

# Welcome to L3 Pilates

Tutor: Sue Ward

# Our journey begins...

- ▶ Level 3 MATWORK Pilates
  - Unit 1: Level 3 A&P
  - Unit 2: Support Clients worksheet
  - Unit 3: H&S worksheet
  - Unit 4: Principles of EFH
- ▶ *Those who are already L2/L3 qualified will be accredited for Units recognised by AIQ.*

# Our main focus

- ▶ 5. Principles of Pilates Matwork
  - ▶ 6. Programming Pilates Matwork
  - ▶ 7. Instructing Pilates Matwork
- 
- ▶ You must be successful in all 7 Units in order to gain the L3 Pilates qualification.

- 9.00 Welcome and paperwork
- 9.30 The 34 - explore the deck
- 10.00 Fundamentals and Principles
- 10.30 Structure of a class
- 11.00 Focus on Planning of Prep
  - Structure and content
  - Exploring Prep exercises
  - Standing or seated?
  - Stances and posture
  - Brace or hollow
  - Fundamental exercises

# Learning Outcomes

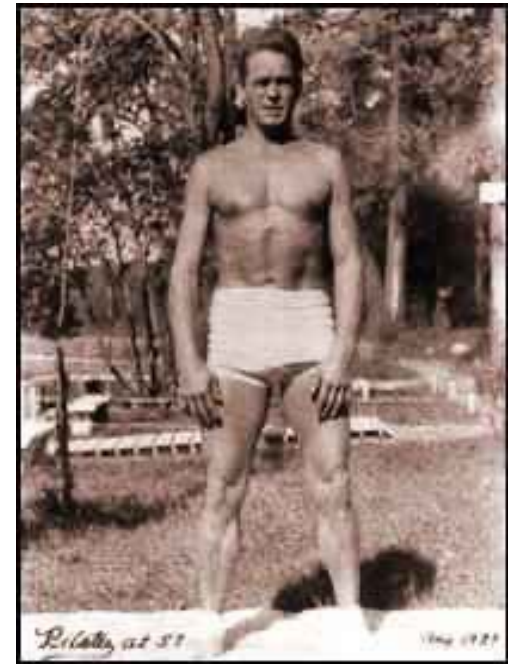
- History of Joseph Pilates
- Original principles and fundamentals
- The 34 original Pilates matwork exercises
- The structure of a Pilates class
- Intro to planning (Prep)

# Joseph (Joe) Pilates 1880–1967



Joseph Pilates was born near Düsseldorf, Germany on December 9th 1880\*

\*Some biog dates differ



Joseph Pilates, age 59

# Childhood

- Skinny & sickly child. He suffered from asthma, rickets and rheumatic fever.
- Bullied
- Studied from anatomy books and watched animals to see how they moved.
- Studied both Eastern and Western forms of exercise, including yoga
- By 14 he was modelling for anatomy charts

# Moves to England

1912 – England

- ❖ trained as a boxer and found employment as a circus performer
- ❖ In 1914 after WWI broke out he was interned in Lancaster. There he taught wrestling and self-defence
- ❖ It was here that he began refining and teaching his minimal equipment system of mat exercises that later became "Contrology".



# Develops his system

- Pilates was later transferred to The Isle of Man
- He asked to be allowed to help the patients in the infirmary with exercise
- “You can do anything you like with them, as long as they stay in bed”
- Pilates took apart the hospital beds (*allegedly*)
- This was the first version of “The Cadillac”

# Cadillac/trapeze table



# After the war

- 1919 Pilates returned to Germany
- Began training the Hamburg Military Police as well as taking on personal clients.
- Discovers dance and his method gained favour in the dance community, primarily through Rudolf von Laban, (one of the founders of European Modern Dance)
- In 1923 Pilates was invited to train the New German Army but he was not happy with the political direction of Germany
- Leaves for the USA in 1926

# America 1926

- On his way to America Joe (now 45) met Clara
- They took over a boxing gym on Eighth Ave, New York
- Dancers everywhere!
- Joe's system of "Contrology" was used in the rehabilitation and training of many dancers
- "Contrology" comprises Pilates' original 34 exercises

# First studio



First studio

Pilates trained many 'apprentices' (known as "The Elders") who went on to open their own studios

Ron Fletcher      Kathy Grant

Eve Gentry      Bruce King

Carol Trier      Mary Pilates

Bob Fitzgerald      Jay Grimes

Bob Seed

Romana Krysanowski

# The death of joe

- ▶ Pilates died in 1967
- ▶ Cause is thought to be advanced emphysema – the result of smoking cigars for too many years. Other biogs say he died in a fire.

Clara Pilates, regarded by many as the more superior teacher, continued to teach and run the studio until the end of her life in 1977.



