

#### EXAM BREAKDOWN:

THERE ARE THREE COMPONENTS TO YOUR LEVEL 2 EVALUATION. A MINIMUM TOTAL GRADE OF 80% IS REQUIRED TO OBTAIN THE ESSEINTRICS LEVEL 2 CERTIFICATE OF COMPLETION.

#### 1. WRITTEN EVALUATION .....20%

- a) Complete and submit the 2 blank charts found in your written evaluation documents that correspond to the Pre-Choreographed Trademark sequences. These charts will reflect instructor's knowledge of the breakdown behind a Trademark sequence.
- b) Complete and submit two charts for your designed Trademark sequence using the blank charts provided.

**Total Charts to submit: 4**

#### 2. APPRENTICE TEACHING HOURS .....COMPLETE

Submission of the completed 18 Apprentice Teaching hours form.  
Your Apprentice hours may be completed by teaching any of our Pre-Choreographed Workouts.

*\* With an accurate reflection of Live Teacher Training attendance where applicable.  
Each Live Training workshop day deducts two hours from your total Apprentice Hours requirement.*

#### 3. PRACTICAL TRADEMARK EVALUATION..... 80%

Recorded video submission of 4 Trademark sequences.  
Demonstration of 2 Pre-Choreographed Trademark sequences from your L2 material +  
2 Trademark sequences of your own design.

**Total sequences: 4**

*Please note: A live Level 2 exam in lieu of submitting a recorded version may apply.*

*\*\* If any portion of your evaluation is incomplete, your exam will not be reviewed\*\**

## PRACTICAL EVALUATION INFORMATION:

### PREPARATION

1. Review the 4 Pre-choreographed Trademark videos
2. Choose 2-Pre-Choreographed Trademark sequences to learn and teach for your practical exam. Pay close attention to:
  - a. Alignment of the knees
  - b. Orientation of the spine
  - c. Position of the arms
3. Select a piece of music for each Pre-Choreographed sequence. You may refer to the music suggestions in your L2 Study Guide, or you may choose your own pieces of music. *\*You may adapt the number of repetitions within each Trademark sequence to match the duration of your chosen song.*
4. Begin to practice demonstrating and teaching your Trademark sequences with your music, ensuring that each movement follows the musical phrasing and that you are respecting a tempo that will achieve your desired objectives.
5. Once you have memorized 2 Pre-Choreographed sequences, design 2 Trademark sequences of your own and fill out the Trademark breakdown charts provided. Ensure that your sequences are perfectly balanced and are complemented with an appropriate song.  
*\*Review the Study Guide for tips to help you design your Trademark sequence.*
6. Film your 4 Trademark sequences (see filming requirements below)

### FILMING YOUR SEQUENCES: VIDEO REQUIREMENTS

You may film your Trademark sequences separately (press record / stop in between each demonstration). Your Trademarks do not need to be filmed in one consecutive video shoot.

- Record your workout with any of the following devices:  
camera, camcorder, iPhone, iPad, smartphone, tablet or computer camera
- Before recording, check the visuals:
  - o Make sure we can clearly see your full body in the frame - from your head to your toes to the tips of your fingers during all angles of reaches
  - o Check the lighting
  - o Make sure the orientation of your recording is horizontal, not vertical
  - o We request you do not wear baggy clothes that may hide your movements
- Before recording, check the audio:
  - o Make sure we can clearly hear everything you say
  - o Keep your music at a medium level so that we can hear the music and your voice
- Note: You do not have to be accompanied by students when filming
- We will accept a DVD, USB key or flash card.
  - o If you are submitting your exam on a USB key please make sure your file is saved as one of the following formats: .avi, .mpg, .mpeg, .mov, .vob, .dv, .wmf, .mod, .m4v, .mp4

**Important step:** Before submitting your exam, review your video to ensure that it has been successfully uploaded with working audio and visuals.

