

ANIMAL FLOW INSTRUCTOR --- LEVEL ONE CERTIFICATION --- TEST-OUT ASSESSMENT

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|-----------------------|---|
| STUDENT NAME: | |
| ATTEMPT NO. | xxx |
| REVIEW DATE: | 00/00/0000 |
| REVIEWER NAME: | xxx |
| POINTS/RESULT: | 0 / 42 0% |

PART 1A - PERFORMING THE MOVEMENTS (FORM-SPECIFIC STRETCHES)

Student must demonstrate each of the forms/movements listed below, with least 2x reps on each side of each form/movement.

Assessor will assign an overall score of 0, 0.25, 0.5, 0.75 or 1 for each move.

| REQUIREMENTS --- TECHNIQUE/FORM | RESULT | POINTS | SCREEN SHOT (IF REQUIRED) | COMMENTS (IF REQUIRED) |
|---------------------------------|--------|--------|---------------------------|------------------------|
|---------------------------------|--------|--------|---------------------------|------------------------|

LOADED BEAST --- UNLOAD

| | | | | |
|--|---------|--|--|--|
| Begins in a proper Loaded Beast. | CORRECT | | | |
| Initiates movement by moving forward, knees 1 inch from ground. | CORRECT | | | |
| Elbows remain straight throughout the entire movement. | CORRECT | | | |
| End position: neck long, eyes to ground, shoulders in front of wrists. | CORRECT | | | |
| End position: shoulders protracted, pelvis posteriorly tilted, hips remain in flexion. | CORRECT | | | |
| End position: knees remain flexed, 1 inch from the ground, toes tucked under. | CORRECT | | | |
| Returns to Loaded Beast properly. | CORRECT | | | |

WAVE UNLOAD

| | | | | |
|--|---------|--|--|--|
| Begins in proper Loaded Beast, initiating with hips rising, heels high. | CORRECT | | | |
| Reaches 'Peak' position with extended legs and neutral head. | CORRECT | | | |
| Initiates flexion wave with simultaneous chin/pelvis tuck. Pushes through toes. | CORRECT | | | |
| Shoulders translate in front of wrists before dropping pelvis. | CORRECT | | | |
| Toes remain tucked under throughout waves with knees extended. | CORRECT | | | |
| Elbows remain straight throughout. | CORRECT | | | |
| Properly sets scaps back and down, corkscrews arms in extended position. | CORRECT | | | |
| Untucks chin to finish wave (eyes to sky), tucks chin to initiate reverse flexion wave. | CORRECT | | | |
| Allows reverse flexion wave to lift hips versus hinging and driving hips or bending knees. | CORRECT | | | |
| Hits proper peak position again before dropping into Loaded Beast. | CORRECT | | | |

BEAST REACH

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|--|---------|--|--|--|
| Begins in proper Loaded Beast, initiating with hips rising. | CORRECT | | | |
| Carries the call out leg, moving up to proper 'Peak' position with neutral head. | CORRECT | | | |
| Translates forward into flexion wave with leg tucked tight into body. | CORRECT | | | |
| Elbows and base leg remains straight. | CORRECT | | | |
| Knee travels past same side arm, settling at or just below elbow. | CORRECT | | | |
| Chin/head releases only after knee reaches elbow. | CORRECT | | | |
| Eyes are forward, shoulders protracted, non reaching hip is open. | CORRECT | | | |
| Initiate the return with the chin tuck, hitting peak position again. | CORRECT | | | |
| Keeps leg tucked, bending base leg to return to Loaded Beast. | CORRECT | | | |

