

Christopher Harrison's AntiGravity®
Pilates 1 Teacher Training
COURSE DRILL SHEET

GWT:

(*At Times, the Hammock to Floor relationship changes from other techniques with same GWT. Be sure to emphasize Weight Distribution and Scans/Spots.)

Fundamentals Review:

PouchWrap (HH)
BootyWrap (HH)
BasicGrip (LH, MH, HH)
BackWrap (HH)
PushGrip (HH, LH)
OpenHammockKneeTrap (LH, MH)
BellyWrap (LH, MH)
TubeTopWrap (LH)
FrontBeltWrap (LH)
ReverseGripLow (MH)
ShoulderWrappedCradle (MH)
OpenHammockReverseGrip (MH)
OpenHammockShoulderWrap (MH)

GWT "Open Level" Class Design 1:

PullGrip (HH)
DoubleAnkleTrap (LH, HH)
Kneeling InwardRollPushGrip (HH)
HoodedCradle Holding (HH)
PushGrip from Behind (LH)
PrayerWrap (LH)
Side Lying AnkleTrap (LH)
FrontBeltSkirtWrap (LH)
Low OpenHammockDoubleKneeWrap (LH)
DoubleReverseAnkleTrap (LH)
ArchWrap (LH)

GWT "Challenge Level" Class Design 2:

DoubleHeelWrap (LH)
Side Lying DoubleCalfWrap (LH)
Side Lying CalfWrap (LH)
DoubleReverseAnkleTrap (LH)
BackWrapSingleWristWrap (MH)
BackWrapDoubleWristWrap (MH)

MOUNTS & DISMOUNTS:

Pouch Mount
 BootyWrap Inversion IN
 BootyWrap Inversion OUT
 Rocking Cradle Dismount
 Pouch Flip Dismount

TRANSITIONS:

Transition to the Mat
 Transition to Standing
 Hammock Height Transition (High to Low)
 Transition to Kneel
 Hammock Height Transition (Low to Medium)

SPOTTING:**Spiderman Inversion**

(from BootyWrap) (IN)

Safety:

Legs Wrapped Spot for:

1. WrongSideWrap,
 2. Narrow Knees through Center
 3. HopeWrap
- Full Body Spot
 Disorientated Focus

Alignment:

Knees wide, Tailbone tucked under, Relaxed neck, Neutral spine

Coming Up from Inversion- (from BootyWrap) (OUT)

Safety:

Chin to Chest
 Hammock to Knees
 Floating Child's Pose

Shoulder Wrapped Inversions

Safety: Scan & Spot all ShoulderWraps & Grips before inverting

Momentum Assist: Hips over shoulders

Harrison Handstand

Safety:

Scan /LegLock Spot for Monkey

Verbal Spot:

Feet Flexed

Orientation Spot:

Shoulder Spot. Guide shoulders up as student pushes up through arms and feet into Handstand to orient them to Plumblines position.

Inverted Spinal Twist / Twisted Sister

Orientation & Alignment: Scan for Hammocks open during twist. When necessary, hold ankles and Hammock to turn student in proper direction.