

## LEVEL 2 WRITTEN EVALUATION PACKAGE:

### WRITTEN EVALUATION TRADEMARK TABLE BREAKDOWN

**SPINE POSITION NEUTRAL C AND NEUTRAL ELONGATION:** This part of your table will outline the orientation of the spine so that you can cue these positions throughout your sequence. Using Neutral C and Neutral Elongation appropriately will ensure correct load path and prevent torsion on the lower back. Switching between these two positions within each Trademark Sequence will ensure that the spine is rebalanced. You must be aware of which position you are using in each exercise.

**MUSIC COUNT PER MOVEMENT:** Your movements should be complimented by the speed or pace of your chosen music. Think of the tempo of your music as the speedometer of your exercises. This will help you finish one movement before transitioning and starting the next. Practice finding the beat within your Trademark music, and use this to help guide your counts within each exercise.

**ANTAGONIST MOVEMENT:** Muscles work in pairs, therefore each muscle pair must be balanced. Simply put, what we do to one side of the body, we must equally do to the other side. This section of your chart will articulate each opposing exercise so that you understand how to make each sequence balanced.

**COMMON MISTAKES:** Throughout your certification, safety should always be your top priority. This section of your chart discusses the potential for unsafe positions. It is imperative that when you are teaching any exercise that you address these safety cues first and foremost. This section requires you to have a working knowledge of your Positional Techniques, as well as an awareness of safe knee and foot alignment. Refer to the Common Mistakes section of the exercise breakdown.

*\*\*Review the load path section in your Level 2 Manual to ensure you are aware of how load path affects where we are adding pressure onto our joints.*

**PRINCIPLE ANATOMY:** Begin familiarizing yourself with the target anatomy involved in each movement and indicate where your students should be feeling a stretch. This will help prepare you for the anatomy knowledge required for Level 3.

**OBJECTIVES:** Being able to educate your students on the “why” behind the movements is crucial for your development as an instructor and for your students to understand what wonderful benefits they can achieve from these large full body movements. Make sure to include benefits that are for health & wellness, body shaping & aesthetics, and sports performance.

**LEVEL 2 WRITTEN EVALUATION PACKAGE:**

**EXAMPLE CHART:**

**BELL-RINGER AND STIRRING A POT OF GLUE**

<b>IMAGERY</b>	<p>Imagine that you are trying to ring a heavy Medieval church bell by pulling on a rope. It would take a lot of effort to be able to move the bell. You would have to round your back in the neutral C position and put your whole-body weight into this movement.</p> <p>Keeping on with the Medieval theme, imagine you are trying to stir a giant cauldron of glue. The size and height of a cauldron is something that most people will immediately be able to visualize. Emphasis on the glue being very sticky would encourage students to add a degree of resistance to their movements.</p>
<b>OBJECTIVES</b> <i>(HEALTH &amp; WELLNESS, PERFORMANCE, AESTHETIC)</i>	<ul style="list-style-type: none"> <li>• Rebalance the spine</li> <li>• Relieve shoulder tension</li> <li>• Improve posture</li> </ul>
<b>TECHNIQUES</b> <i>(NEUROMUSCULAR, POSITIONAL AND JOINT MOVEMENT)</i>	<ul style="list-style-type: none"> <li>• Pulling up</li> <li>• Imagery</li> <li>• Rotation of a joint</li> </ul>

EXERCISE	* SPINE POSITION: NEUTRAL C/ NEUTRAL ELONGATION	* MUSIC: (COUNT PER MOVEMENT)	* ANTAGONIST MOVEMENT:	* PRINCIPLE ANATOMY: CHOOSE TWO
BELL RINGER	NEUTRAL C	4 COUNTS	OPEN CHEST SWAN	<ul style="list-style-type: none"> <li>• RHOMBOIDS</li> <li>• LATISSIMUS DORSI</li> </ul>
STIR A POT OF GLLUE	NEUTRAL C	4 COUNTS	OPEN CHEST SWAN	<ul style="list-style-type: none"> <li>• TRAPEZIUS</li> <li>• LATTISSIMUS DORSI</li> </ul>
SINGLE ARM ROTATION	NEUTRAL ELONGATION	8 COUNTS	THE MOVEMENT CONTAINS BOTH AGONIST AND ANTAGONIST	<ul style="list-style-type: none"> <li>• TRICEPS</li> <li>• OBLIQUES</li> </ul>
WASHES	NEUTRAL C	4 COUNTS	THE MOVEMENT CONTAINS BOTH AGONIST AND ANTAGONIST	<ul style="list-style-type: none"> <li>• INTERCOSTAL MUSCLES</li> <li>• EXTERNAL OBLIQUES</li> </ul>
OPEN CHEST SWAN	NEUTRAL ELONGATION	4 COUNTS	BELL RINGER	<ul style="list-style-type: none"> <li>• PECTORALS</li> <li>• ABDOMINALS</li> </ul>