APE REACH

| | | | | |
|--|---------|--|--|--|
| Begins in proper Deep Ape. | CORRECT | | | |
| Reach: chin tucked, back of hands touching, thumbs 1 inch from ground. | CORRECT | | | |
| Reach: spine flexed, legs adducted, not reaching forward from hips. | CORRECT | | | |
| Initiates the 'Open' with simultaneous shifting of weight to ball of foot and opening of arms. | CORRECT | | | |
| Arms remain straight throughout opening. | CORRECT | | | |
| Arms do not travel above shoulder height during the Open phase or return to Ape Reach | CORRECT | | | |
| Open: arms rotate from shoulder vs. flex/pull from elbows. | CORRECT | | | |
| Open: arms at shoulder height, palms to the sky, arms in line with the body, eyes look ahead. | CORRECT | | | |
| Open: knees are abducting, hips are slightly lifted from heels. | CORRECT | | | |
| Returns to Ape Reach with simultaneous shifting of weight back to heel and closing of arms. | CORRECT | | | |

CRAB REACH

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|---|---------|--|--|--|
| Starts in a perfect Static Crab position with eyes to the rising sun. | CORRECT | | | |
| Reaching hand comes up to set between eyes, thumb | CORRECT | | | |

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| at nose level. | CORRECT | | | |
| Reaching arm is held central and away from the face/body (approx. 6-8 inches) and remains bent at | CORRECT | | | |
| Initiates with hip lift and corkscrew of base arm. | CORRECT | | | |
| Hits proper 3 point bridge before moving to reach, neck neutral with eyes to ceiling. | CORRECT | | | |
| Reach: Simultaneously rotates head, bringing eyes to base hand as Call Out arm reaches to frame head. | CORRECT | | | |
| Reach: upper arm framing head at 90 degrees, bicep towards back of head. Shoulders stacked. | CORRECT | | | |
| Return: begins to retract arm and rotate neck back to neutral before dropping hips. | CORRECT | | | |
| Returns to perfect Static Crab. | CORRECT | | | |
| SCORPION REACH | | | | |
| Begins in proper Loaded Beast. | CORRECT | | | |
| Initiates movement by moving forward, not up. | CORRECT | | | |
| Load Tail: knee connects to opposite wrist, 1 inch from ground, shin and pointed foot angled outwards. | CORRECT | | | |
| Load Tail: shoulders protracted, arms evenly weighted, neck long, eyes down. | CORRECT | | | |
| Reach: traveling ankle plantar-flexed, toes draw the circle. | CORRECT | | | |
| Reach: head drops between arms, not through arms, and eyes are on the base leg. | CORRECT | | | |
| Peak: shoulders driving towards ears, avoiding rotation of torso. | CORRECT | | | |
| Peak: reaching leg at 90 degrees, shin pulling towards sky. | CORRECT | | | |
| Peak: proper amount of spinal extension, lateral flexion, rotation. | CORRECT | | | |
| Peak: base knee slightly flexed (10 degrees), heel high, heel rotated outward. | CORRECT | | | |
| Return: reverses the entire sequence properly. | CORRECT | | | |
| PART 1A POINTS: | 0 / 6 | 0% | | |

PART 1B - PERFORMING THE MOVEMENTS (TRAVELLING FORMS, SWITCHES AND TRANSITIONS)

Student must demonstrate each of the travelling forms and switches/transitions listed below, performing 2x lengths of each TF, and at least 2x reps on each side for S+T.

Assessor will assign an overall score of 0, 0.25, 0.5, 0.75 or 1 for each move.

