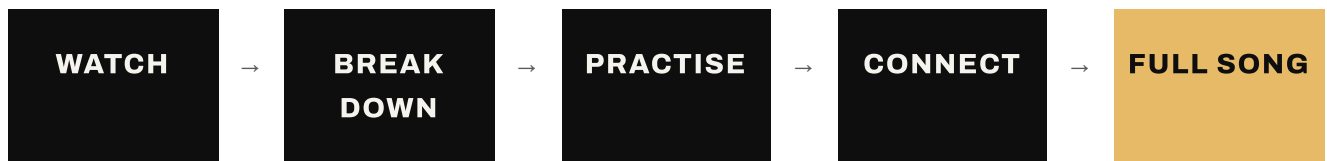
People who move to rhythm get healthier. People who move well can learn to teach. People who teach bring more people into rhythm. R&R is the system that keeps that circle turning.



02 — HOW R&R IS LEARNED

LEARN IT LIKE A SONG.

Nobody learns a song by hearing every line once. You learn the verse, then the chorus, then you sing it through. R&R teaches movement the same way.



How every class runs

- The full program is shown first, so you see where you are going.
- The song is split into parts, and each part into 16-count blocks.
- Each block is demonstrated once, then practised together four times.
- Blocks are connected step by step: A, then A+B, then A+B+C.
- Verse 1, then Verse 2, then the whole song from start to finish.

Why we teach this way

- **You understand the flow**, not just single moves, so the program stays with you.
- **Less strain on the body.** Short blocks with rest between rounds are kinder to joints than drilling a whole routine.
- **More work for the brain.** Counting, anticipating and connecting parts is part of the training.
- **It is the same in every program**, so once you know the method, every new song is easier to learn.

Each class takes about 20–25 minutes and ends with the full song. Every program comes with a written guide you can download.



03 — WHY R&R IS A MEMBERSHIP

NOT WATCHED ONCE. PRACTISED FOR LIFE.

Think about a song you love. The first time, you followed the words. After a few weeks you sang along. Now, the moment it starts, you are already singing — you don't have to think about it.

R&R programs work the same way. Each one is a manual with the right flow built in. When you repeat it regularly, the link between what you hear and how you move gets stronger, until the music starts and your body simply moves. That does not happen in one viewing. It happens through regular, enjoyable repetition — which is why R&R is a membership, not a one-off purchase.

STAGE 1 FOLLOW You copy what you see on screen.	STAGE 2 REMEMBER You know what comes next before it is shown.	STAGE 3 FEEL The music tells you what to do before the count does.	STAGE 4 OWN IT The song starts, and your body moves.
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01 New music keeps coming Our team keeps creating new songs and programs, and tests them in our own classes before they go online. New releases are added to your library continuously.	02 One membership, everything One payment opens every program in the library — members and instructors use the same membership.	03 Your progress is yours If you pause your membership, your mastered programs, Mastery Points and achievements are kept. Pick up where you left off.
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04 — ONE PLATFORM, TWO PATHS

EVERYONE STARTS AS A MEMBER.

There is no separate site for instructors and no expensive "pro" plan. Everyone learns on the same platform, with the same programs. Some people move for the joy of it. Some go on to teach. Many start as the first and become the second.

FOR MEMBERS

MOVE FOR THE JOY OF IT.

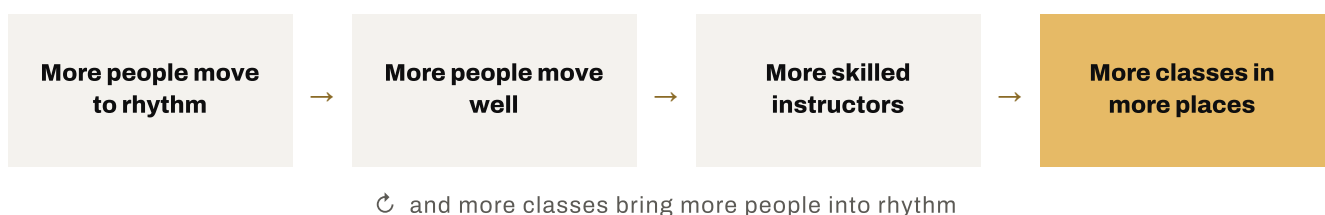
- Full program library, with new music added continuously
- Follow-along classes for kids, adults and athletes
- Optional challenge: send a video, get feedback from an R&R coach
- Build a record of the programs you have mastered

