

**Name:**

**Class Venue:**

**Date:**

**Assessed By:**

**Signed:**

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**Move:**

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**Terms Defined / Pratised Prior?**

ie if you use a cue like 'activate P/F', will the class understand it?

**Cues Given:**

**Cues Omitted:**

**Breath Patterns:**

**Voice:**

Audible?:

Speed:

Confidence:

**Referring to Principles during moves:**

Spinal artic, org HNS, breathing, length, P/Floor

**% Demonstrating / Watching / Tactile Correcting:**

**% Of Class Who Would Have 'Passed' the move in self mastery:**

**Would Instructor have 'Passed' the move in self mastery ! 😊 :**

**Build Up / Progression:**

ie enough time for clients to 'process each cue' / practise each stage of the move

**Suitable Regressions / Extensions given?**

**"Fun Factor"!**

(ie chance to get bonus points even if you suck at all the above! Grin)

**Other:**