| REQUIREMENTS -- TECHNIQUE/FORM | RESULT | POINTS | SCREEN SHOT (IF REQUIRED) | COMMENTS (IF REQUIRED) |
|---|---------|--------|---------------------------|------------------------|
| LATERAL TRAVELLING APE (VERSION 1 - LOW HIP) | | | | |
| Begins in proper Deep Ape (heels down, hips low, eyes to horizon). | CORRECT | | | |
| Shifts into balls of feet to initiate movement. | CORRECT | | | |
| Hands place simultaneously in cross body contact, shoulder-width apart, 1 hand length distance | CORRECT | | | |
| Shoulders shift forward, scaps protract, elbows stay straight. | CORRECT | | | |
| Hips stay LOW during transfer. | CORRECT | | | |
| Trail foot lands first, in line with lead hand. | CORRECT | | | |
| Finishes in perfect Deep Ape after each travelling rep (heels down, hips low, eyes to horizon). | CORRECT | | | |
| LATERAL TRAVELLING APE (VERSION 2 - HIGH HIP) | | | | |
| Begins in proper Deep Ape (heels down, hips low, eyes to horizon). | CORRECT | | | |
| Shifts into balls of feet to initiate movement. | CORRECT | | | |
| Hands place simultaneously in cross body contact, shoulder-width apart, 1 hand distance ahead or slightly further | CORRECT | | | |
| Shoulders align over wrists, scaps elevate, elbows stay straight. | CORRECT | | | |
| Hips move up over shoulders during transfer. Head is neutral between arms, eyes looking between hands. | CORRECT | | | |
| Trail foot lands first, in line with lead hand, base knee extended with free leg tucked tight to body. | CORRECT | | | |
| Finishes in perfect Deep Ape after each travelling rep (heels down, hips low, eyes to horizon). | CORRECT | | | |
| LATERAL TRAVELLING APE (VERSION 3 - REACHING) | | | | |
| Begins in proper Deep Ape (heels down, hips low, eyes to horizon). | CORRECT | | | |
| Shifts into balls of feet to initiate movement. | CORRECT | | | |
| Hands place simultaneously in cross body contact, shoulder-width apart, 1 hand length distance | CORRECT | | | |
| Shoulders shift forward, scaps protract, elbows stay straight. | CORRECT | | | |
| Hips stay LOW during transfer. | CORRECT | | | |
| Trail foot lands first, in line with lead hand, and trail hip sits on heel. | CORRECT | | | |
| Reaching leg fully extends, landing with toes and ball of foot. | CORRECT | | | |
| Drops heels to begin transition through hips, eyes to horizon. | CORRECT | | | |
| Lifts heels just before trail knee extends, rotating on | CORRECT | | | |

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| balls of feet. | CORRECT | | | |
| Drops hands to ground for next cross body contact. | CORRECT | | | |
| FORWARD TRAVELLING APE | | | | |
| Begins in proper Modified Ape position, knees together, heels off of ground, hands in contact with | CORRECT | | | |
| Bends elbows, palms forward, spots ground for hand landing. | CORRECT | | | |
| Drives out of hips, jumping with outstretched arms, eyes forward, feet pointed. | CORRECT | | | |
| Hips stay low throughout jump and land, elbows remain straight. | CORRECT | | | |
| Lands lightly with hands, properly decelerates landing. | CORRECT | | | |
| Shoulders translate in front of wrist line. | CORRECT | | | |
| Lands with balls of feet only (silently). | CORRECT | | | |
| Keeps legs tucked up into the body the entire time. | CORRECT | | | |
| TRAVELLING BEAST (FORWARD + REVERSE) | | | | |
| Begins in proper Static Beast position. | CORRECT | | | |
| Limbs lift and land at the same time. | CORRECT | | | |
| Limbs lift and land lightly. | CORRECT | | | |
| Arms and legs stride equal distance per stride. | CORRECT | | | |
| Bends elbow to initiate stride, "sets" when finishes stride. | CORRECT | | | |
| Knees maintain 1 inch from the ground throughout. | CORRECT | | | |
| Knee never touches same side wrist. | CORRECT | | | |
| Minimal shift or rotation, maintaining neutral spine. | CORRECT | | | |
| Eyes are either straight down or slightly in front of hands. | CORRECT | | | |
| Reverse Beast: avoids over striding leg. | CORRECT | | | |
| Controlled and steady traveling. | CORRECT | | | |
| TRAVELLING CRAB (FORWARD + REVERSE) | | | | |
| Begins in perfect Static Crab position. | CORRECT | | | |
| Limbs lift and land at the same time. | CORRECT | | | |
| Limbs lift and land lightly. | CORRECT | | | |
| Arms and legs stride equal distance. | CORRECT | | | |
| Initiates stride with elbow bend and foot lift. | CORRECT | | | |
| Maintains proper eye line throughout travel (eyes on rising sun). | CORRECT | | | |
| Finishes stride with arm "set". | CORRECT | | | |
| Maintains perfect Crab posture throughout stride, hips 1" from ground. | CORRECT | | | |
| Forward contact: fingers to full hand, heel to full foot. | CORRECT | | | |
| Reverse contact: palm to full hand, toes to full foot. | CORRECT | | | |
| UNDERSWITCH | | | | |
| Begins in perfect Static Crab or Static Beast. | CORRECT | | | |
| Leg always travels underneath of body. | CORRECT | | | |
| Crab: simultaneous contralateral lift and land. | CORRECT | | | |
| Crab: 'push on the gas', lifting the base heel BEFORE any rotation begins. | CORRECT | | | |
| Crab: streamlines rotation by bringing limbs in towards midline. | CORRECT | | | |
| Crab: knees travel close to the ground (1 inch). | CORRECT | | | |
| Crab: finishes in perfect Beast position, limbs landing at the same time. | CORRECT | | | |
| Beast: simultaneous contralateral lift and land. | CORRECT | | | |
| Beast: hips travel close to the ground (1 inch). | CORRECT | | | |
| Beast: drops heel of base foot to land and stabilize ONLY once rotation is complete. | CORRECT | | | |
| Beast: finishes in perfect Crab position, limbs landing at the same time. | CORRECT | | | |
| UNDERSWITCH TAP | | | | |
| Begins in perfect Crab or Beast. | CORRECT | | | |
| Initiates proper Underswitch (see Underswitch criteria). | CORRECT | | | |
| Properly accelerates/decelerates. | CORRECT | | | |
| Squares up with ground for tap. | CORRECT | | | |