FOR FUTURE INSTRUCTORS

MASTER 15. TEACH R&R.

- Same membership, same programs as every member
- Prove your skill with performance videos
- Learn to teach: Teaching Basics, Safety Basics, Teaching Check
- Earn Official R&R Instructor status

Why this design matters



Anyone who learns R&R well can become an instructor. Each new instructor grows the market for rhythm training and the number of skilled professionals in it — so the whole system gets stronger every year it runs.



05 — THE MASTERY SYSTEM

PROOF, NOT POINTS.

R&R keeps two kinds of points, and keeps them apart: one rewards showing up, the other proves what you can do.

XP

Experience Points

For taking part: finishing classes, completing full songs, joining challenges, keeping a streak. XP celebrates the habit. It is not used to qualify instructors.

MP

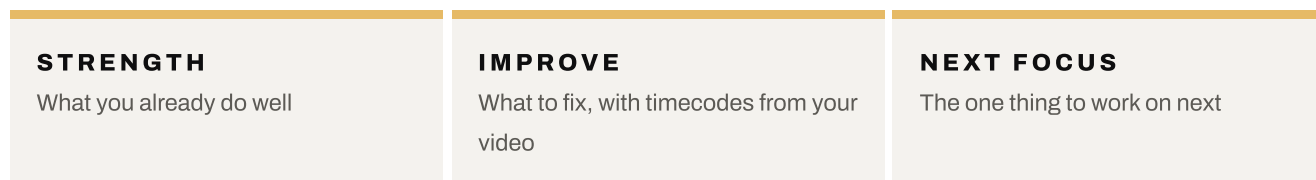
Mastery Points

For proven skill. MP is given only after a real person has reviewed your performance video. It cannot be bought or won in a promotion — it is a record of what you can actually do.

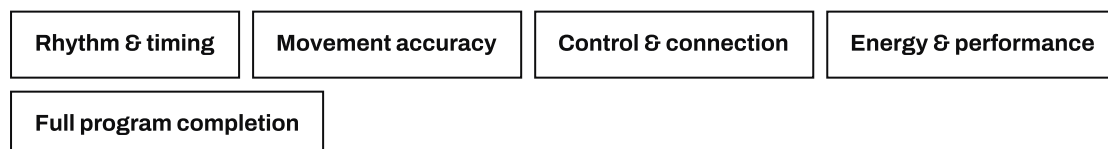
How you earn Mastery



What feedback looks like



What reviewers look at



- **Your best counts.** You can retry a program as often as you like to beat your personal best, but only your best result for each program counts towards your Mastery.
- **Same standard for everyone.** Instructors get no bonus — the same performance earns the same MP, whoever you are.

Scoring and point values are being calibrated during the beta and may be adjusted.



06 — ROAD TO 15 · THE INSTRUCTOR PATH

MASTER 15. UNLOCK YOUR PATH.

An Official R&R Instructor is not someone who paid more. It is someone who showed they can do it — and showed they can teach it.

01**Learn as a member**

Train the programs like everyone else. There is no separate instructor course to buy.

02**Take the challenges**

Submit performance videos and get human feedback on each program.

03**Master 15 programs**

A set of core programs plus programs you choose, across different levels of difficulty.

04**Reach the required Mastery Points**

Your total MP shows the quality of your performance, not just the number of programs.