\* Refer to study guide for more information

**LEVEL 2 WRITTEN EVALUATION PACKAGE:**

**TRADEMARK SEQUENCE CHART**

**BY FILLING THE CHART YOU ARE ABLE TO DETERMINE IF THE SEQUENCE IS BALANCED.**

EXERCISE	FLEXION OF TORSO (BACK)	EXTENSION OF TORSO (FRONT)	LATERAL EXTENSION/ FLEXION OF THE TORSO (SIDE)	ROTATION OF TORSO (ROTATION)	SHORT LEVER (BENT LIMB)	LONG LEVER (STRAIGHT LIMB)
BELL RINGER	X				X	X
STIR A POT OF GLUE	X			X	X	X
SINGLE ARM ROTATION	X	X	X	X	X	X
WASHES	X*		X	X*	X	X
OPEN CHEST SWAN		X			X	X
TOTAL	4	2	2	3	5	5

- Each spine movement should be within 2 points of each other
- Each short and longer lever movement should be within 2 points of each other
- \* Means that movement of the spine can be emphasized depending on the exercise variation

## LEVEL 2 WRITTEN EVALUATION PACKAGE:

### EXAMPLE CHART:

#### WIPING AIR AND PULLING A CORD

<b>IMAGERY</b>	<p>Wipe the air: Imagine that you are outdoors on a day where the wind is strong and blowing. Open your shoulders and wipe a big gust of air away from your body; feel a stretch through your pectorals as you complete the movement. This image will help you to move with resistance to eccentrically strengthen your musculature.</p> <p>Pulling a cord: Imagine that you are pulling an invisible cord with all your force. This image will help you to again apply resistance to your muscles as you move.</p>
<b>OBJECTIVES</b> (HEALTH & WELLNESS, PERFORMANCE, AESTHETIC)	<ul style="list-style-type: none"> <li>• Release tension for the lowerback</li> <li>• Tone the waist and torso</li> <li>• Rebalance the spine</li> </ul>
<b>TECHNIQUES</b> (NEUROMUSCULAR, POSITIONAL AND JOINT MOVEMENT)	<ul style="list-style-type: none"> <li>• Movement within a stretch</li> <li>• Resistance</li> <li>• Interplay between agonist and antagonist</li> </ul>

EXERCISE	SPINE POSITION: NEUTRAL C/ NEUTRAL ELONGATION	MUSIC: (COUNT PER MOVEMENT)	ANTAGONIST MOVEMENT:	PRINCIPLE ANATOMY: CHOOSE TWO
WIPE THE AIR	NEUTRAL ELONGATION	4 COUNTS	PULL A CORD	<ul style="list-style-type: none"> <li>• RHOMBOIDS</li> <li>• LATISSIMUS DORSI</li> </ul>
PULL A CORD	NEUTRAL C	4 COUNTS	WIPE THE AIR	<ul style="list-style-type: none"> <li>• TRAPEZIUS</li> <li>• RHOMBOID</li> </ul>
WINDMILLS	NEUTRAL ELONGATION	8 COUNTS (FULL ROTATION)	THE MOVEMENT CONTAINS BOTH AGONIST AND ANTAGONIST	<ul style="list-style-type: none"> <li>• PECTORALS</li> <li>• RECTUS ABDOMINAL</li> </ul>
SIDE WASHES	NEUTRAL ELONGATION	4 COUNTS	THE MOVEMENT CONTAINS BOTH AGONIST AND ANTAGONIST	<ul style="list-style-type: none"> <li>• ILIOCOSTAL</li> <li>• OBLIQUES</li> </ul>

