












## Movement Category ONE : (Head Flat / No Articulation)


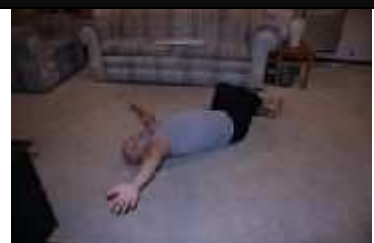

<p><b>Pelvic Clock</b></p>		<p><b>Bent Knee Fallout</b></p>	
<p><b>Femur Circles</b></p>			
<p><b>Dead Bugs</b></p>		<p><b>Femur Arcs</b></p>	
<p><b>Leg Circles I</b></p>			
<p><b>Leg Circles II</b> (Poor pic but difference is leg crosses mid line)</p>		<p><b>Supine Breathing</b></p>	
<p><b>Double Straight Leg Stretch</b> Wrong! Head up/cradle in hands- redo pix-(Double Leg Stretch is curl up then extend to a V shape)</p>			
<p><b>Arm Arcs</b> (extend on a F/R! and also try going into femur arcs too!)</p>			

## Movement Category TWO : (Head Up / Articulation)



<p><b>Chest Lift</b>  (Articulation AND Flexion – could argue as a Cat 1 ***AND*** Cat 2 respectively but its OHN&amp;S gets it into Category 2)</p>			
<p><b>Roll Up</b>  Cat 2 and Cat 7</p>		<p><b>Single Leg Stretch</b>  contrast with Double Straight Leg Stretch which is technically a Cat 1 (because head flat / no articulation)</p>	
<p><b>Roll Over</b>  Cat 2 / 7 &amp; 8</p>			
<p><b>Neck Pull</b>  (aka Roll Up on STEROIDS!)</p>			
<p><b>The 100</b></p>			
<p><b>Bridging</b>  Aka Basic Bridging  Contrast with Shoulder Bridge In Category 7</p>		<p><b>Assisted Roll Up</b>  1 / &amp; 7</p>	
<p><b>Movement Category THREE :</b></p>			
<p><b>Pre Swimming</b>  always have opposite arm &amp; leg on floor</p>		<p><b>Swimming</b>  both arms and both legs off the floor</p>	
<p><b>Prone Heel Beats</b></p>		<p><b>Dart</b></p>	

<p><b>Prone Extension</b> (Contrast with Swan I – just don't come up as high)</p>		<p><b>Swan I</b> (Contrast with Prone Extension – come up higher)</p>	
<p><b>Swan Dive II</b> Cat 3 &amp; 7</p>		<p><b>Swan Dive III</b> Cat 3 &amp; 7</p>	
<p><b>Single Leg Kick</b></p>			
<p><b>Double Leg Kick</b></p>			
<p><b>Rocking</b></p>		<p><b>Scarecrow</b></p>	



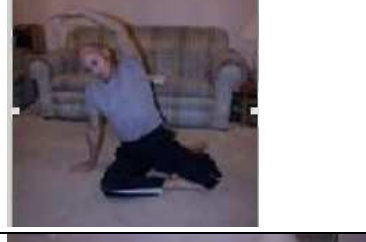


**Movement Category FOUR :**

<p><b>Sidelift</b> try it also with lower leg straight – nb start on floor - contrast Star where you START in side plank</p>		<p><b>Book Openings</b> Cat 4 &amp; 7</p>	
<p><b>Sidelying</b></p>			
<p><b>Sidekick</b></p>		<p><b>Side kick pics missing – show some kicking leg fwd too!</b></p>	

















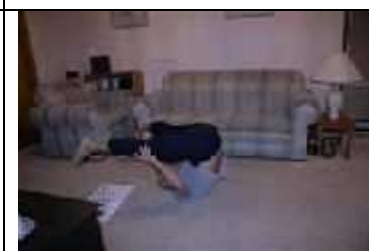

**Movement Category FIVE :**









<p><b>Push Up</b></p>		<p><b>Quadrapped</b> Cat 5 &amp; 7</p>	
<p><b>The Twist</b> Cat 5 &amp; 7</p>			
<p><b>Leg Pull Front</b></p>		<p><b>Star</b> Cat 5 &amp; 7 (start in side plank - contrast Sidelift where you START on floor)</p>	
<p><b>Leg Pull</b></p>			
<p><b>Kneeling Side Kick</b> 5 &amp; 7</p>			

**Movement Category SIX :**

<p><b>Seated Pelvic Floor</b></p>		<p><b>Spine Twist</b></p>	
<p><b>Mermaid</b></p>		<p><b>Saw</b></p>	
<p><b>Spine Stretch</b></p>			












**Movement Category SEVEN :**

<p><b>Shoulder Bridge</b>          Cat 7 due to Movement Integration - Contrast Basic Bridging in Cat 1</p>			
<p><b>Criss Cross</b>          Ranks as Cat 7 due to Movement Integration</p>			
<p><b>Side To Side</b>          EXT: legs out and in or even as per the DVD, legs out and stay as you move!</p>		<p><b>Book Openings</b>          Cat 4 &amp; 7</p>	
<p><b>The Twist 5 &amp; 7?</b></p>			
<p><b>Roll Like A Ball</b></p>			
<p><b>Sidebend</b>          Cat 5 &amp; 7</p>			
<p><b>Star</b>          Cat 5 &amp; 7</p>		<p><b>Seal</b></p>	
<p><b>Open Leg Rocker</b></p>			

<p><b>Teaser</b></p>		<p><b>Kneeling Side Kick</b> 5 &amp; 7</p>	
		<p><b>Single Straight Leg Stretch</b></p>	
<p><b>Double Leg Stretch</b> classifying as 7 due to Move Int-contrast &lt;Double <u>STRAIGHT</u> Leg Stretch&gt; which is cradle head &amp; straight legs up &amp; down</p>			
<p><b>Assisted Roll Up</b> 1 / &amp; 7</p>		<p><b>Roll Up</b> Cat 2 and Cat 7</p>	
<p><b>Boomerang</b> Cat 7 &amp; 8</p>			
<p><b>Corkscrew</b> Cat 7 &amp; 8</p>			
<p><b>Quadraped</b> Cat 5 &amp; 7</p>		<p><b>Star</b> Cat 5 &amp; 7</p>	
<p><b>The Twist</b> Cat 5 &amp; 7</p>			

<p><b>Roll Over</b> Cat 2 / 7 &amp; 8</p>			
<p><b>Swan Dive II</b> Cat 3 &amp; 7</p>		<p><b>Swan Dive III</b> Cat 3 &amp; 7</p>	
<p><b>Sidebend</b> Cat 5 &amp; 7</p>			

**Movement Category EIGHT :**

<p><b>Scissors</b></p>		<p><b>Bicycle</b></p>	
<p><b>Jack Knife</b> (I am classifying as Cat 8 – seems that Inversion trumps all!)</p>		<p><b>Control Balance</b></p>	
<p><b>Boomerang</b> Cat 7 &amp; 8</p>			
<p><b>Corkscrew</b> Cat 7 &amp; 8</p>			
<p><b>Roll Over</b> Cat 2 / 7 &amp; 8</p>			

**Movement Category NINE :**

<b>Standing Single Leg Balance I</b>				
<b>Standing Single Leg Balance II</b>		<b>Standing Roll Down</b>	