Pilates in his 80s

# Pilates in the uk

- Alan Herdman
- Visited NY in the late 1960s
- Worked with Carol Trier and Bob Fitzgerald
- Brings 'Pilates' back to London in the early 70s
- Apprentices of Herdman develop their own schools:
  - ▶ Michael King
  - ▶ Gordon Thompson
  - ▶ Dreas Reyneke

# Pilates develops

- Cherry Baker – Modern Pilates (UK)
- Michael King – Pilates Institute
- Lyn Robinson and Gordon Thompson – Body Control Pilates
- Lindsay & Moira Merrithew – Stott Pilates
- Mari Winsor – Winsor Pilates
- Penny Latey – dancer who studied with Dreas Reyneke.



# The Development of Pilates in The UK

The first UK studio was established in London in 1970 at The Place at London Contemporary Dance by Alan Herdman, a London-based dancer and teacher who had studied Pilates in New York in the late 1960's

Pilates remained London and studio based for many years, only really reaching a wider audience following the publication of possibly the first Pilates book written for the general public

*'Body Control The Pilates Way'* by Lynne Robinson and Gordon Thomson. (1997)

In the UK there are now many different schools and approaches to The Pilates Method.

# Pilates today

- Pure – Classical
- Modern
- Core Stability
- Functional
- Mat based
- Equipment
- Small equipment

# DEVELOPMENT OF PILATES

- ▶ The development of Pilates can be seen as a tree:
- ▶ Joseph Pilates is the Trunk of the Tree
- ▶ The main branches are The Elders
- ▶ The smaller branches are the subsequent teachers who developed their own schools and genres of Pilates
- ▶ (we are probably best likened to the leaves of the tree!)



# Pilates differences

- ▶ Schools tend to adhere to basic key Pilates principles – but may modify around the edges.
- ▶ ‘Modern’ schools offer approaches influenced by current day thinking e.g. bracing versus flat back, hollowing or imprint; removal of contraindicated elements.
- ▶ Exercises performed without the application or integration of Pilates principles ARE NOT PILATES EXERCISES.

# THE LEGAL BATTLE

- For some years, the Pilates name was a trademark.
- Only people who went through a very specific program could use the name Pilates.
- Everyone else used “Pilates based” or “Pilates Inspired”.
- In 2000, after a four-year legal battle the courts declared that the name Pilates stood for an exercise system and could not be trademarked.

# Pilates equipment

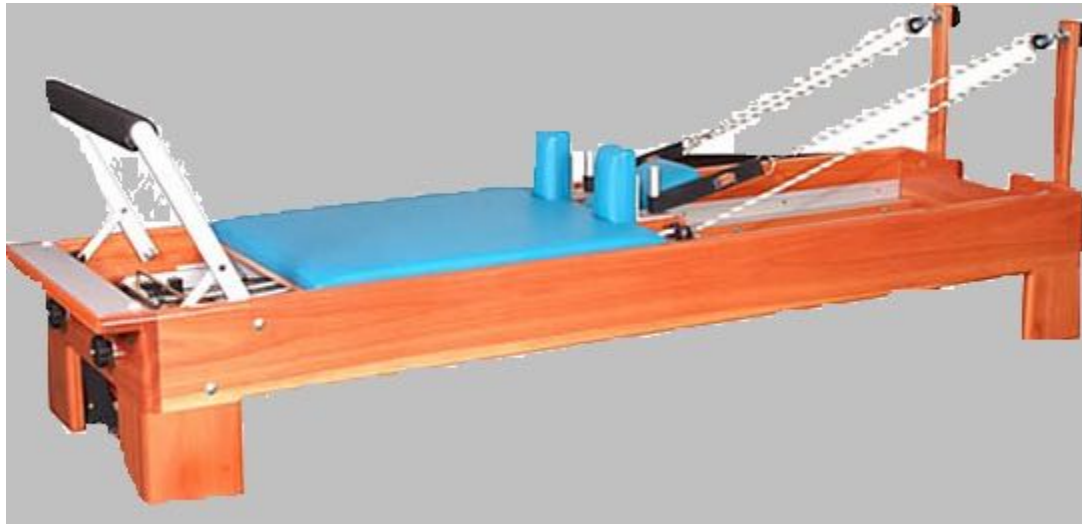
## ▶ THE BARREL



# The chair



# The reformer





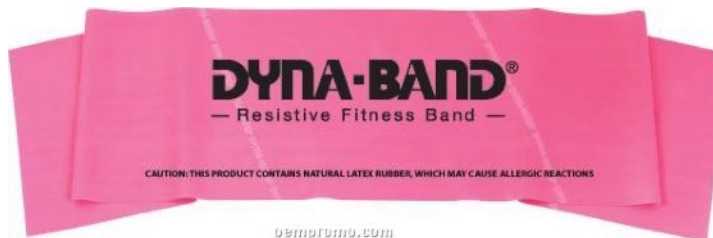
# Wall unit



# What will you teach?

- ▶ This course will qualify you to teach mat-based Pilates
- ▶ The use of large Pilates equipment requires separate certification
- ▶ You will be able to use small pieces of studio equipment
- ▶ Such as...

