

CERTIFICATION TEST OUT INSTRUCTIONS

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."

Test Outs are due within 30-90 days after completing your workshop. There will be two sections of the Test Out and each should be submitted in its own video as listed below.

- **Video 1:** Performing the movements yourself
- **Video 2:** Create your own Flow and Call Out the flow to another person.

You may also have the option of attending a live Test Out session. Live Test Outs are offered in-person in some cities or online a few times a year. The test out requirements for what you need to demonstrate are the same whether you are testing out live or via video submission.

Some live Test Outs are delivered by Master Instructors who combine the Test Out process with a review session of the movements. Registration fees are charged for the combined review and Test Out events hosted by MIs.

VIDEO 1: PERFORM THE MOVEMENTS YOURSELF

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

1. **Perform repetitions of each movement as per the detailed list below.** FSS, for example, require 2 repetitions per side and S&Ts require 3-4 per side.
2. **Do not put the movements into a flow.** We need to see each movement clearly, one at a time, and **in the precise order listed below.**
3. You can do the movements sequentially one after the other without stopping. However, we recommend taking breaks to ensure your technique does not decline with fatigue. Please do not film your break periods.
4. Doing the movements out of order, in a flow, or with too many reps, can double or triple the amount of time it takes the Master Instructor to grade your video and delay your test out results.

In this section, we want to see that you understand the intention and sequencing of each Level 1 movement. Pay attention to your form and the details!

Below is the list of movements to demonstrate and their required repetitions:

Form Specific Stretches – 2 Repetitions each

1. Loaded Beast – Unload (2 Repetitions)
2. Wave Unload (2 Repetitions)
3. Beast Reach (2 Repetitions per side)
4. Ape Reach (2 Repetitions)
5. Crab Reach (2 Repetitions per side)
6. Scorpion Reach (2 Repetitions per side)

Traveling Forms – 5-6 Repetitions per direction

1. Lateral Traveling Ape Version 1 – Low Hip
2. Lateral Traveling Ape Version 2- High Hip
 - a. High Hip Modified Beast Pause (3-4/direction)
 - b. Integrated as one movement (3-4/direction)
3. Lateral Traveling Ape Version 3 – Reaching
4. Forward Traveling Ape
5. Traveling Beast – Forward and Reverse
6. Traveling Crab – Forward and Reverse

Switches and Transitions – 3-4 Repetitions per side

1. Underswitch
2. Underswitch Tap
3. Jumping Underswitch
 - a. Modified Beast Pause (2 reps/side)
 - b. Integrated as one movement (2-4 reps/side)
4. Side Kickthrough
5. Jumping Side Kickthrough
6. Levitating Side Kickthrough
 - a. High Hip Modified Beast Pause (2 reps/side)
 - b. Integrated as one movement (2-4 reps/side)
7. Scorpion Switch
8. Full Scorpion
9. Front Step Through
10. Front Kickthrough

VIDEO 2: DESIGN AND CALL OUT A FLOW

In this section, we want to assess your ability to both design and properly Call Out a flow to your participant. You should design a 90-second flow with 12-15 movements and teach it to a client, friend, or someone who has taken the workshop.

Here are some rules and guidelines:

1. The Flow should be 90 seconds long and include 12-15 movements.
2. **Use only L1 moves from the Switches and Transitions and FSS categories.**
3. Do not include Activations or Traveling Forms in the flow.
4. **Both you and your participant must appear on camera for the Flow.** You will *not* be performing the Flow yourself. Instead, you will teach it to someone else then video yourself calling out the flow while they perform it. By the time you video it, they should already have learned the flow and you will only need to provide corrections and additional cues where needed.
5. If the participant makes a mistake, correct them, and move on. Do *not* stop and re-teach the movement. We want to see that you recognize the error and give instructions to correct it. If the student makes a major mistake that requires extra coaching, simply stop and reshoot the video.
6. **Do not use notes** when Calling Out the Flow as this detracts from your ability to actively coach your participant.
7. The Flow is an opportunity to demonstrate your understanding of how the movements work together. As such, **do not perform the same movement back to back on alternating sides** as this does not lend itself to the concept of flow and optimizing movement variability.
8. If English is not your primary language, you can Call Out the direction and limb in your preferred language as well as any cueing your participant requires. Remember, the names of the Animal Flow moves must always be in English.

