

Christopher Harrison's AntiGravity®
Pilates 1 Teacher Training
TEST

TRUE OR FALSE:

1. During scapula isolation, the spine must move through flexion and extension.
A. True
B. False
2. Stomach Massage Sequence may be executed with a supported neutral spine.
A. True
B. False
3. The original name for the Pilates Method was Contrology.
A. True
B. False
4. The classical Pilates principles do not apply when you are teaching a contemporary Pilates class.
A. True
B. False
5. Shoulder Bridge and Hip lift are the same exercises, their only differences being hammock height and GWT.
A. True
B. False
6. Incorporating levity into your teaching is not important in AntiGravity® Pilates.
A. True
B. False
7. Pilates and AG Nomenclature may be used interchangeably during a class.
A. True
B. False
8. Dorsiflexion and plantarflexion are terms used to describe movement at the cervical spine.
A. True
B. False
9. According to Joseph Pilates, breathing is, "bodily house-cleaning with blood circulation."
A. True
B. False

10. The Harrison Hammock returns the emphasis of Pilates movement initiating from the core.

A. True

B. False

11. Maintaining dorsiflexed feet is the most important *safety* cue in Harrison Handstand.

A. True

B. False

12. Neutral Spine refers to the three natural curves of the healthy spine.

A. True

B. False

13. The knees should bend past second & third toes in Standing Push Thru Sequence.

A. True

B. False

14. The Side Lying Series is done with a slight extension in the spine.

A. True

B. False

15. The exhale is used to activate the pelvic floor.

A. True

B. False

16. The lower back or lumbar spine has a slight lordotic curve.

A. True

B. False

17. Pilates Swan is performed in the supine position.

A. True

B. False

18. Imprint spine is used when there is not yet enough strength to support a neutral spine.

A. True

B. False

19. According to Contemporary Pilates Principles, the ribcage alignment, in neutral position, is aligned over the hips.

A. True

B. False

20. Prone refers to the position of the body lying chest up.
A. True
B. False
21. In a PushGrip the wrists are in flexion.
A. True
B. False
22. Anterior refers to the front side of the body.
A. True
B. False
23. The shoulders are externally rotated for Swoosh.
A. True
B. False
24. Abduction refers to a motion that pulls a structure towards the midline of the body.
A. True
B. False
25. AntiGravity® Pilates offers the ability to perform Pilates sequences from various apparatuses all in one: The Harrison AntiGravity® Hammock.
A. True
B. False

MULTIPLE CHOICE:

1. When the spine is in neutral position, lying supine, the two areas not touching the mat are:
 - A. Thoracic and cervical
 - B. Cervical and lumbar**
 - C. Lumbar and sacral
 - D. Thoracic and lumbar

2. Scapula retraction is defined as:
 - A. Scapulae are moved anteriorly and medially along the back
 - B. Scapulae are moved anteriorly and laterally along the back
 - C. Scapulae are moved posteriorly and medially along the back**
 - D. Scapulae are moved in the inferior direction

3. Joseph Pilates said, "You are only as young as your spine is flexible." To this, AntiGravity® Founder, Christopher Harrison added:
 - A. And your joints are mobile
 - B. And your muscles are flexible
 - C. And your mind is free
 - D. And your mind is open**

4. In the Harrison Handstand, the legs are:
 - A. Flexed and adducted
 - B. Extended and abducted
 - C. Flexed and abducted
 - D. Extended and adducted**

5. Which of the following is *not* one of the Pilates Apparatuses?
 - A. The Gyrotonic Expansion System**
 - B. Wunda Chair
 - C. Ladder Barrel
 - D. Reformer

6. The most important *safety* cue in Standing Splits exercise is:
 - A. Maintain equal weight distribution between the Harrison Hammock and the floor
 - B. Maintain neutral spine and pelvis
 - C. Clasp the Hammock with two hands should you lose your balance**
 - D. Slide the shoulder blades down the back

7. The neutral position of the pelvis is described as:
 - A. When the pubic bones are slightly in front of the hip bones when standing straight
 - B. When the hip bones & pubic bones are aligned in the same plane

- C. The most shock absorbing position
D. Both B & C
8. The AntiGravity® Principle most similar to the classical “Flow” principle is:
A. Economy of Motion
B. Tension vs Slack
C. Presence
D. Resistance vs Flow
9. Imprint spine is defined as:
A. A slight anterior tilt of the pelvis
B. A neutral spine
C. A slight posterior tilt of the pelvis
D. A flexed spine
10. In Pilates, every movement is initiated from the:
A. Spine
B. Shoulders
C. Mind
D. Core
11. “You will gain more strength from a few energetic, concentrated efforts than from a thousand listless, sluggish movements.” This quote by Joseph Pilates refers to the classical Pilates Principle:
A. Control
B. Precision
C. Flow
D. Centering
12. Scapula protraction is defined as:
A. Scapulae moving posteriorly and medially along the back
B. Scapulae elevating in a shoulder shrug
C. Scapulae moving anteriorly and laterally along the back
D. None of the above
13. The type of breathing used throughout the majority of an AntiGravity® Pilates class is:
A. Posterior Lateral Breathing
B. Activate the Powerhouse
C. Diaphragmatic Breath
D. Natural Breath
14. What is the proper placement for the head and neck in AntiGravity® Pilates?
A. Slightly extended, with the gaze always high
B. Follow the line of the shoulder girdle

- C. Follow the line of the thoracic movement in all directions**
D. None of the above
15. Joseph Pilates' name for his method was:
A. Pilates
B. Contrology
C. Powerhouse Method
D. The Reformer Method
16. The alignment in an all 4s position (i.e., the setup for Slow Knee Stretches) is:
A. Shoulders and hips slightly behind the wrists and knees
B. Shoulders and hips slightly in front of the wrists and knees
C. In front of the Plumline
D. None of the above
17. Pronation and Supination refer to:
A. The foot
B. The forearm
C. The thoracic spine
D. Both A & B
18. Working with knees bent in the AntiGravity® Pilates Hundreds while in the Harrison Hammock will activate the:
A. Shoulders
B. Obliques
C. Hamstrings
D. None of the above
19. The origin for Pilates Spread Eagle Sequence is the:
A. Cadillac
B. Ladder Barrel
C. Mat
D. Reformer
20. During the Side Lying Series, the AntiGravity® Principle used for moving the Hammock in one plane is:
A. Weight Distribution
B. Plumline Relationship
C. Tension vs Slack
D. Fulcrum Point
21. During the Side Lying Series, which of the following should remain neutral?
A. Pelvis
B. Spine
C. Shoulder Girdle

D. All of the Above

22. The deepest layer of abdominal muscles are known as:

- A. Internal Obliques
- B. Rectus Abdominis
- C. Serratus Anterior

D. Transverse Abdominis

23. In a neutral spine, the relationship of the ribs to hips is:

- A. Hips tilted behind the ribs

B. Ribs stacked over hips

- C. Ribs splayed
- D. None of the above

24. By beginning AntiGravity® Pilates with an inversion, the:

- A. Spine is aligned and decompressed prior to exertion
- B. Spine will achieve greater mobility
- C. Spine and pelvis achieve neutral position more comfortably

D. All of the above

25. During Candlestick or Supported Candlestick, the spine is in which position?

- A. Extension
- B. Hyperextension
- C. Flexion

D. Neutral