# Mat based



[dempromo.com](http://dempromo.com)



# The 34 – let's explore

Terms, tools and concepts to know and understand

- ▶ Planes of movement
- ▶ Joint actions
- ▶ Muscle contractions
- ▶ Risk ratings
- ▶ Mechanisms of regression and progression

# The 34

Select the following:

- ▶ All supine exercises
- ▶ Exercises in the frontal plane
- ▶ Exercises which include circumduction
- ▶ All prone exercises
- ▶ A sequence of 3 that flow
- ▶ Energising exercises
- ▶ Exercises that focus on flexibility
- ▶ Exercises that focus on strength

# Fundamentals

The foundations of the practice

- ▶ Alignment
- ▶ Breathing
- ▶ Core

# Alignment

- ▶ Alignment refers to how the head, shoulders, spine, hips, knees and ankles relate and line up with each other.
- ▶ Proper alignment of the body puts less stress on the spine and helps you have good posture

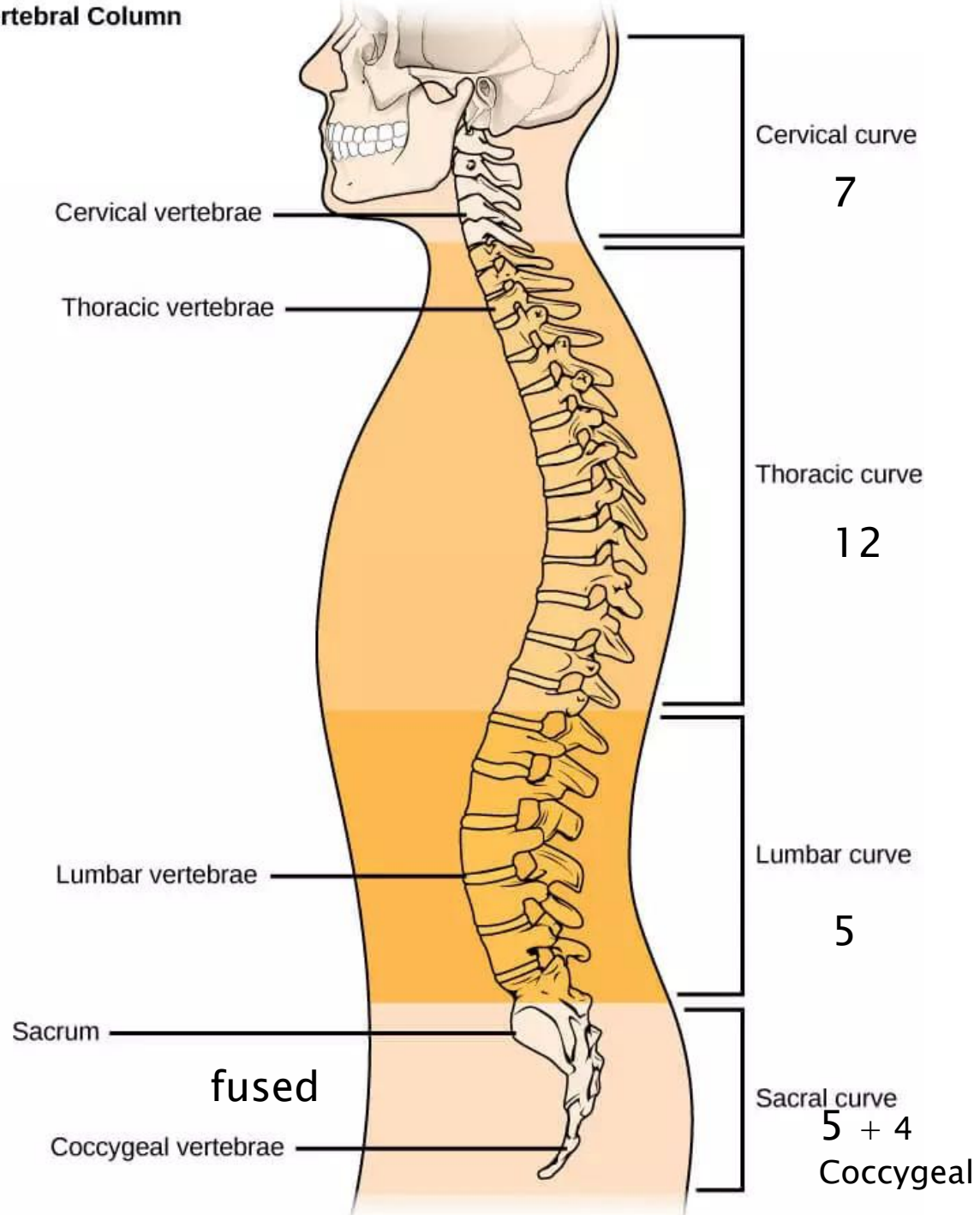
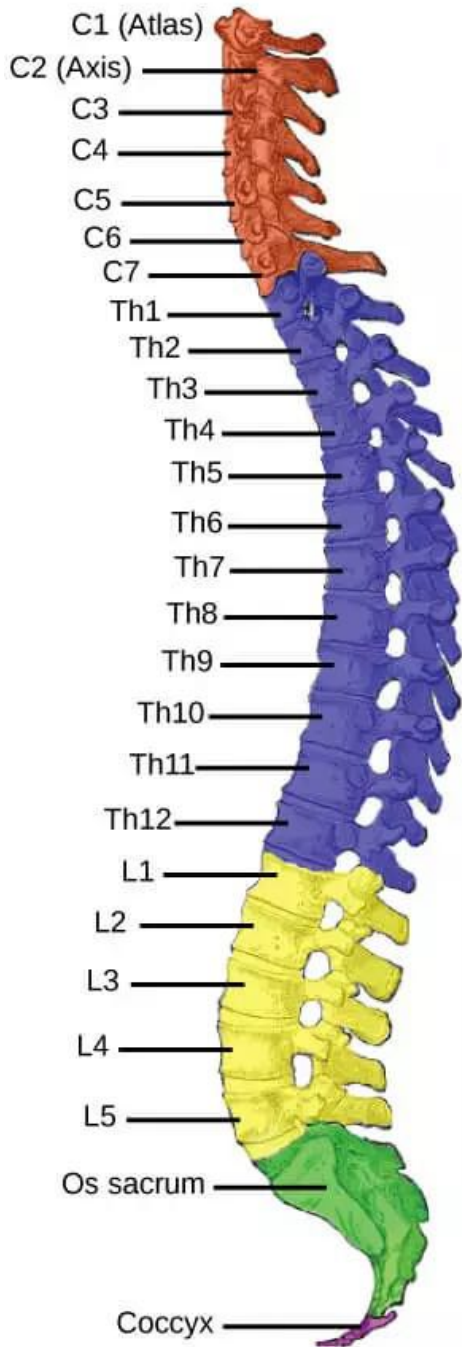
*National osteoporosis foundation*