SUBMITTING YOUR VIDEOS**1. DUE DATES**

We encourage you to start practicing shortly after the workshop to be ready to **submit your videos between 30 – 90 days.**

- Do not submit your videos earlier than 30 days as we believe you need at least that much time to practice.
 - Do not wait longer than 90 days as we see a high degree of readiness and success within that timeline. After 90 days we begin to see a significant drop in the details and success.
 - If you have an injury or another reason that you can't complete your Test Out videos within 90 days, please request an extension by emailing us at Certifications@AnimalFlow.com. You will be granted one 90-day extension though we ask that you do not abuse the extension process.
 - If your video is submitted 180 days or more after your workshop, we'll need to assess a late fee of \$50. A late submission creates extra unplanned work, and we typically must pay someone else to take on the grading for delayed Test Out submissions.
 - If you have not submitted your video within one year of the workshop, you will need to either retake the workshop (at a 50% discount) or hire one of the MIs to provide one-on-one coaching to get you ready for submission.
2. **Video Formats: Submit only two videos.** One for Section 1 (Performing the Movements) and one for Section 2 (Coaching the Flow).
 3. **Video Quality:** The videos do not need to be very high quality. We simply want to see that you can perform the movements and Call Out a Flow.
 - A. Filming on a cell phone is suitable.
 - B. You **do not** have to include labels, graphics, or elaborate editing.
 - C. Please make sure we can hear you in the coaching section. Avoid filming in loud gyms, places with a lot of background noise, or with any music.
 - D. Film in HORIZONTAL. If you film vertical, you will likely go out of frame.
 4. **Music:** DO NOT use music in your video.
 - Copyrighted music will get blocked by YouTube, making your video inaccessible to us.
 5. **Uploading:** Upload your videos to your own video streaming channel (YouTube, Vimeo), or to our Dropbox folder. Do NOT send us videos as email

attachments that have to be downloaded, including via WeTransfer or Google Drive. We cannot accept videos that we have to download to watch.

- If you don't have a YouTube or similar video channel, you can upload your videos to Animal Flow's Dropbox link (details can be found in your Instructor Resources).
- If you are uploading to your own YouTube channel or another video streaming service, 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 test and we will ask you to take the video down.

SUBMITTING YOUR TEST OUT

To submit your videos for grading, you will need to follow the instructions found under the "Instructor Resources" tab on the website; you must be signed into your account in order to access the Level 1 submission page. You will be asked to provide the following information:

- Your full name used for registration
- Your full name as you'd like it listed on your Certificate
- Your email address
- The date, location, and Master Instructor for the workshop you attended
- Your current location (this will be listed on your social media announcement)
- Provide the links to your TWO uploaded Test Out videos OR upload them to the Animal Flow Dropbox account (details can be found in your Instructor Resources).
- If you are applying to become a Certified Animal Flow Instructor, you need to upload your qualifying credentials. This can include your personal training or group fitness certifications; yoga teacher training; martial arts instructor and/or dance instructor experience; a related degree, or other approved credentials. Credentials do not need to be for the current year, but you do need to have attained them previously. If you do not have a copy to upload, you can list them on the form.
- Upload a photo of yourself performing your favorite AF movement (this is used for your social media announcement).

GRADING

1. Your video submission will be graded by one of our Master Instructors. This

might be the MI who taught your workshop or another MI. All MIs go through the same training on grading tests.

2. The Master Instructor uses an Assessment Form to grade your video. The MI will assign points for each section and email you the Assessment Form with notes on the areas that need further practice.
3. You need to score at least 80% to pass. If you don't pass, you will be able to resubmit your video again.
4. It may take up to 3 weeks for you to receive your results.

RESUBMISSIONS

1. If you don't pass your video test on the first submission, you'll receive detailed feedback from your MI with notes on what you need to correct. You are allowed to resubmit. Usually, the MI will ask you to resubmit just the specific moves or areas that need work. There is no fee for this resubmission.
2. If you still don't pass after your second submission, a \$50 fee is required for a third submission. This fee covers the costs we incur for paying the MI to spend additional hours reviewing the same student. If you don't pass the 3rd time, you'll need to retake the workshop (at 50% discount) or hire an MI to provide one-on-one coaching as needed.
3. We ask you to take the submission process seriously – please follow the instructions and pay close attention to the feedback. Don't submit a poor-quality test just to see what the feedback will be.