**LEVEL 2 WRITTEN EVALUATION PACKAGE:**

**TRADEMARK SEQUENCE CHART**

**BY FILLING THE CHART YOU ARE ABLE TO DETERMINE IF THE SEQUENCE IS BALANCED.**

EXERCISE	FLEXION OF TORSO (BACK)	EXTENSION OF TORSO (FRONT)	LATERAL EXTENSION/ FLEXION OF THE TORSO (SIDE)	ROTATION OF TORSO (ROTATION)	SHORT LEVER (BENT LIMB)	LONG LEVER (STRAIGHT LIMB)
WIPE THE AIR		X	X		X	X
PULL A CORD	X		X		X	X
WINDMILLS		X		X		X
SIDE WASHES	X		X	X*	X	X
TOTAL	2	2	3	2	3	4

- Each spine movement should be within 2 points of each other
- Each short and longer lever movement should be within 2 points of each other
- \* Means that movement of the spine can be emphasized depending on the exercise variation

**LEVEL 2 WRITTEN EVALUATION PACKAGE:**

**COMPLETE THE FOLLOWING CHARTS AND SUBMIT AS YOUR WRITTEN EVALUATION**

**LULLABIES AND RESTING A BLANKET TO THE FLOOR**

<b>IMAGERY</b>	<p>The imagery for this Trademark sequence, is soft and gentle. Begin by imagining that you are gently rocking your own body back and forth in a lullaby, you can use the Imagery that you are softly rocking a baby to sleep. Next, imagine that you are placing a blanket on the floor. It is not heavy so you must move slowly; one vertebra at a time as toy gently release it.</p> <p>Keep this gentle resistance as you complete your side and ceiling washes. Keeping the body relaxed, smooth and fluid as you move from one position to the next</p>
<b>OBJECTIVES</b> <i>(HEALTH &amp; WELLNESS, PERFORMANCE, AESTHETIC)</i>	
<b>TECHNIQUES</b> <i>(NEUROMUSCULAR, POSITIONAL AND JOINT MOVEMENT)</i>	

EXERCISE	SPINE POSITION: NEUTRAL C/ NEUTRAL ELONGATION	MUSIC: (COUNT PER MOVEMENT)	ANTAGONIST MOVEMENT:	PRINCIPLE ANATOMY: CHOOSE TWO
LULLABIES				
RELEASE A BLANKE TO THE FLOOR				
CEILING WASHES				
SIDE TO SIDE WASHES				
WINDMILLS ALTERNATING				

**LEVEL 2 WRITTEN EVALUATION PACKAGE:**

**MARK AN X IN THE APPROPRIATE BOXES TO DETERMINE IF THE SEQUENCE IS BALANCED.**

EXERCISE	FLEXION OF TORSO (BACK)	EXTENSION OF TORSO (FRONT)	LATERAL EXTENSION/ FLEXION OF THE TORSO (SIDE)	ROTATION OF TORSO (ROTATION)	SHORT LEVER (BENT LIMB)	LONG LEVER (STRAIGHT LIMB)
LULLABIES						
RELEASE A BLANKE TO THE FLOOR						
CEILING WASHES						
SIDE TO SIDE WASHES						
WINDMILLS ALTERNATING						
TOTAL						

- Each spine movement should be within 2 points of each other
- Each short and longer lever movement should be within 2 points of each other

**LEVEL 2 WRITTEN EVALUATION PACKAGE:**

**COMPLETE THE CHARTS**

**EMBRACE A BEACH BALL**

<b>IMAGERY</b>	Imagine that you are holding a beach-ball in your arms. A beach ball is lightweight and you should only be applying a moderate level of resistance. The ball is quite large, so you will have to adjust the height of your shoulders to accommodate the entire circumference of the beach ball. When you begin moving your torso around the circumference of the beach ball ensure that the tips of your fingers are nearly touching and that this is maintained as you move the ball through a range of motion
<b>OBJECTIVES</b> <i>(HEALTH &amp; WELLNESS, PERFORMANCE, AESTHETIC)</i>	
<b>TECHNIQUES</b> <i>(NEUROMUSCULAR, POSITIONAL AND JOINT MOVEMENT)</i>	

