

# Foundational Skills Check-list

Your business name/logo here

Pre-Pilates/Beginner		
<b>Student's Name:</b> _____	<b>Student History:</b>	
<b>Start Date:</b> _____		
<b>Positions:</b> Lying down, sitting <b>Planes of Movement:</b> Saggital primarily		
Skills	Date:	Notes:
1 Find and sustain neutral or optimal alignment of pelvis		
2 Find and sustain shoulder stabilization		
3 Be able to initiate deep abdominals		
4 Be able to induce posterior/lateral ribcage breathing		
5 Begin to integrate above foundations into simple choreography		
Movement Concepts		
1 Stability		
2 Mobility		
3 Range of motion		
Principles		
1 Balance: Ease and effort		
2 Concentration		
3 Breath		
4 Centering		
<b>Exercise Examples:</b> Toe taps, ribcage arms, bridging, footwork, supine/overhead arms, swan prep, bridging.		

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Level 1: Beginner		
<b>Student's Name:</b> _____	<b>Student History:</b>	
<b>Start Date:</b> _____		
<b>Positions:</b> Lying down, sitting, some supported standing, some supported kneeling <b>Planes of Movement:</b> Saggital primarily, beginning to introduce frontal & transverse		
Skills	Date:	Notes:
1 Be able to coordinate multiple concepts at once: breath, rhythm, stability, mobility		
2 Be able to maintian neutral or oppitmal alignment of lumbopelvic region while legs are moving.		
3 Be able to maintian neutral or oppitmal alignment of thoracic region (ribcage) while legs or arms are moving		
4 Maintain scapular stability while arms are engaged against resistance		
5 Maintain core contraction throughout an exercise or simple series		
Additional Movement Concepts		
1 Opposition		
2 Eccentric contraction: the ability to lengthen and contract simultaneously		
Additional Principles		
1 Flow: Introduction		
2 Control: Harmonious movement		
<b>Exercise Examples:</b> Feet in the straps, foot work, elephant, scooter, seated arm work, kneeling arm work, abdominal series, exercises facing the footbar or the well, swan on the chair, mermaid, cleopatra, seated twisting, push through bar, roll down bar (saggital and transverse), side lying leg series.		

**Level 1-2: Advanced Beginner/Beginning Intermediate**

**Student's Name:** \_\_\_\_\_  
**Start Date:** \_\_\_\_\_

**Student History:**

**Positions:** Lying down, sitting, standing, kneeling, introducing less supported exercises: planking, stomach massage, knee stretches, chair work standing, sitting, lying down, supine work on the push through bar ie. teaser prep etc.

**Planes of Movement:** Saggital, frontal and transverse

Skills	Date:	Notes:
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1 Begin to be able to support body weight and maintain core stability, scapular and lumbopelvic alignment while less supported by mat or equipment.		
2 Knows the names of most exercises and can perform them without needing to be retaught.		
3 Can transition from one exercise to another without losing focus.		
4 Is self-correcting		
5 Is asking relevant questions about concepts and exercises		
6 Can make connections between exercises on different pieces of equipment		
7 Sustain breath pattern throughout an exercise		
8 Increased range of motion		
9 Significant increase in strength		

Additional Movement Concepts			
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1 Conservation of movement/transitions	3	Coordination	
2 Breath initiation and coordination	4	Stamina	

Additional Principles			
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1 Flow		
2 Precision		

**Exercise Examples:** Short spine, lunges standing, standing arm springs, prone exercises on all pieces, multi-directional exercises, kneeling rotation.

**Level 2: Intermediate**

<b>Student's Name:</b> _____	<b>Student History:</b>
<b>Start Date:</b> _____	

**Positions:** Lying down, sitting, standing, kneeling, introducing less supported exercises: planking, stomach massage, knee stretches, chair work standing, sitting, lying down, kneeling work on cadillac/roll down bar, push through bar, on the box, side sitting (mermaid series), side lying on reformer, reformer shortbox series, unilateral work on on pieces of equipment.

**Planes of Movement:** All plus multi-directional. Begin to introduce inversion.

<b>Skills</b>	<b>Date:</b>	<b>Notes:</b>
1 Ability to flow through 55 minute program w/o pooping out, maintaining form.		
2 Ability to move from one plane of movement to another with stability: flexion to		
3 extension, extension to rotation, etc.		
4 Ability to achieve exercises that are less supported by the equipment.		
5 Ability to achieve exercises with lighter weight to enhance core challenge.		
6 Ability to cross the midline while standing and working against resistance.		
7 Increased range of motion		
8 Increased strength		
9 Increased awareness of body's imbalances		
10 Ability to integrate Pilates into functional, everyday movement		

**Additional Movement Concepts**

1 Diagonal and unilateral stability standing, sitting, lying down, prone, kneeling.		
2 Circular movement		
3 Multidirectional alignment static and flowing		
4		

**Additional Principles**

**Exercise Examples:** Gymnast, reverse swan on the chair, supine hamstring exercises on the chair, knee stretches-knees off, elephant arabesque, long stretch series, rowing series, hanging on cadillac, teaser, on any piece of equipment, jumping, side kneeling arm series.

**\*Level 2-3: Advanced Intermediate/Beginning Advanced**

<b>Student's Name:</b> _____	<b>Student History:</b>
<b>Start Date:</b> _____	

\*This level is a place where most students will spend their Pilates lives. This is the place where we have an opportunity to continue to deepen and explore all the principles that have come before. The bulk of the Pilates repertoire lies here somewhere between intermediate and advanced. It is where most students will feel challenged continuously by the combination of principles, ranges of motion, resistance challenges and coordination.

**Positions:** All the same as Level 2

**Planes of Movement:** All, multi-directional, and inversions

**Skills**

1 Ability to learn new, more advanced variations quickly and with breath, core activation and control.		
2 Be able to adapt exercises, order or progressions while maintaining focus and precision		
3 Ability to do work with minimal modifications		
4 Lumbopelvic stability while suspended		
5 Maintain scapular stability while supporting on one arm		
6 Sustain rhythm throughout repetitions		
7 Have established a healthy, functional ROM through spine, hips and shoulder girdle		
8 Increased mobility throughout spinal ROM and maintain scapular stability and whole body integration		

**Additional Movement Concepts**

1 Changing directions quickly, fluidly and with control		
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**Additional Principles**

1 Coordinating multiple principles: flow and precision, breath and pacing etc.		
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**Exercise Examples:** Chair push-ups, kneeling side legs series, arm spring series in releve, full swan rocking, leg pull front and back, control front and back, lunges hands off, prone long box series, horseback, long spine.

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Level 3: Advanced		
<b>Student's Name:</b> _____		<b>Student History:</b>
<b>Start Date:</b> _____		
<b>Positions:</b> ALL		
<b>Planes of Movement:</b> ALL		
Skills	Date:	Notes:
1 Ability to support own body weight in any single arm or leg variation		
2 Ability to do appropriate exercises with no weight		
3 Increased stamina through advanced 55 minute routine maintaining all principles with ease		
4 Coordination in reversing all exercises/movements		
5 Consistency across all principles no matter the difficulty		
6 Enhanced muscle recruitment and control		
7 Advanced level balance and adaptability		
Additional Movement Concepts		
1 Changing directions quickly, fluidly and with control		
Additional Principles		
1 Coordinating multiple principles: flow and precision, breath and pacing etc.		
<b>Exercise Examples:</b> Twist, snake, walk over, hanging basket, lunges hands off, walk over arabesque, single leg/single arm variations: gymnast, long stretch, push-ups, tendon stretch, star, star with arabesque and other variations; boomerang, crab.		