



Congratulations on completing the Animal Flow Level 1 Workshop!

In order to become an Official / Certified Animal Flow Instructor, you'll need to demonstrate that you've mastered what you've learned, and are able to coach your clients or students. This is done through the "Test Out".

You might be able to complete Test Out in person, if a live test session is offered in your area. If there is no live test in your area, you can submit your test on video. The requirements for what you need to demonstrate are exactly the same if you attend a live test or submit on video.

There will be two sections of the Test Out. Each should be submitted in its own video.

- Video 1: Performing the moves yourself
- Video 2: Create your own Flow, and show that you can teach it to another person.

VIDEO 1: PERFORM THE MOVES YOURSELF

Demonstrate that you can perform each of the Animal Flow moves listed below.

1. Perform a few reps of each of these moves. If it is a traveling move, you can do five or six steps each direction. For the Switches and Transitions, make sure to show at least 2 reps on each side.
2. Do them in the EXACT ORDER LISTED BELOW.
3. DO NOT PUT THEM INTO A FLOW. We need to see each move clearly by itself. We want to see them one at a time, in the order presented below.
4. You can do the moves one after the other, or you can take a break to rest in between if you need to.
5. Doing the moves out of order, or in a flow, or with too many reps, can double or triple the amount of time it takes your Master Instructor to grade your video. The Master Instructor will be filling out an Assessment Form while they watch your video. If the moves are out of order, they have to stop your video and start looking for components. You don't want them to have to do that.
6. In this section, we want to see that you understand the differences between the moves, and that can perform each one correctly. Pay attention to your form and the details!

Here is the list of moves to demonstrate:

Form Specific Stretches

1. Loaded Beast - Beast Reach
2. Loaded Beast - Wave Unload
3. Ape Reach
4. Crab Reach
5. Scorpion Reach

Traveling Forms -

6. Lateral Ape
7. Forward Ape
8. Forward Traveling Beast
9. Reverse Traveling Beast
10. Forward Traveling Crab
11. Reverse Traveling Crab

Switches and Transitions

12. Underswitch,
13. Underswitch Taps
14. Jumping Underswitch
15. Scorpion Switch
16. Full Scorpion
17. Side Kickthrough
18. Jumping Side Kickthrough
19. Levitating Side Kickthrough (You do not need to be able to “hold your levitation, but make sure you show that can hit the “High Hip Modified Beast” position in the transition)
20. Front Kickthrough

VIDEO 2: DESIGN AND COACH A FLOW

In this section, we want to see your ability to design a good flow, and to properly coach and communicate the moves with your clients. You should design a 90-second flow and teach it to a client or another trainer. Then video tape yourself “calling out” the Flow while they perform it.

Here are some rules and hints:

1. The Flow should be 90 seconds long (give or take a few seconds).
2. You will NOT be performing the Flow yourself. Instead, you will teach it someone else. Teach it to them first, and then video tape yourself calling out the Flow while they perform it. By the time you video tape it, they should already have learned the moves. So in the video, you will Call Out the Flow while the student performs it.
3. If the student makes a mistake, you should correct them and move on. Do NOT stop and spend a lot of time teaching the move again. We want to see that you recognize the error and give instructions to correct it, but the video is not the time for extensive teaching.
4. You may NOT use notes when directing the Flow! You wouldn’t be calling out a Flow while looking at a piece of paper in your hand with a client, so you shouldn’t need to here either. We want to see that you know how to “Call Out” the Flow without needing assistance.
5. You must also appear on camera while directing the Flow - no hiding behind the camera! We want to see you interact with your student/client.
6. Make sure to give the client good cues when needed. Correct their form or provide reminders when needed.
7. Remember to always call out the direction just before the command. (For example, say “LEFT leg underswitch; don’t just say “underswitch”).
8. The Flow should a mix of Form-Specific Stretches, and Switches and Transitions. There is no set minimum number of moves, but use a variety of moves. We want to see that you have a good knowledge of the different moves.
9. **DO NOT INCLUDE ACTIVATIONS OR TRAVELING FORMS** in the flow. Remember, in Level 1 we don’t include those moves in Flows because they can break up your fluidity.
10. Use only LEVEL 1 moves.
11. The goal is to demonstrate your understanding of how the moves fit together, so aim for fluidity and making sure that the switches and transitions flow together easily.
12. You will be graded on whether you used a good variety of Level 1 moves, and how well you coach your client.
13. The student you teach in the video can be one of your clients, or it can be another personal trainer or instructor. It can be someone who has also taken the Animal Flow workshop.

14. If English is not your primary language, you can coach the client in our own language. Remember, the names of the Animal Flow moves must always be in English. However, your cueing, and calling of the directions and limbs can be in your own language.