*\*\*If there are any edits in your video, or you have neglected any of the above requirements you will be asked to re-film your exam\*\**

## PRACTICAL EVALUATION INFORMATION:

### WHILE EVALUATING YOUR VIDEO WE WILL BE LOOKING FOR THE FOLLOWING:

1. Ability to follow the choreography within the Trademark sequences provided with correct sequencing, speed and repetitions.
2. Ability to design a Trademark sequence and demonstrate a clear understanding of how to rebalance the full body using a series of Short and Long Levers, appropriate amounts of repetitions, and application of techniques.
3. Ability to demonstrate, apply and teach the primary techniques of Essentrics
  - o Pulling Up & Pulling Out
  - o End of the Stretch - with awareness of the myotatic reflex
  - o Imagery
  - o Resistance and Eccentric Elongation
  - o PNF - not rushing the steps
  - o Movement Within the Stretch
4. Correct speed of exercises and smooth transitions
5. Ability to offer corrections and modifications
  - o With special attention paid to:
  - o Foot and knee alignment
  - o Orientation of the spine
6. Musicality
  - o Awareness of how the music sets the pace and intensity for each Trademark sequence
  - o Ability to follow a beat and move with the correct tempo and phrasing of the song
7. Class presence
  - o Clear audible tone of voice
  - o Friendly, confident presence

## PRACTICAL EXAM EVALUATION

| EVALUATION  | CRITERIA   | FEEDBACK                              |
|---|--|---------------------------------------|
| <p><b>Instructor's ability to create balanced Trademark sequences</b></p> | <p>A Level 2 Essentrics® instructor has a clear understanding of how to create an Essentrics® Trademark sequence that rebalances the full body.</p> <p><b>Top 3</b></p> <ul style="list-style-type: none"> <li>o Front of torso</li> <li>o Back of torso</li> <li>o Right side of torso</li> <li>o Left side of torso</li> <li>o Transition (rotation)</li> <li>o Short Lever</li> <li>o Long Lever</li> </ul> <p><b>Each sequence should:</b></p> <ul style="list-style-type: none"> <li>o Be 5-6-minutes long</li> <li>o Rebalance the agonist and antagonist muscle groups</li> <li>o Contain the appropriate amount of repetitions</li> <li>o Contain a mix of Short and Long Levers</li> <li>o Be logically designed to meet the objectives</li> <li>o Contain fluid movements and transitions that are thoughtfully strung together</li> </ul>       | <p style="text-align: right;">/10</p> |
| <p><b>Instructor's ability to clearly demonstrate each exercise</b></p>   | <p>A Level 2 instructor will be able to explain and demonstrate the following:</p> <ul style="list-style-type: none"> <li>o Neutral C and Neutral Elongation (body weight distributed evenly through the plumb line) with an ability to transition smoothly between the two positions</li> <li>o Correct feet positioning ensuring safe alignment of the ankles, knees and hips</li> <li>o Correct Turnout with awareness of targeted anatomy and muscles to engage</li> <li>o Control and ease of execution of each exercise and transition when moving from one exercise to the next</li> <li>o An even, controlled distribution of body weight as movements are shifted side to side, transferring the weight from one leg to the other</li> <li>o Ability to go to The End of the Stretch and finish each movement before starting the next</li> </ul> | <p style="text-align: right;">/10</p> |