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| Taps with both foot and hand simultaneously (10% body load). | CORRECT | | | |
| Taps with elbows extended | CORRECT | | | |
| Taps in perfect Crab or Beast (hands shoulder width, knees and feet hip width, correct spine alignment) | CORRECT | | | |
| JUMPING UNDERSWITCH | | | | |
| Begins in perfect Crab position. | CORRECT | | | |
| Lifts contralateral limbs, jumps INTO rotation. | CORRECT | | | |
| Jumps UNDER the body, no lateral travel to the movement | CORRECT | | | |
| Keeps hips low during the jump. | CORRECT | | | |
| Lands in neutral foot Modified Beast (foot, knee, wrist aligning, spine in correct Beast alignment). | CORRECT | | | |
| Transitions through the movement window with control and lands lightly. | CORRECT | | | |
| Performs the movement with pauses, then as one fluid motion. | CORRECT | | | |
| Finishes in perfect Static Crab position, limbs landing at the same time. | CORRECT | | | |
| SCORPION SWITCH | | | | |
| Starts in perfect Static Beast. | CORRECT | | | |
| Lifts traveling foot (activation) and plantar flexes ankle. | CORRECT | | | |
| Slightly internally rotates hip, putting foot in proper travel position. | CORRECT | | | |
| As foot draws the circle, hips drive up, head drops down between arms (not through arms). Eyes to base | CORRECT | | | |
| Elbows stay straight throughout movement. | CORRECT | | | |
| Hits proper peak position of Scorpion Reach (see Scorpion Reach Criteria). | CORRECT | | | |
| Knee is only slightly bent in Peak position prior to transitioning fluidly into extension to continue the | CORRECT | | | |
| Extends knee on base leg, transferring to 90 degrees at the ankle to transition on outer ridge of base foot. | CORRECT | | | |
| Releases traveling arm from the ground at the proper time becoming a counterbalance to the landing leg. | CORRECT | | | |
| Lands in proper Modified Crab (lightly) with toes pulled up and arm in 'guarded' position, eyes to the | CORRECT | | | |
| FULL SCORPION | | | | |
| Starts in perfect Static Crab. | CORRECT | | | |
| Performs a technically correct Underswitch that travels up to Scorpion Reach. | CORRECT | | | |
| Hits a proper 'peak' position of Scorpion Reach (see Scorpion Reach criteria). | CORRECT | | | |
| Initiates switch fluidly and properly to continue movement in circular direction (see Scorpion Switch | CORRECT | | | |
| Lands properly (see Scorpion Switch criteria). | CORRECT | | | |
| SIDE KICKTHROUGH | | | | |
| Begins in perfect Static Beast position. | CORRECT | | | |
| Lifts contralateral limbs at same time. | CORRECT | | | |
| Begins to rotate, bringing eyes down to base foot. | CORRECT | | | |
| Drops heel once foot reaches 90 degrees relative to hand. | CORRECT | | | |
| Kick: knee fully extended, toes pointed, leg externally rotated, leg remains close to the ground without | CORRECT | | | |
| Base arm: shoulder protracted (unless regression option selected), elbow straight. | CORRECT | | | |
| Sling arm: shoulder retracted, elbow just above shoulder level. | CORRECT | | | |
| Sling hand: back of hand facing same side cheek. | CORRECT | | | |
| Hips half way between heel and hand. | CORRECT | | | |
| Pushes on gas' to return to Beast (performing proper Underswitch). | CORRECT | | | |
| JUMPING SIDEKICKTHROUGH | | | | |
| Begins in perfect Static Beast position. | CORRECT | | | |
| Performs proper Side Kickthrough for set up (see Side Kickthrough criteria). | CORRECT | | | |
| Jumps off the base foot and retracts leg powerfully, landing in neutral alignment (foot and spine) Modified | CORRECT | | | |
| Glances at knee to be sure of neutral foot Modified Beast position. | CORRECT | | | |
| Continues the transition through the movement window with fluidity into a perfect Side Kickthrough. | CORRECT | | | |
| Performs repetitions with pauses in MB, then without. | CORRECT | | | |
| LEVITATING SIDEKICKTHROUGH | | | | |
| Begins in perfect Static Beast position. | CORRECT | | | |
| Performs proper Side Kickthrough for set up (see Side Kickthrough criteria). | CORRECT | | | |
| Jumps off the base foot, retracts leg powerfully and lands in proper neutral foot HHMB . | CORRECT | | | |