SUBMITTING YOUR VIDEOS

1. **Due Dates:** You should submit your videos between 30 – 90 days after the workshop.
 - Do NOT submit it earlier than 30 days. We believe you need at least that much time to practice the moves.
 - Don't wait longer than 90 days. We want you to start practicing after the workshop, and you should definitely be ready before 90 days.
 - If you have an injury or some reason you can't complete your videos within 90 days, you can request an extension.
2. **Video Formats:** You should submit TWO videos. One for Section 1 (Performing the Forms) and one for Section 2 (Coaching the Flow). DO NOT send us 20 separate videos with each separate move.
3. **Video Quality:** The videos do not need to be very high quality. We just want to see that you can perform the moves and coach somebody.
 - Shooting on a cell phone is fine.
 - You DO NOT have to include labels, or graphics, or anything fancy.
 - Please make sure we can HEAR you in the coaching section.
4. **Music:** DO NOT use music in your video.
 - We want to hear you coaching, and music makes that hard.
 - If you upload a video that includes copyrighted music to YouTube, YouTube may block it or mute the sound. If you upload copyrighted music to our YouTube channel, we get in trouble. Don't get us in trouble.
5. **Uploading:** Upload your videos to YouTube or another streaming service (Vimeo, etc.). Do NOT send us videos as email attachments that have to be downloaded. We will not accept videos that we have to download to watch. If you don't have a YouTube or other type of vimeo channel, you can upload to our channel (instructions below).
 - When you upload to YouTube, make sure the video is set to UNLISTED. Do NOT set it to "private" or to "public." If it is private, we cannot see it and your video grading will be delayed. If it is public, anyone can see the moves and we will ask you to take the video down.
 - If you don't have your own YouTube, you can use our YouTube channel. We frequently change the login credentials for our account, so email admin@animalflow.com when you are ready to upload and we'll send you the latest login credentials, and the instructions.

6. **Submit to:** Once you've uploaded, email the link to admin@animalflow.com and to the Master Instructor who taught your workshop.
7. **Photo:** When you submit your video links, please also include a photo of yourself performing your favorite Animal Flow move. We will use that photo to make the social media announcement when you pass.

GRADING

1. Your video submission will be graded by the Master Instructor who taught your workshop.
2. The Master Instructor uses the attached Assessment Form to grade your video. He/she will assign points for each section. You will receive the Assessment Form back so you see exactly how you did.
3. You need to score at least 80% to pass. If you don't pass, you will be able to resubmit your video again. You will receive notes on your Assessment Form telling you what areas to work on.

ASSESSMENT TOOL

This Assessment Tool that your Master Instructor will use when grading your test submission is included on the next page.

This is for your information only. You DO NOT fill this out. We are including it here so that you can see exactly how you will be graded.

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Student Name: _____ **Assessor:** _____
Method/Location: _____ **Date:** _____
Results: _____

SECTION 1: PERFORMING THE MOVES

Student must demonstrate each of the forms listed below, performing one length of each traveling form, and a few reps of each switch/transition form.

Assessor will assign a score of 1 or 0 for each move. Either they get it or they don't. Use the comments field to focus on technical details.

There are 25 possible points. A score of 20/25 (80%) is required to pass.

TRAVELING FORMS AND SWITCHES/TRANSITIONS		
1 or 0	Form (Each form receives a 1 or 0)	Comments
	Lateral Traveling Ape	
	Hands placed in a cross body position Elbows kept straight through the PUSH Trailing foot lands first and lines up with lead hand Hips stacked over the shoulders on the lift Heels down w/ chest and eyes up during transfer through Deep Ape	
	Forward Traveling Ape	
	Start with flexed spine, knees & feet together, heels off of ground Hands are shoulder width and just in front of the toe line Slight dive forward, exploding out of the legs, back into the tuck Must get shoulders in front of the wrist line, body in tucked position Hips should NOT stack, focus on forward and downward eccentric	
	Beast – Forward/ Reverse	
	Synching lift and land of opposing limbs Equal distance in stride Minimal shift or rotation Knees an inch above the ground No over-striding the leg in Reverse Beast	
	Crab – Forward/Reverse	
	Synching lift and land of opposing limbs Lifting the stride arm from the elbow (not shoulder) Maintaining head, shoulder and lumbo pelvic hip position	
	Underswitch	
	Limbs lift and land at the same time Heel lifts to start rotation, drops to stop rotation Transfer from perfect crab to perfect beast and vice versa Traveling limbs pull in towards midline	