EXERCISE	SPINE POSITION: NEUTRAL C/ NEUTRAL ELONGATION	MUSIC: (COUNT PER MOVEMENT)	ANTAGONIST MOVEMENT:	PRINCIPLE ANATOMY: CHOOSE TWO
EMBRACE BEACH BALL				
WASHES				
OPEN CHEST SWAN				
FINGERS WALKING DOWN THE ARM/ MARILYN MONROE				
SIDE LUNGE INTO HALF CIRCLES				



**LEVEL 2 WRITTEN EVALUATION PACKAGE:**

**MARK AN X IN THE APPROPRIATE BOXES TO DETERMINE IF THE SEQUENCE IS BALANCED.**

EXERCISE	FLEXION OF TORSO (BACK)	EXTENSION OF TORSO (FRONT)	LATERAL EXTENSION/ FLEXION OF THE TORSO (SIDE)	ROTATION OF TORSO (ROTATION)	SHORT LEVER (BENT LIMB)	LONG LEVER (STRAIGHT LIMB)
EMBRACE BEACH BALL						
WASHES						
OPEN CHEST SWAN						
FINGERS WALKING DOWN THE ARM/ MARILYN MONROE						
SIDE LUNGE INTO HALF CIRCLES						
TOTAL						

- Each spine movement should be within 2 points of each other
- Each short and longer lever movement should be within 2 points of each other

**LEVEL 2 WRITTEN EVALUATION PACKAGE:**

TEMPLATE CHART: TRADEMARK 1

**COMPLETE AND SUBMIT THE FOLLOWING CHARTS FOR YOUR TRADEMARK SEQUENCE:**

IMAGERY	
OBJECTIVES <i>(HEALTH &amp; WELLNESS, PERFORMANCE, AESTHETIC)</i>	
TECHNIQUES <i>(NEUROMUSCULAR, POSITIONAL AND JOINT MOVEMENT)</i>	

EXERCISE	SPINE POSITION: NEUTRAL C/ NEUTRAL ELONGATION	MUSIC: (COUNT PER MOVEMENT)	ANTAGONIST MOVEMENT:	<i>PRINCIPLE ANATOMY: CHOOSE TWO</i>

**LEVEL 2 WRITTEN EVALUATION PACKAGE:**

FILL IN THE CHART

**MARK AN X IN THE APPROPRIATE BOXES TO DETERMINE IF THE SEQUENCE IS BALANCED.**

EXERCISE	FLEXION OF TORSO (BACK)	EXTENSION OF TORSO (FRONT)	LATERAL EXTENSION/ FLEXION OF THE TORSO (SIDE)	ROTATION OF TORSO (ROTATION)	SHORT LEVER (BENT LIMB)	LONG LEVER (STRAIGHT LIMB)
TOTAL						

- Each spine movement should be within 2 points of each other
- Each short and longer lever movement should be within 2 points of each other

**LEVEL 2 WRITTEN EVALUATION PACKAGE:**

TEMPLATE CHART: TRADEMARK 2

**COMPLETE AND SUBMIT THE FOLLOWING CHARTS FOR YOUR TRADEMARK SEQUENCE:**

IMAGERY	
OBJECTIVES <i>(HEALTH &amp; WELLNESS, PERFORMANCE, AESTHETIC)</i>	
TECHNIQUES <i>(NEUROMUSCULAR, POSITIONAL AND JOINT MOVEMENT)</i>	

EXERCISE	SPINE POSITION: NEUTRAL C/ NEUTRAL ELONGATION	MUSIC: (COUNT PER MOVEMENT)	ANTAGONIST MOVEMENT:	PRINCIPLE ANATOMY: CHOOSE TWO

**LEVEL 2 WRITTEN EVALUATION PACKAGE:**

FILL IN THE CHART

**MARK AN X IN THE APPROPRIATE BOXES TO DETERMINE IF THE SEQUENCE IS BALANCED.**

EXERCISE	FLEXION OF TORSO (BACK)	EXTENSION OF TORSO (FRONT)	LATERAL EXTENSION/ FLEXION OF THE TORSO (SIDE)	ROTATION OF TORSO (ROTATION)	SHORT LEVER (BENT LIMB)	LONG LEVER (STRAIGHT LIMB)
TOTAL						

- Each spine movement should be within 2 points of each other
- Each short and longer lever movement should be within 2 points of each other