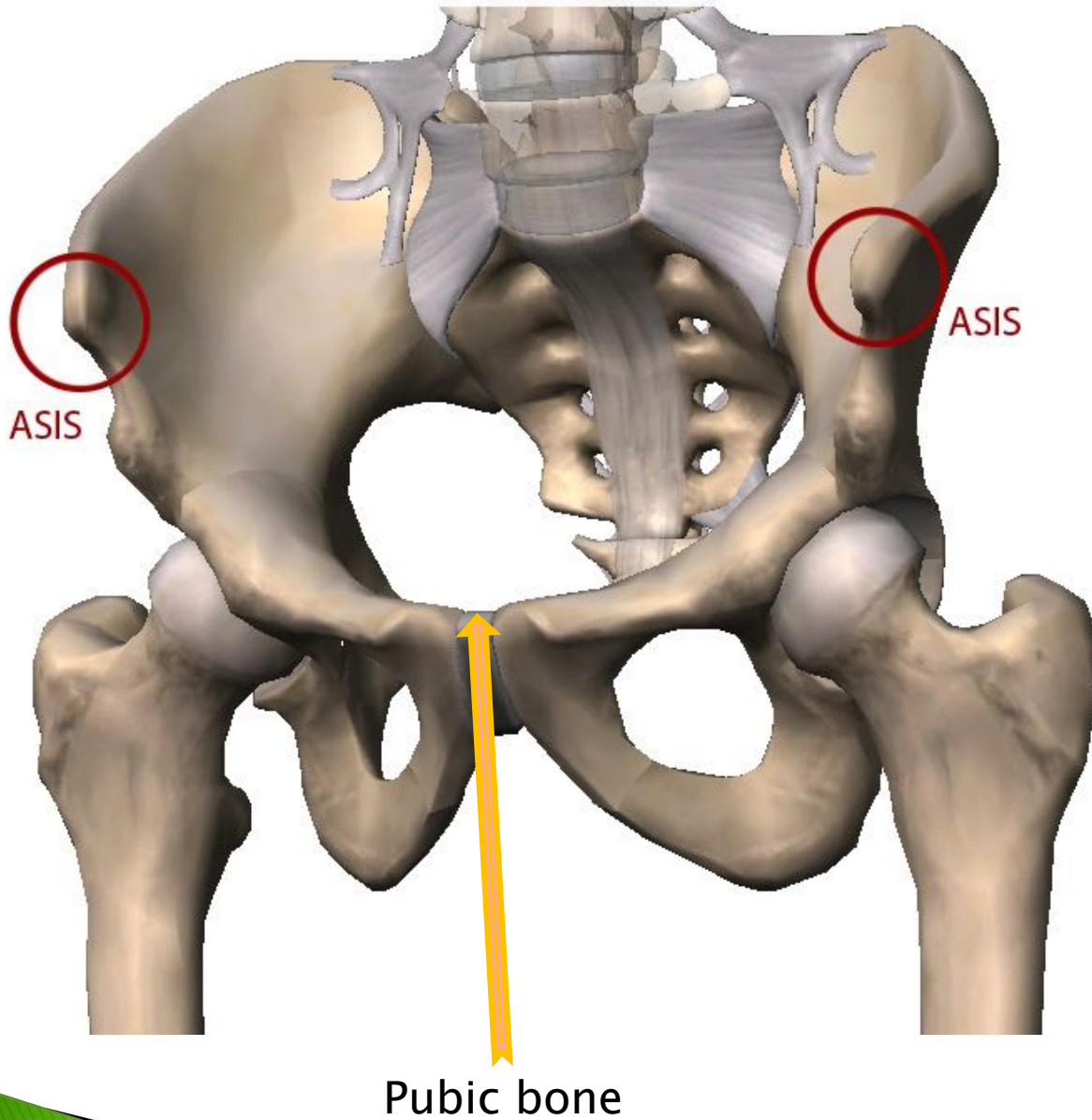
# Functions of the spine

- ▶ Stability
- ▶ Mobility
- ▶ Support
- ▶ Protection
  - Spinal cord
  - Shock
- ▶ Spine structure:
- ▶ 5 regions:
  - Cervical
  - Thoracic
  - Lumbar
  - Sacral
  - Coccyx
- ▶ Other facts:
  - ▶ Vertebrae → stabilised via ligaments and muscles
  - ▶ Intervertebral disks → shock



