

Christopher Harrison's AntiGravity®

Aerial Yoga 2 Teacher Training

TEST

TRUE or FALSE:

- T** 1. The Inverted Yoda is an effective way to open up the lumbar spine and elongate the muscles along the spine.
- F** 2. The best position for Seated Balancing is in front of the Plumline.
- T** 3. In Dew Drop, the bent knee should trap both sides of the Harrison Hammock.
- F** 4. When working in a LongSkirtWrap Inversion, it is not necessary to maintain tension through the legs in the Harrison Hammock.
- F** 5. If a student is challenged by strength in Valdez Pullover, he may use an UpwardRollGrip.
- T** 6. If a student feels uncomfortable in Mothership, he may modify by coming into Cocoon.
- T** 7. When you extend energy down through your foot and lift through the arch in Charging Warrior Sequence, this is an example of Pada Bandha.
- T** 8. The SloFlow Sequence is a great way to gain isometric contraction strength in the muscles.
- F** 9. While in a FrontBelt Scorpion at Back Tension, the hands should be aligned under the shoulders.
- T** 10. In FrontBeltWrap Bird's Nest, hook the feet around the outside of the Harrison Hammock.
- F** 11. In Arched Handstand, the objective is to keep the hands in front of the shoulders, allowing for a deeper back stretch.
- T** 12. In Chataranga, keep the elbows hugging close to the body to work the triceps.
- T** 13. Footbridge is an extreme hyperextension of the lumbar spine.
- T** 14. An OpenHammock Stand happens when one brings weight into the toes, bends the knees and releases the heels from DoubleArchWrap.
- F** 15. Back Peanut Roll into Superman is an extreme hyperextension of the lumbar spine.
- F** 16. Always perform a Cowboy Flip from Spur.
- T** 17. Elephant Sways are a great example of gyro kinetic action.

- F** 18. Standing Bodywave is most effective standing on the Plumblines.
- T** 19. Pressing the chin to chest while in a Hooded Plow stimulates the thyroid.
- T** 20. Keep tension in the Harrison Hammock throughout the entire Flying Pegasus Leg Stretch to assist in balance and control.
- T** 21. Twistomatic is an exercise that uses gyro kinetic motion.
- F** 22. If a student has a challenging time finding the BackBelt Line while in Yoda, he may find it more easily by straightening the legs forward.
- F** 23. The best place to spot Dew Drop is at the hips.
- T** 24. The Swinging Cannonball/FrontBelt Scorpion/Bird's Nest Swings requires a FrontBeltWrap that is exactly in the right placement the entire time.
- T** 25. In any pose that requires standing on one foot, engaging Mula Bandha will increase stabilization and enhance concentration.

MULTIPLE CHOICE:

26. Which does NOT have the main intention of Establishing Presence?
- a) North Star
 - b) OpenHammock Hero
 - c) Floating Camel
 - d) Eagle**
27. What may present an extra challenge to performing Hummingbird and encourage you to Monitor Your Resistance?
- a) Weak core
 - b) Weak grip
 - c) Shoulder injury
 - d) All of the above**
28. Which sequence best represents the Christopher Harrison quote, "If you want to fly, you must first be willing to let go," both physically and mentally?
- a) Stallion / Pinwheel Sequence
 - b) Cowboy Flip**
 - c) Flying Pegasus Leg Stretch Sequence
 - d) None of the above
29. What may present a challenge when coming into Skirted C Curve?
- a) Height of the Harrison Hammock
 - b) Flexibility of the spine
 - c) Tight hamstrings
 - d) Both a and b**

30. What cues will prevent the student from coming out of the Harrison Hammock when coming into Hero?

- a) **Knee Swivel - Keep the knees together and circle the feet wide.**
- b) Keep the knees and feet wide.
- c) Rotate the hips wide.
- d) Swing the arms wide and tug.

31. The Charging Warrior Sequence is like what yoga pose in different configurations?

- a) Virabhadrasana 1
- b) Virabhadrasana 2
- c) **Virabhadrasana 3**
- d) Virabhadrasana 4

32. In Open Scale, how should the hips align?

- a) Square to the front of the room.
- b) **One hip on top of the other.**
- c) Rotated inwards.
- d) Whatever feels good. The hips don't lie.

