

Christopher Harrison's AntiGravity®

Just Kids 1 & 2 Teacher Training

TEST

TRUE/FALSE

1. AntiGravity® Just Kids Principles have a “playful equivalent”. Please determine if the following are a True or False match: Presence = Listen to your Body **F**
2. AntiGravity® Just Kids Principles have a “playful equivalent”. Please determine if the following are a True or False match: Monitor Resistance = Tight vs Loose **F**
3. AntiGravity® Just Kids Principles have a “playful equivalent”. Please determine if the following are a True or False match: Plumbline Relationship = Gravity Point **T**
4. AntiGravity® Just Kids Principles have a “playful equivalent”. Please determine if the following are a True or False match: Fulcrum Point = Share the Weight **F**
5. AntiGravity® Just Kids Principles have a “playful equivalent”. Please determine if the following are a True or False match: Economy of motion = Go for It **F**
6. AntiGravity® Just Kids Principles have a “playful equivalent”. Please determine if the following are a True or False match: Trust = Quiet Body Quiet Mind **F**
7. AntiGravity® Just Kids Principles have a “playful equivalent”. Please determine if the following are a True or False match: Resistance vs Flow (specific for instructor) = Accept and Include **T**
8. AntiGravity® Just Kids Principles have a “playful equivalent”. Please determine if the following are a True or False match: Momentum & Timing = Swinging Power **T**
9. AntiGravity® Just Kids Principles have a “playful equivalent”. Please determine if the following are a True or False match: Play = Trust Yourself, Your Instructor and the Harrison Hammock **F**
10. AntiGravity® Just Kids Principles have a “playful equivalent”. Please determine if the following are a True or False match: Weight Distribution = See Saw Balance Point **F**
11. AntiGravity® Just Kids Principles have a “playful equivalent”. Please determine if the following are a True or False match: Tension vs. Slack = Make it Easy **F**

MULTIPLE CHOICE

12. In this scenario from Water/Earth Series, the instructor asks the students to guide her step by step through the progressions of Pouch Mount. Select which teaching techniques are being used:
- a. Follow the Leader
 - b. Create a Story
 - c. Pedological Learning
 - d. All of the above.
13. In this scenario from Water/Earth Series, the teacher asks the students to move their bodies in the Hammock like a dolphin in water. Select which teaching techniques are being used:
- a. Improvisation
 - b. Connecting
 - c. Pedological
 - d. All of the above
14. In this scenario from Water/Earth Series, the student is sitting under her Hammock at the beginning of class while others are being measured in. Holding on to the Harrison Hammock, the student starts to practice balancing on her buttocks with her legs in a V-shape. The teacher compliments the student on her balance skill and invites all the other students to join her. The teacher then continues to measure the remaining students in. Select which teaching techniques are being used:
- a. Free Time
 - b. Nurture
 - c. Accept and Include
 - d. All of the above
15. Which 2 rules are most specific in establishing safety?
- a. Only one person talks at a time and only one person goes to the restroom at a time.
 - b. Use your manners and be polite.
 - c. Hug the wall and ask for instructor assistance before trying new inversions and flips in free time.

- d. Be safe and say thank you.
16. When spotting a child in Pouch BackFlip, Eel Flip and SingleWristWrap Flips, the instructors should ALWAYS be prepared to:
- a. Protect the head and take full body weight
 - b. Coddle the child
 - c. Partner the children to help each other
 - d. Keep your centre of gravity in line with the child's centre of gravity
17. Which of these cues are only used for children:
- a. In FoldedHammock Pouch take 3-4 caterpillar yums
 - b. Stand at your Gravity Point and bow over into FrontBeltWrap
 - c. In Rocking Cradle Dismount, rock back reaching toes to front of the room and tug to exit the hammock
 - d. All of the above
18. Which are appropriate teaching skills in AG Just Kids classes:
- a. Using music to facilitate a pose, sequence or improvisation exercise
 - b. Chanting pose execution in a Rhythm
 - c. Practicing imagination skills rather than meditation
 - d. All of the above
19. Which sequence of poses is not appropriate for 7 -10yrs:
- a. Lion, Running Dog, Lemur, Flying Dog, Wheelbarrow Race
 - b. Mermaid, Eel in a Cave, Eel Strike, Eel Flip
 - c. Saddle, Pony Galloping, Tired Pony
 - d. All of the above
20. Which sequence of poses is appropriate for 5 – 6 yrs:
- a. Lion, Running Dog, Lemur, Flying Dog, Wheelbarrow Race
 - b. School of Fish, Eel in a Cave, Eel Strike
 - c. Mermaid, Eel in a Cave, Eel Flip

- d. PouchWrap, Monkey, Monkey in Tree

21. What is the magic button and when is it used:

- a. The magic button is your navel and you use it when you fold in half for clams
- b. The button on a child's back when cueing them to be quiet
- c. The position of chin to chest used in the out of inversions and front flips
- d. The spot that is above and below your hammock that shows where the plumbline is

22. What is the CRUCIAL cue for Running Dog?

- a. Bark like you're being chased by a lion
- b. Keep your FrontBeltWrap at hip crease
- c. Keep hands and feet in contact with the floor
- d. All of the above

23. What are the most important cues for Pouch BackFlip:

- a. Stay seated and look back!
- b. 1,2,3 and flip!
- c. Check it and hold on tight
- d. Go for it!

24. What sequences do children learn in pairs:

- a. FoldedHammock and Hungry Caterpillar
- b. Cat/Cow and Long-Necked Dinosaur
- c. Pouch Mount and Free Swinging
- d. None of the above

25. FishHookTrap is used for Eel in a Cave?

- a. True
- b. False

26. DoubleKneeTrap is used for Flying Dog?

a. True

b. False

27. ChestWrap Cannonball is an inversion?

a. True

b. False