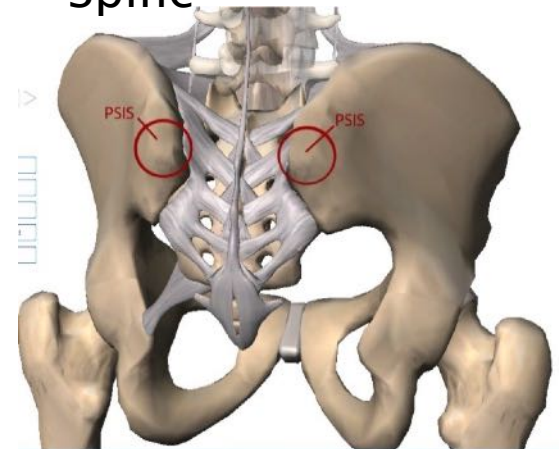
# Vertebral Column

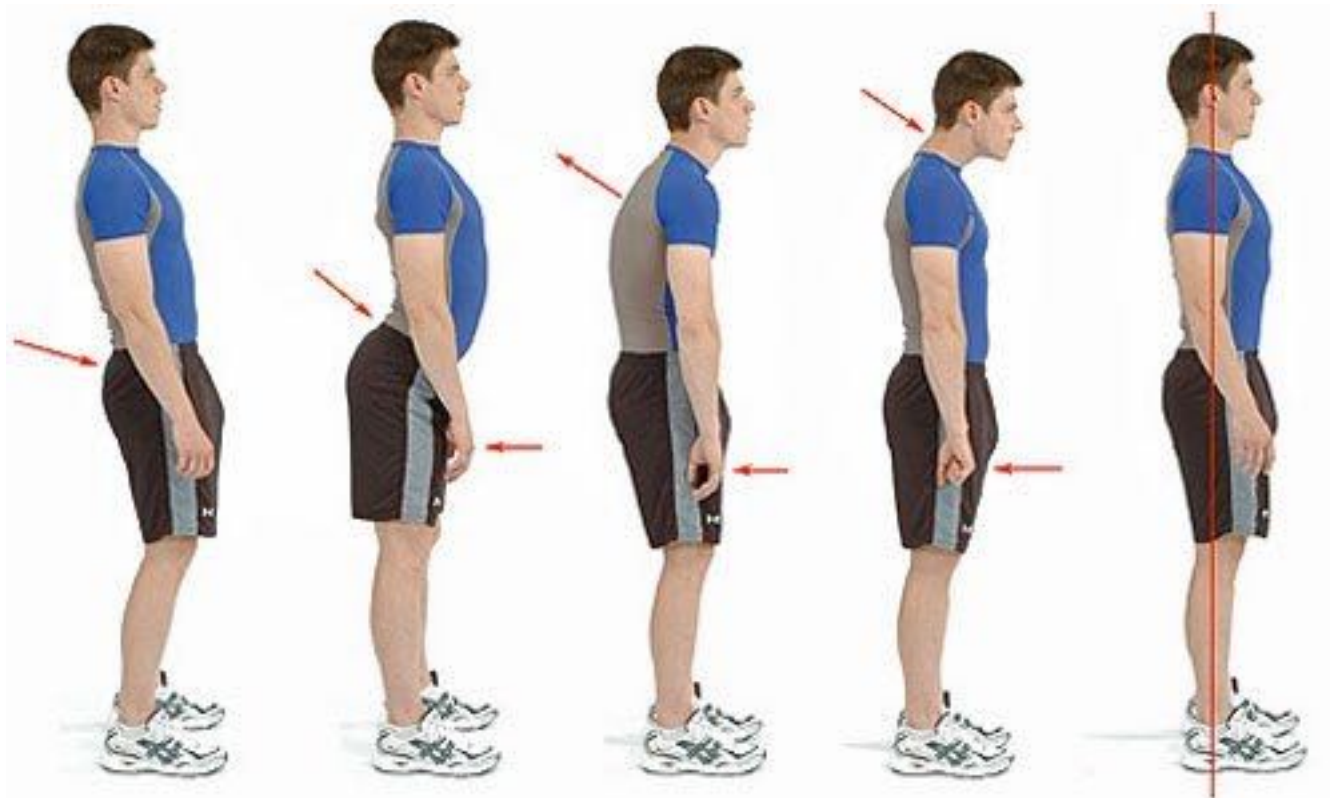




ASIS = Anterior  
Superior Iliac  
Spine

PSIS = Posterior  
Superior Iliac  
Spine





**Sway  
Back**

**Lumbar  
Lordosis**

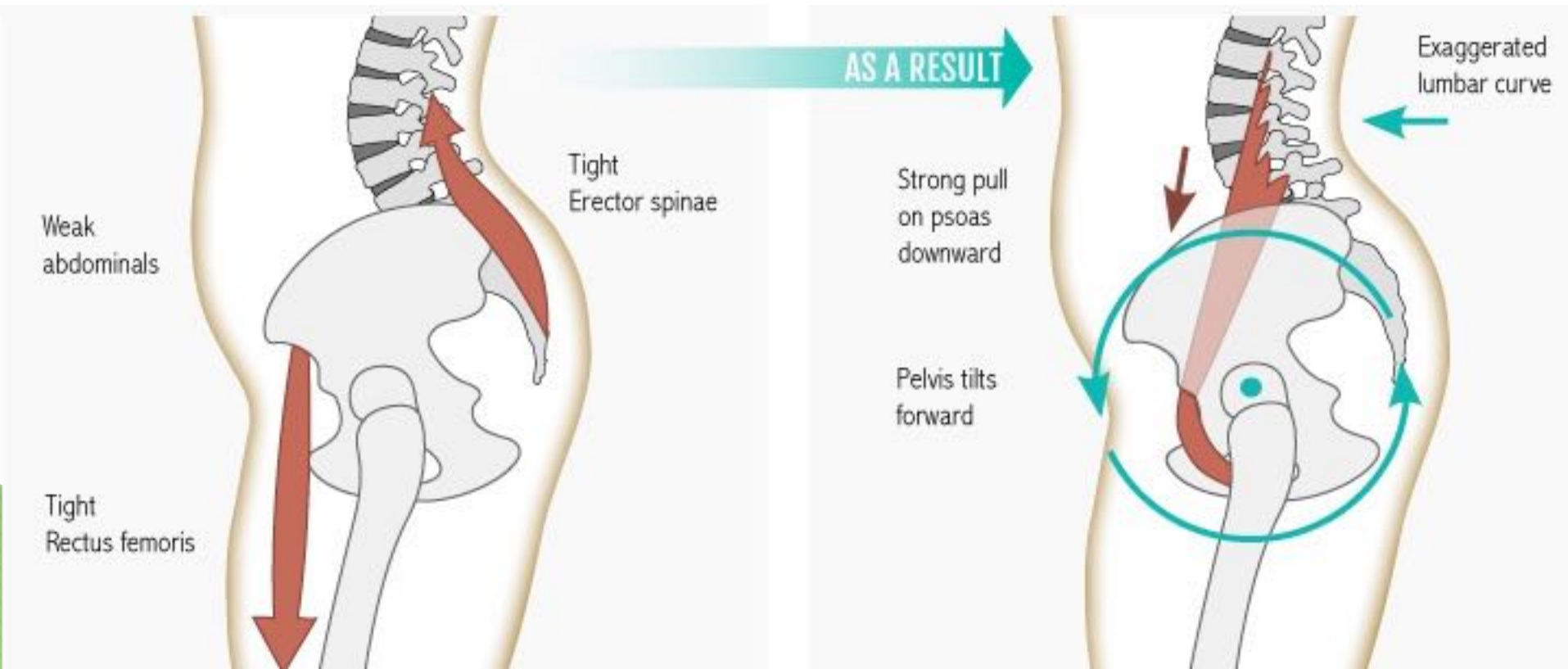