33. Working through Crane pose develops which muscle?

- a) **Vastus medialis**
- b) Biceps femoris
- c) Zygomatic muscles
- d) Transverse abdominis

34. Which is NOT an essential AG Principle for SloFlow Sequence?

- a) Economy of Motion
- b) Presence
- c) **Momentum & Timing**
- d) Weight Distribution

35. Which are the predominant muscles worked in FrontBelt Flutters?

- a) Glutes and triceps
- b) **Erector spinae and glutes**
- c) Butts and guts
- d) Flexors and extensors

36. What is an important cue for FrontBelt Handstands?

- a) Drive the heels towards the front of the room.
- b) Slide hands closer to the Plumline.
- c) Stack shoulders over wrists.
- d) **All of the above.**

37. In North Star Moving Meditation, what should you do if you lose balance once the arms are in front of the Harrison Hammock?

- a) Chin to chest and roll forward.
- b) Reach the hands for the toes.

- c) Sit backward into the hips.
- d) None of the above.

38. In Cowboy Flip, what is the most important safety cue?

- a) Throw the hands forward.
- b) Squeeze the legs together.
- c) Chin to chest.
- d) Use your core.

39. How can you ensure you have enough fabric on the back side of the Harrison Hammock to perform Back Peanut Roll into Superman?

- a) Take a 10 Gather Grip to come into CapedBootyWrap.
- b) Take 8 gathers when you mount into Pouch.
- c) Use a FoldedHammockPouchWrap Mount.
- d) Never use a Pouch Mount for this sequence.

40. How can a student make himself more comfortable in Mothership?

- a) Interlock fingers behind the head with elbows wide to keep the fabric away from the face.
- b) Bend the knees wide to open the hips.
- c) Make sure there are no folds in the Harrison Hammock.
- d) All of the above.

41. In Elephant Sways, what is an important alignment check?

- a) Hips over shoulders
- b) Knees track over toes
- c) Hands shoulder distance apart
- d) Shoulders stacked over hips

42. What GWT is used for Standing Bodywave Sequence?

- a) UpwardRollGrip from Behind
- b) DoubleWristWrap in Front
- c) BackWrapDoubleWristWrap
- d) HalterWrap

43. Which sequence is NOT an example of the Christopher Harrison quote, "You are only as young as your spine is flexible and your mind is open?"

- a) Standing Bodywave
- b) Elephant Sways
- c) One Winged Crow Sequence
- d) Twistopher Sways

44. What is a benefit of Fish Pose?

- a) Stretches the front of the neck.
- b) Strengthens the muscles of the upper back.
- c) Stimulates the organs of the belly.
- d) All of the above.

45. Who should monitor their resistance and perhaps avoid HoodedCradle inversions?
- a) **Students with neck issues.**
 - b) Students with knee issues.
 - c) Both a and b
 - d) No need to Monitor Your Resistance. Just go for it!
46. What are essential AG Principles for Stallion / Pinwheel Sequence?
- a) **Presence, Economy of Motion, Weight Distribution, Plumblane Relationship**
 - b) Trust, Fulcrum Point, Momentum & Timing
 - c) Resistance vs Flow, Plumblane Relationship, Fulcrum Point
 - d) Breath, Levity, Music as Inspiration
47. What is the best modification for students who are afraid / distrustful of Cowboy Flip?
- a) Spot their hands the whole way around.
 - b) Tell them they better use it or lose it!
 - c) **Encourage them to keep practicing Cowboy Roll Down.**
 - d) All of the above.
48. What is NOT an objective of Elephant Sways?
- a) Synchronize breath with movement.
 - b) Lubricate the ball and socket joint of the hips.
 - c) Increase mobility of the spine and shoulders.
 - d) **Strengthen the glutes.**
49. What is the safest placement of the hands in Flying Dog at Back Tension?
- a) On the Plumblane, directly under the shoulders
 - b) **Close to the Plumblane, always in front of the shoulders**
 - c) Behind the Plumblane, directly under the shoulders
 - d) In front of the Plumblane, behind the shoulders
50. In Swinging Cannonball, what safety cue will prevent you from tipping forward?
- a) Push into the floor.
 - b) Look at the floor.
 - c) **Grab onto your legs.**
 - d) Grab onto your friend.