## PRACTICAL EXAM EVALUATION

| EVALUATION   | CRITERIA  | FEEDBACK                              |
|--|---|---------------------------------------|
| <p><b>Instructor’s ability to verbally explain and teach how to perform each exercise</b></p>                                      | <p>A Level 2 instructor will be able to explain and offer correct cues throughout each Trademark sequence on the following:</p> <ul style="list-style-type: none"> <li>o Objectives of each exercise (demonstrating a working knowledge on the purpose of each exercise, useful to motivate students)</li> <li>o Alignment and positions of the spine</li> <li>o Essentrics terminology</li> <li>o Corrections and modifications</li> </ul> <p><b>While demonstrating:</b></p> <ul style="list-style-type: none"> <li>o An ability to teach a continuous flow of movements without stopping to explain any of the above</li> <li>o A clear and audible tone of voice</li> </ul> | <p style="text-align: right;">/10</p> |
| <p><b>Instructor’s ability to teach and apply Essentrics techniques to achieve desired objectives, positions and intensity</b></p> | <p>A Level 2 instructor will be able to:</p> <ul style="list-style-type: none"> <li>o Use appropriate Imagery within each sequence, using words that describe and compliment the objective of the exercise</li> <li>o Teach the technique of going to the End of the Stretch</li> <li>o Finish one movement before starting another</li> <li>o Teach Resistance and control within each exercise</li> <li>o Teach Eccentric Elongation - contracting the muscle as it is being lengthened</li> <li>o Teach and cue Relaxation during a release or transition</li> <li>o Offer directional cues to achieve correct positions</li> </ul>  | <p style="text-align: right;">/10</p> |
| <p><b>Instructor’s ability to apply smooth transitions within each Trademark sequence</b></p>                                      | <p>A Level 2 instructor will be able to demonstrate:</p> <ul style="list-style-type: none"> <li>o A seamless flow of movement during the transition from one exercise to the next</li> <li>o Constant interplay between Agonist and Antagonist muscle groups</li> </ul>   | <p style="text-align: right;">/10</p> |
| <p><b>Instructor’s ability to follow an appropriate speed or tempo for each sequence according to their objectives</b></p>         | <p>A Level 2 instructor will be able to demonstrate:</p> <ul style="list-style-type: none"> <li>o Correct speed and timing to help release tension and deepen the stretch</li> <li>o An awareness of how speed affects the neuromuscular system <ul style="list-style-type: none"> <li>■ That moving too fast will cause muscles to contract, making it a challenge to apply and demonstrate appropriate techniques</li> <li>■ That moving too slowly can overload muscle groups</li> </ul> </li> <li>o Control over their own body, consciously engaging their muscles</li> </ul>  | <p style="text-align: right;">/10</p> |

## PRACTICAL EXAM EVALUATION

| EVALUATION   | CRITERIA   | FEEDBACK |
|--|--|----------|
| <b>Instructor's understanding and basic use of anatomy</b> | A Level 2 instructor will be able to demonstrate: <ul style="list-style-type: none"> <li>o A working knowledge of anatomy, understanding muscles' locations and primary function</li> <li>o Which muscles are being used in an exercise (by simply pointing or touching and labelling in simple terms)</li> <li>o Where their students should be feeling the stretch</li> </ul>  | /10      |
| <b>Instructor's musicality and application of music</b>    | A Level 2 instructor will be able to: <ul style="list-style-type: none"> <li>o Demonstrate how music affects the choreography of each sequence</li> <li>o Find music that is flowing and connects with the neuromuscular system</li> <li>o Use music that contains crescendos &amp; phrasing for different levels of intensity and movement</li> <li>o Use music to their advantage when applying appropriate techniques. i.e. Resistance and Relaxation</li> <li>o Count the beats of the music and follow the phrases fluidly</li> </ul> | /10      |
| <b>TOTAL</b>   |  |          |

# ESSETRICS® ACADEMY

## LEVEL 2: ESSETRICS® TRADEMARK EXERCISES

**ESSETRICS® APPRENTICE TEACHING HOURS FORM:** This form verifies that \_\_\_\_\_ (instructor name) has taught the required teaching hours to complete their Level 2 Essentrics® Certification. The following people have participated in a 1-hour Essentrics® Pre-Choreographed Workout class taught by the aforementioned Certified Level 1 Essentrics® instructor.

| Name of participant |  | Phone or Email | Signature | Date |
|---------------------|--|----------------|-----------|------|
| 1                   |  |                |           |      |
| 2                   |  |                |           |      |
| 3                   |  |                |           |      |
| 4                   |  |                |           |      |
| 5                   |  |                |           |      |
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| 9                   |  |                |           |      |
| 10                  |  |                |           |      |
| 11                  |  |                |           |      |
| 12                  |  |                |           |      |
| 13                  |  |                |           |      |
| 14                  |  |                |           |      |
| 15                  |  |                |           |      |
| 16                  |  |                |           |      |
| 17                  |  |                |           |      |
| 18                  |  |                |           |      |