**Thoracic  
Kyphosis**

**Forward  
Head**

**Good  
Posture**

# Lower Crossed Syndrome

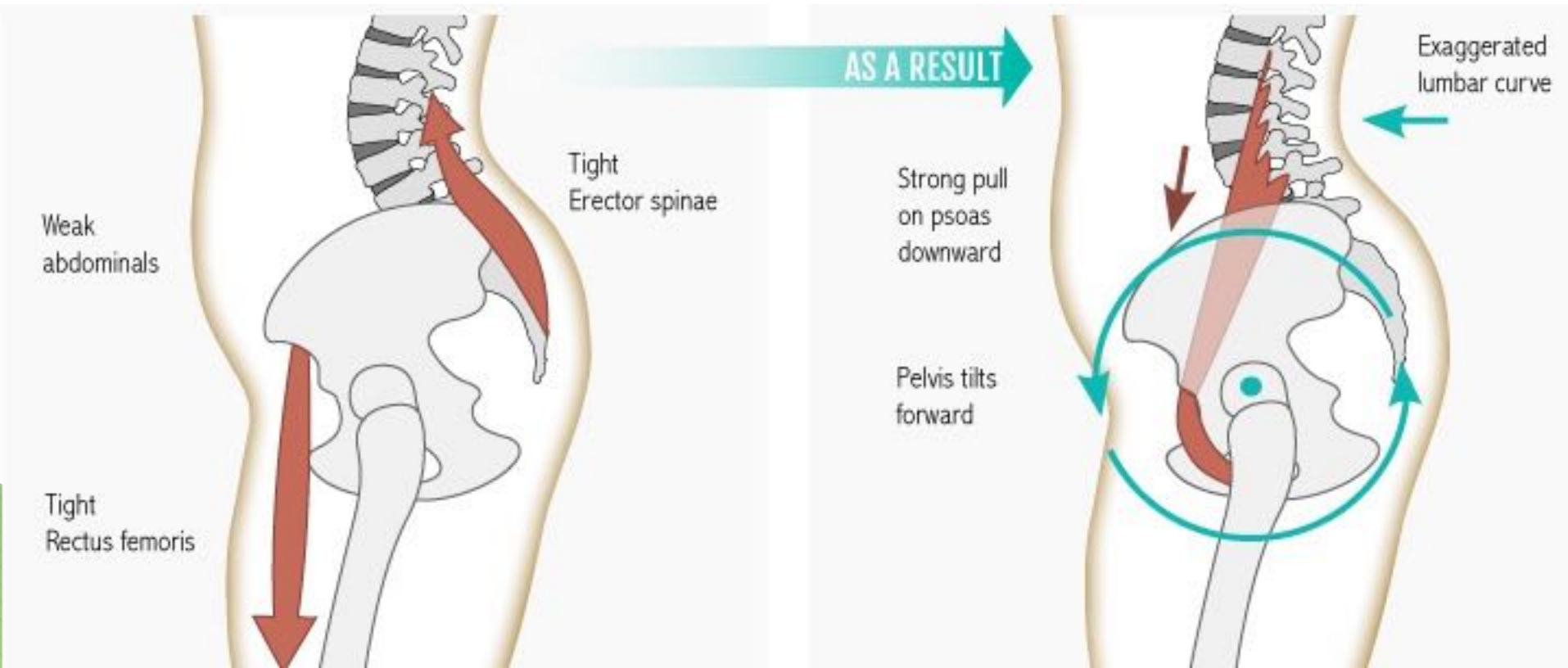
- ▶ Linked to tight or overactive, shortened muscles
- ▶ Tight hip flexors (psoas)
- ▶ Tight QL and erector spinae