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TRAVELING FORMS AND SWITCHES/TRANSITIONS		
1 or 0	Form (Each form receives a 1 or 0)	Comments
	Underswitch Tap	
	Accelerate the rotation, decelerate with enough control to just tap	
	Traveling arm & leg touch in perfect Crab or Beast	
	Redirect, accelerate, decelerate, control landing	
	Jumping Underswitch	
	Switch feet in the air, during “pop over”	
	Transfer through modified beast	
	Carry leg through movement window	
	Finish with enough control to land lightly	
	Scorpion Switch	
	Call out Leg travels out and up in a circular pattern	
	Extend base leg before pulling over the rest of the way	
	Continue to reach towards the floor with the ipsilateral arm	
	Full Scorpion	
	Scorpion tail travels in a circular pattern on its way up	
	Base leg slightly flexed with the heel rotated outward	
	Once base leg extends, it stays straight	
	Rotate from toes, outer ridge, to heel of base foot	
	Upper knee at 90 degrees with ankle plantarflexed	
	Side Kickthrough - Alternating and Jumping	
	Dropping the base heel once it's lined up with the kick direction	
	Pointing the toes,	
	Fully extend the knee and externally rotating the kick leg from the hip	
	Fully opening anterior oblique sling by pulling the opposite elbow away from the chest	
	Levitating Side Kickthrough	
	Hips stacked in the lift phase	
	Leg brought down to meet the ground in a “high hip modified beast”	
	Dropping into rotation on the new kick leg	
	Front Kickthrough	
	Set up the window by lifting the hand so the foot can land	
	Kick Leg is extended, toes pointed & externally rotated from the hip	
	Foot lands in front or to the side of where hand was	
	Hand & elbow in “guarded” position, not open sling position	
0	TOTAL POINTS (out of total possible: 12)	

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FORM SPECIFIC STRETCHES		
1 or 0	Form (Each form receives a 1 or 0)	Comments
	Loaded Beast - Reach	
	Loaded Beast, reach leg travels up with the hips, tucked into the body, knee towards chest, heel towards glute, toes pointed Shoulders firmly protracted, chin towards chest Knee travels past same side elbow, dropping into open Chin up, focus forward Tuck chin as the hips begin to lift back up, dropping into Loaded	
	Loaded Beast - Wave Unload	
	Lift hips straight up towards the ceiling Chin stays tucked in towards the chest Shoulders travel past wrist line before dropping the hips down Very last thing is eyes towards the sky Tuck the chin and protract to get back	
	Ape Reach	
	Thumbs down, as close to the ground without touching Back of the hands touching or as close together as possible Shift weight from heels to toes, heels come up to support hips Open phase, externally rotate arms, retract, depress scapulae Palms up, head over top of shoulder girdle	
	Crab Reach	
	Trainer can hit 3-point bridge before attempting to reach At top position, the reaching arm is fully relaxed, framing the head Eyes focused down toward the ground	
	Scorpion Reach	
	Bring traveling knee to opposite wrist, with elbows straight Leg travels out and up in a circular pattern Head drops down between the arms as the eyes look at base leg Base knee is slightly flexed with foot rotated outward	
0	TOTAL POINTS DYNAMIC STRETCH (out of possible: 5)	

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SECTION 2: FLOW DESIGN AND COACHING

Learner must demonstrate capacity to comprise an integrated, fluid flow, and coach another person in performing that flow. Flow should be 90 seconds in duration, and learner may not use notes when directing it. Learner must achieve at least 5/8 possible points.

FLOW DESIGN AND COACHING			
0-4	Form Score each section 0-4 points	Comments	
FLOW DESIGN			
Is there a clear logic to the linking of the flow components?			
Do the sequence of the movements lend themselves to seamless transitions?			
Do they use both Switches/transitions and form specific stretches?			
Is the over all flow multi-planar, exploring transverse, sagittal and frontal plane movements?			
Is there a component of flexion chain, extensor chain, anterior/posterior oblique sling challenges?			
COACHING			
Is there a fluidity in the way that the coach cues the call outs?			
Is the coach able to call out the Flow without using notes, and reacting to the proficiency of the client?			
Are the cues technically proficient?			
Do the cues specify the limb and/or direction when appropriate (ie "left leg underswitch")			
Is the coach able to give corrections when the subject makes an obvious mistake?			
0	TOTAL POINTS (out of possible 8)		

To total the score, highlight the number in the bottom left, right click it, and select “Update Field.” This should automatically add up the numbers for each move.

	Score	Possible Points	%
Traveling Forms/Switches	0	12	0.00
Form Specific Stretches	0	5	0.00
Flow Design and Coaching	0	8	0.00
TOTAL	0	25	0.00

To total the final score, highlight the numbers in the Score Column and the % Column ONE AT A TIME, right click it, and select “Update Field.” This should automatically add up the numbers for each move. You will end up with a final % for the entire test. Student should achieve a score of at least 80%.

COMMENTS: (continue onto next page if necessary)

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