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|--|---------|--|--|
| Hands are placed shoulder width apart and elbows stay straight throughout. | CORRECT | | |
| HHMB: head between arms, eyes down to base of palms. | CORRECT | | |
| HHMB: hips high, leg tucked towards chest, heel to glute. | CORRECT | | |
| HHMB: base leg fully extended, heel high off of the ground. | CORRECT | | |
| With heel high, lowers hips to transition smoothly into opposite leg Side Kickthrough (see Side Kickthrough criteria). | CORRECT | | |
| Performs repetitions with pauses in HHMB, then without. | CORRECT | | |

FRONT STEP THROUGH

| | | | |
|--|---------|--|--|
| Begins in proper Loaded Beast. | CORRECT | | |
| FStep: lifts hand before foot lands. | CORRECT | | |
| FStep: foot lands outside/in front of where hand was. | CORRECT | | |
| FStep: 'attack hand' has palm forward, elbow pulling back. | CORRECT | | |
| FStep: eyes at horizon, chest high, back knee slightly bent. | CORRECT | | |
| Transitions through movement window smoothly. | CORRECT | | |
| Kickthrough leg fully extended and externally rotated with foot pointed, close to the ground without | CORRECT | | |
| Base limbs face forward to 12 o'clock direction with no rotation of base foot or hand. | CORRECT | | |
| Base heel remains on the ground throughout the transitions | CORRECT | | |
| Reverses the movement properly to return to Loaded Beast . | CORRECT | | |