05**Complete Teaching Basics and Safety Basics**

Performing and teaching are different skills. This is where you learn the second one.

06**Pass the Teaching Check**

A short teaching video: explain, demonstrate, cue, offer easier and harder options, keep people safe, bring the energy.

07**Become an Official R&R Instructor**

Your status is recorded centrally by R&R HQ and recognised worldwide.

The entry point stays at 15, even as the library grows to 100 programs and beyond.

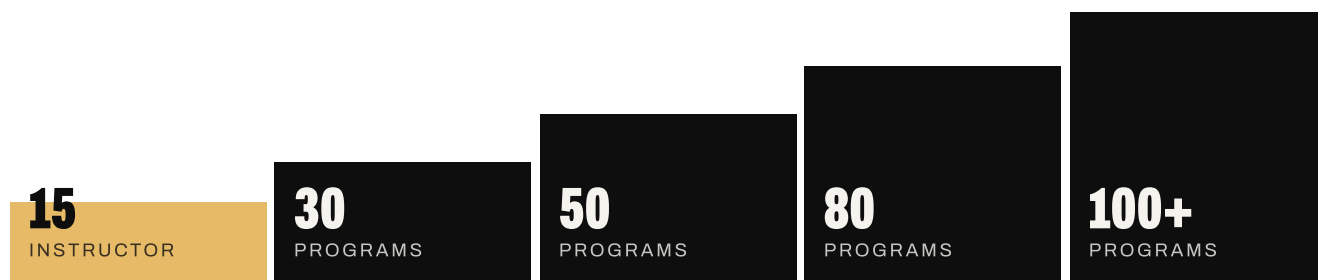
YOU DON'T BUY YOUR LEVEL. YOU EARN IT.



07 — GROWTH AFTER 15

15 IS THE BEGINNING.

Becoming an instructor is not graduation. New R&R music keeps arriving, and instructors keep learning, mastering and growing with it.



Long-term mastery milestones

Mastery = Skill

How well you perform R&R programs. Earned through verified performance.

Leadership = Trust

Mastering many programs does not automatically make you a leader. Leadership roles are chosen separately, based on teaching quality, communication, community contribution, leadership, and understanding of the R&R brand and philosophy.

The long-term career path



Each step has its own criteria and selection. These roles will open step by step as the community grows.

What Official Instructors receive

- Official R&R Instructor status and the right to run R&R classes
- Instructor Teaching Guides and cue sheets
- Safety points, common mistakes, easier and harder options
- Teaching tools for every new release
- An official instructor profile, and a future class listing
- The R&R Instructor Community
- A marketing kit for your classes
- Paths to Presenter, Master Trainer, workshops and events



08 — WHERE THIS IS GOING

A CULTURE, NOT A COURSE.

Online is where people learn and grow. Offline is where the culture lives — the moments when R&R people meet, move together and perform.

1

Year

A stable global platform, a growing program library, and the first network of Official R&R Instructors.

5

Years

Instructor communities in many countries. The first Mentors, Presenters and Master Trainers. Regional events growing.

10

Years

Instructors training instructors around the world. Partner locations and new specialties.

20

Years

Hundreds of R&R songs and programs, generations of instructors, and local communities across the world — an independent global movement culture.

How the live community grows

COMMUNITY DAY

REGIONAL EVENT

NATIONAL
CONFERENCE

R&R GLOBAL SUMMIT

Events start where instructor communities are strongest, and grow from there. Country communities are part of one Global R&R, with brand, music, programs and certification kept consistent by R&R HQ — so an R&R class means the same thing everywhere.



LEARN IT.
DO IT.
SHOW IT.
IMPROVE IT.
MASTER IT.
TEACH IT.

R&R KEEPS CREATING.
YOU KEEP GROWING.

Launching November 2026

Join the waitlist at rhythmandrevolution.com for founding-member early access.



**RHYTHM &
REVOLUTION**

MASTER LEE · FOUNDER