

IFSM



FOUR-WEEK TRAINING PROGRAM

IFSM

Pre-Competition Training

2025

CONTACT NUMBER

1. (310)810-6031
2. (626)641-1867
3. (310)994-8318

9/28/2025 - 10/19/2025

EVERY SUNDAY

TIME: 1:00 PM - 3:00 PM

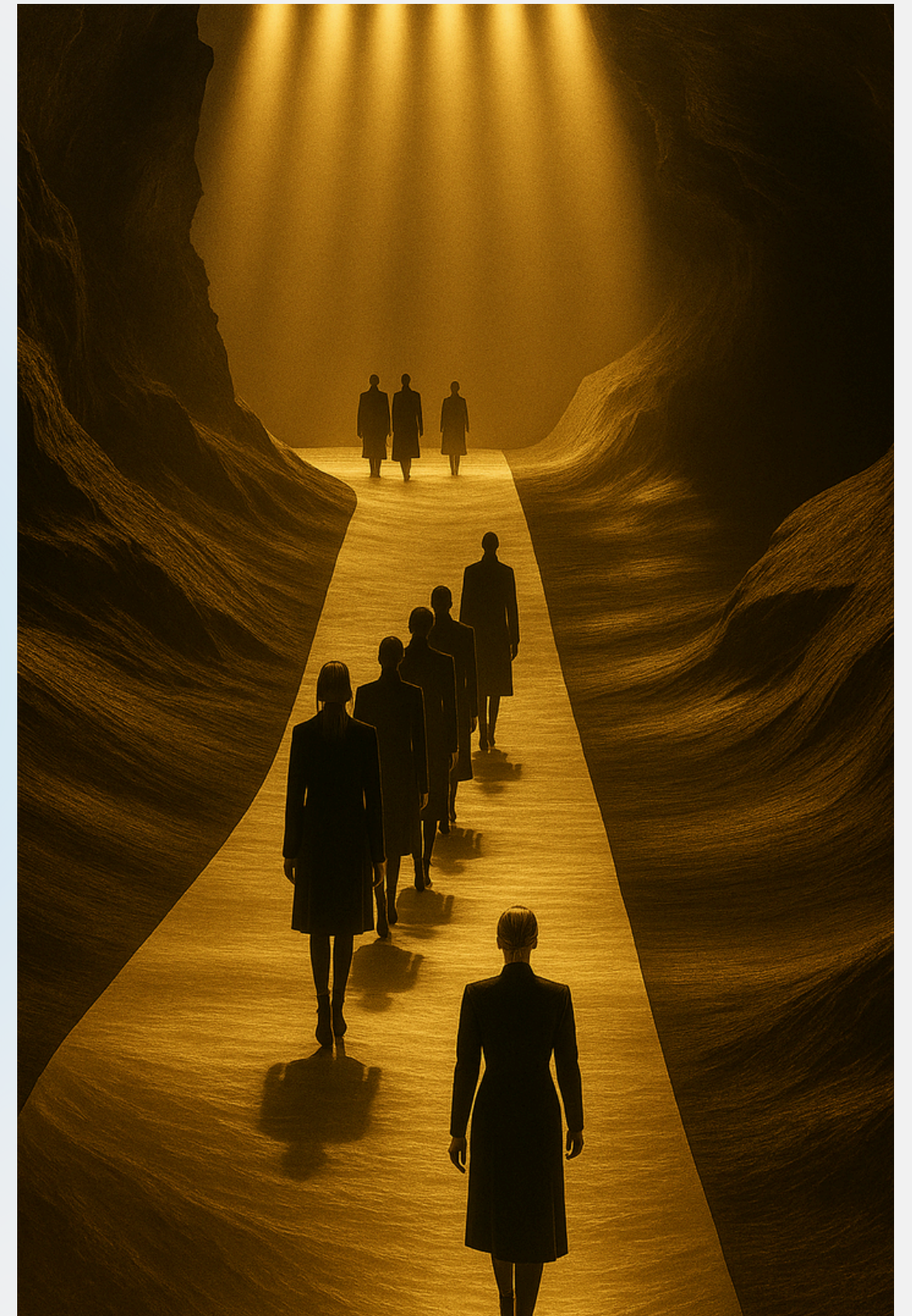
LOCATION

**4915 S WALNUT GROVE
SAN GABRIEL
CA 91776**

IFSM

Information

The IFSM Model Pre-Competition Training Program is designed to help models achieve their best state before competitions or large-scale events. The training covers body shaping, runway walking, facial expression management, psychological qualities, and more.



