

Verbal Cues – Mat Classes

Version 5 – 4th May 2013

Scope

- My favourite collection – in no particular order
Simon Trangmar

Prelims

Always consider these for all moves

- **Pelvic Floor On**
- **Float navel gently to spine**
- **TA's on (corset being tied up from the rear)
(or as exhale, visualise waist narrowing)**
- **Pelvic Tilt / Inprint / Neutral**
- **BREATHE!**

When Relevant

- **Gaze**
- **Emphasise LENGTH**
- **Emphasise C-Curve**
- **Emphasise the 'bit(s) wot do NOT move' !**
ie focus on stability/connection of spine with floor in hundreds
or focus on all keeping still apart from the moving leg in single leg kick

Cues

- **Rectus poofus!!!**
- **Shoulders back and down / glide scaps back & down / lengthen the neck**
- **Right scap into left rear pocket and vice versa**
- **Smiling chest or happy chest**
(ie shoulders wide, back and down)
- **Visualise your imprint left in the sand**
body awareness at start of a class
- **Heavy Heels**
- when at sticking point in assisted rollup
- **Neck long like a giraffe**
- **Imagine small air sacks inbetween each vertebrae, exhale and visualise outward breath expanding each air bag to lengthen the spine**
- **In quadruped, use gravity to assist sensation of abdominal lift**
- imagine you a pregnant cat (and say 'look ma, kittens'!)

Then slowly (keeping spine completely still), float navel to spine (and say ‘look ma, NO kittens!)

- **Heavy Sit Bones / Point TailBone To Ground**
- as you come up on standing roll up
- **Roll hips back and forward like an old fashioned ink blotter**
- pelvic clock
- **Ocky Strap**
- join the two points
- **Shark Jaws**
similar to ocky strap reasoning
- **Human Sponge**
as in criss cross – wringing out sponge in lower abs
- **Keep Sitz bones level / hips cemented into ground**
- **Chest To Thigh**
ie NOT thigh to chest – esp in Chris Cross etc
- **Chin to chest**
- **Maintain chest lift**
- **Golf ball under chin**
stops neck being over stretched – eg in Check Lift etc
- **REACH forward**
ie helps during 100's
- **REACH backwards**
ie helps during Dart
- **Hide the heels**
keeps legs parallel / straight
- **Feet in coffee table**
- **Mouse House**
ie gap when side lying
- **Float the legs / knee / up / down**
Use of the word float encourages gentle motion / non jerky
- **Moving in syrup**
focuses on slow / controlled movement – emphasises more resistance than 'float the leg'
- **Imagine lying on an analog clock / marble in belly button**
- **Funnel ribs together and down**
helps stop rib flaring
- **Glass of water on knees**
Femur circles
- **Peel up / peel down**
good articulation cue – esp in Chest Lift
- **Scoop or C Curve**
helps in Chest Lift
- **Leg adductors – squeeze together / pelvic floor up / lift up & over shoulder**
Side Lift
- **Butterfly under tummy**
Pre swimming / prone Heel beets etc
- **Roll marble with your nose to end of the mat and peel up**
Dart
- **Skewer in your leg**
Side Lying

- **Wedge your feet in the sand**
Side lift etc
- **Gaze to knees / end of mat etc**
100s / Chest Lift etc
- **Sit bones to back of knees**
to assist start of spinal articulation – ie start of bridge
- **Peel up**
to assist start of spinal articulation – ie start of bridge
- **Devil's tail comes out and points to rear of knees**
to assist start of spinal articulation – ie start of bridge
- **Come down on a row of grapes, pop them one at a time**
to assist start of spinal articulation – on the way down
- **Paint a straight vertical stripe on opposite wall with brush in foot...**
- **... Stripe is darker as you go up**
emphasises lengthening / hinging at waist – ie in Double Straight Leg Stretch
- **Gaze follows hands**
As in Book Openings
- **Elastic Band in Figure 8 around sitz bones in vertical plane**
keeps hips still / level – ie Single Straight Leg Stretch etc
- **Cement the pelvis down**
as above
- **Mainain the scoop**
- **Catch a ball / throw it overhead**
Swan Dive III
- **Throw arms forward**
Swan Dive III
- **Listen to the floor**
ie turn head / rest on floor in Double leg kick
- **Rest your ice skating blades on the floor**
The Twist
- **Push Legs Into Hands**
ie When inverted in Open Leg Rocker – ie if you pull legs with hands, more likely to tip back too far!
- **Climb a tree**
ie walk up your legs with your hands – as in Teaser
- **Tailbone to back of knee**
In Quadruped – to get flat back
- **Zombie Arms**
In RollUp
- **Feet Forward / Heels Heavy**
helps as you come back up in Seal
- **Sitting inside a bubble**
in 'Roll Like A Ball' – to get a sense of rounded back

Extra Pelvic Floor Exercise / Cues

- fingers on sitz bones and focus on drawing them TOGETHER

- inwards first THEN upwards
- go to 100% then keep going to 110%, 120% and then 130%

Putting On A WAY Too Tight Pair Of Jeans

- gets all four core preps working!

Join all 6 dots

Sit up

Feel sitz bones (2 points of the Pelvic Floor)

Now visualise bottom of tailbone (third point)

Now visualise bottom of pubic bone (fourth point)

Now visualise the two 'sticky out bones in front here' (ie PSIS) (another two points)

Inhale to prepare and now as you exhale, gently draw all 6 dots inwards

(Should get a sense of pelvic floor activating as well as pelvic tilt when adding in the two PSIS points)