FRONT KICKTHROUGH

| | | | |
|---|---------|--|--|
| Begins in proper Loaded Beast. | CORRECT | | |
| Jumps from Loaded Beast, lifting the base hand so the foot can land. | CORRECT | | |
| Foot lands outside/in front of where hand was. | CORRECT | | |
| Transitions through movement window, keeping base fingers pointing forward. | CORRECT | | |
| Keeps base elbow straight throughout. | CORRECT | | |
| Kickthrough: leg fully extended and externally rotated with foot pointed, close to the ground without | CORRECT | | |
| Base limbs face forward to 12 o'clock direction with no rotation of base foot or hand. | CORRECT | | |
| Hips remain in between base hand and foot | CORRECT | | |
| Slight flexed posture, protracted shoulder, guarded arm. | CORRECT | | |

PART 1B POINTS: **0 / 16** **0%**

PART 2 - FLOW DESIGN AND COACHING

Students must demonstrate the capacity to comprise an integrated, fluid Flow, and coach another person in performing that Flow. The Flow should be 90-seconds in duration, and student may NOT use notes when directing it. The student should 'call-out' the Flow using the correct Animal Flow language.

Assessor will assign an overall score for the FLOW DESIGN and COACHING components and will deduct 1 point per incorrect call-out for the LANGUAGE component.

FLOW DESIGN (5 POINTS AVAILABLE)

| | | | |
|--|---------|--|--|
| Comprised of a minimum 12-15 movements. | CORRECT | | |
| Select movements from both categories: Form Specific Stretches and Switches/Transitions. | CORRECT | | |
| The Flow ONLY utilizes Level 1 FSS and S&Ts | CORRECT | | |
| There is a clear logic to the linking of the Flow components. | CORRECT | | |
| The sequence of the movements promote seamless transitions and energy transfer. | CORRECT | | |
| Alternating side-side movements are NOT performed consecutively. | CORRECT | | |
| The Flow promotes a variety of L1 movements. | CORRECT | | |

COACHING (5 POINTS AVAILABLE)

| | | | |
|--|---------|--|--|
| There is fluidity in the way that the coach cues the call out. | CORRECT | | |
| The coach is able to call out the Flow without using notes. | CORRECT | | |
| The coach reacts properly to the proficiency of the client (providing additional cues as necessary). | CORRECT | | |
| The coach is able to concisely correct the client when necessary. | CORRECT | | |

CALL-OUT LANGUAGE (10 POINTS AVAILABLE)

| YOU CALLED... | YOU SHOULD HAVE CALLED... |
|---------------|---------------------------|
| | CORRECT |
| | CORRECT |
| | CORRECT |
| | CORRECT |

| | | |
|--|--|---------|
| | | CORRECT |
| | | CORRECT |
| | | CORRECT |
| | | CORRECT |
| | | CORRECT |
| | | CORRECT |

PART 2 POINTS: 0 / 20 0%

GENERAL COMMENTS

IF YOU DID NOT PASS, PLEASE SUBMIT ANY MOVES WHICH ARE SHADED RED BELOW (THESE SCORED 0.5 OR LESS)

| FORM SPECIFIC STRETCHES | | TRAVELLING FORMS | | SWITCHES/TRANSITIONS AND FLOW | | WAITING 0% | | |
|-------------------------|--|------------------|--|-------------------------------|--|---------------------------------|-----------------------------|--|
| Loaded Beast - Unload | | Lateral Ape V1 | | Underswitch | | | Jumping Side Kickthrough | |
| Wave Unload | | Lateral Ape V2 | | Underswitch Tap | | | Levitating Side Kickthrough | |
| Beast Reach | | Lateral Ape V3 | | Jumping Underswitch | | | Front Step Through | |
| Ape Reach | | Forward Ape | | Scorpion Switch | | | Front Kickthrough | |
| Crab Reach | | Travelling Beast | | Full Scorpion | | | ----- | |
| Scorpion Reach | | Travelling Crab | | Side Kickthrough | | | CLIENT FLOW | |