IFSM



FOUR-WEEK TRAINING PROGRAM

1. POSTURE & BODY TRAINING

BODY POSTURE

Improve standing, sitting, and walking postures to create an elegant and refined presence.

CORE STRENGTH

Strengthen abdominal, back, and lumbar muscles to improve balance and body strength.

FLEXIBILITY TRAINING

Enhance flexibility and coordination through stretching exercises.



IFSM



FOUR-WEEK TRAINING PROGRAM

2. RUNWAY TECHNIQUES

RUNWAY WALK

Master standard step rhythms, stride length, and body swing range.

RUNWAY STYLE

Adjust walking style according to the competition theme or outfit style (elegant, lively, unique, etc.).

TURNING TECHNIQUES

Learn different types of turns (such as pivot turns, continuous turns, etc.) to display confidence and fluidity.

STAGE SPATIAL AWARENESS

Practice positioning, movement on stage, and interaction with the audience.



IFSM



FOUR-WEEK TRAINING PROGRAM

3. EXPRESSION MANAGEMENT & EYE CONTACT TRAINING

FACIAL EXPRESSION CONTROL

Practice natural,
confident, or cool
expressions depending
on different stage
settings.

EYE CONTACT EXPRESSION

Learn to use eye contact
to communicate with the
audience or judges,
enhancing stage
presence.

SMILE TRAINING

Master a pleasant smile,
avoiding stiffness or
exaggeration.



IFSM



FOUR-WEEK TRAINING PROGRAM

4. WARDROBE AND STYLING COORDINATION

CLOTHING COMPREHENSION

Learn how to adjust
runway walk and
performance according
to clothing styles.

STYLING COORDINATION

Practice overall harmony
with hairstyle, makeup,
and accessories.

QUICK CHANGE SKILLS

Develop the ability to
change outfits quickly
and handle unexpected
situations.



IFSM



FOUR-WEEK TRAINING PROGRAM

5. ON-CAMERA PERFORMANCE

POSING SKILLS

Learn how to present the best angles and postures in front of the camera.

DYNAMIC SHOOTING

Practice capturing runway walks, turns, and other movements on camera.

EMOTIONAL EXPRESSION

Use expressions and body language to convey emotions according to the theme of the shoot.



IFSM



FOUR-WEEK TRAINING PROGRAM

6. PSYCHOLOGICAL QUALITY ENHANCEMENT

CONFIDENCE BUILDING

Strengthen confidence
through simulated
competition settings.

STRESS MANAGEMENT

Learn how to remain
calm under pressure.

FOCUS TRAINING

Improve concentration to
avoid being distracted by
external factors.



IFSM



FOUR-WEEK TRAINING PROGRAM

7. COMPETITION ETIQUETTE AND STANDARDS

STAGE ETIQUETTE

Master basic stage manners, such as bowing and acknowledging focal points.

JUDGE INTERACTION

Learn how to respond to questions or feedback from judges.

TIME MANAGEMENT

Familiarize yourself with the competition schedule and arrange preparation time reasonably.



IFSM



FOUR-WEEK TRAINING PROGRAM

8. SIMULATION TRAINING

RUNWAY SIMULATION

Practice runway walking, expressions, and overall performance in simulated competitions.

JUDGE FEEDBACK

Receive evaluations and guidance from professional instructors to identify strengths and areas for improvement.

STAGE ADAPTABILITY

Adjust to different stage lighting, music, and audience atmospheres.



IFSM



FOUR-WEEK TRAINING PROGRAM

9. HEALTH MANAGEMENT

DIETARY ADVICE

Maintain optimal body shape and condition through proper nutrition before competitions.

SKIN CARE

Focus on skincare to ensure the best visual effects under the camera.

REST ADJUSTMENT

Arrange rest and recovery time properly to avoid fatigue.



IFSM



FOUR-WEEK TRAINING PROGRAM

10. PERSONALIZED GUIDANCE

STYLE DEVELOPMENT

Highlight individual traits
and cultivate a unique
personal style.

WEAKNESS IMPROVEMENT

Target areas for
improvement with
specialized training (e.g.,
body proportions,
camera presence).

PSYCHOLOGICAL COACHING

One-on-one guidance to
relieve pre-competition
anxiety.



IFSM



FOUR-WEEK TRAINING PROGRAM

Through systematic pre-competition training, models can present their best state during competitions, enhance competitiveness, and achieve outstanding results.

IFSM competition organizing committee