# Lower Crossed Syndrome

- ▶ Muscles work in pairs .... so
- ▶ Weak/lengthened abs
- ▶ Weak glutes

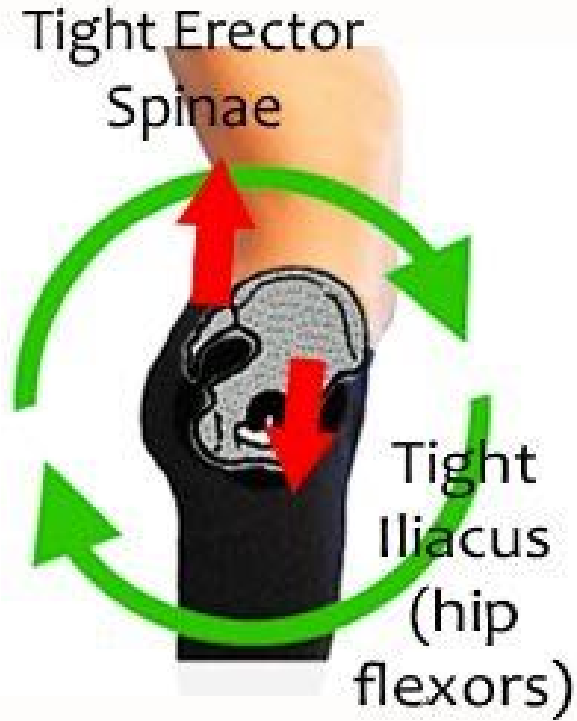


# Clinically Relevant Anatomy

- ▶ weakness of the trunk muscles: rectus abdominis, int and ext obliques
- ▶ weakness of the gluteal muscles: gluteus maximus, gluteus medius and gluteus minimus. These muscles are inhibited and substituted by activation of the superficial muscles.
- ▶ There is co-existing over activity and tightness of the: erector spinae, multifidus, quadratus lumborum and latissimus dorsi; and that of the hip flexors: iliopsoas and tensor fasciae latae.
- ▶ The hamstrings compensate for anterior pelvic tilt or an inhibited glute max.

# Pelvic Tilt

A  
N  
T  
E  
R  
I  
O  
R



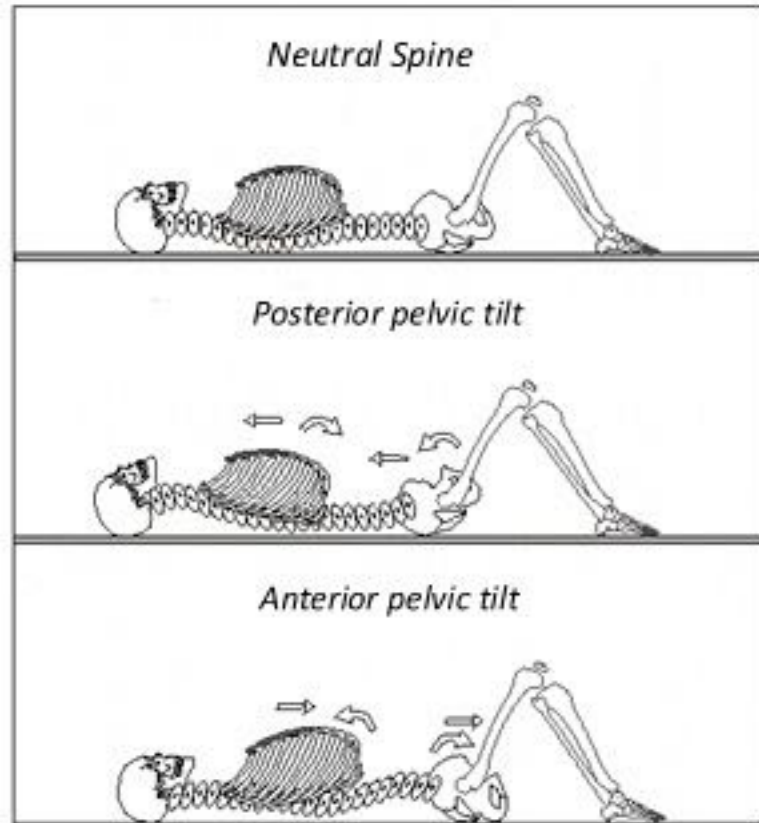
Lordosis

P  
O  
S  
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E  
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R



Flat Back / Swayback - no bum!

# Fundamentals: Alignment

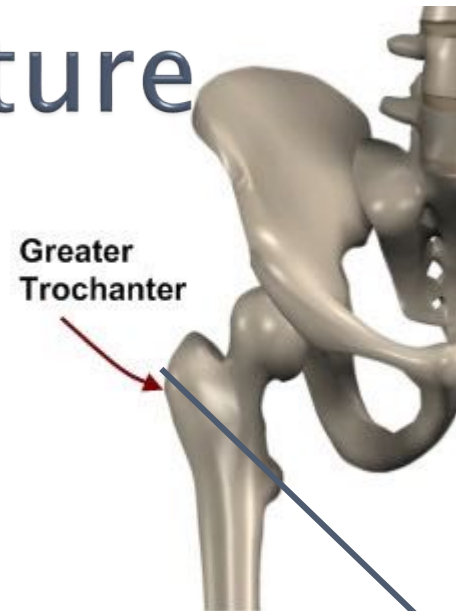




# Side view of posture

- Ear Lobe
- Cervical vertebrae
- Tip of the shoulder
- Divide the thorax in half
- Slightly posterior to the hip joint
- Slightly anterior to the knee joint
- Slightly anterior to the lateral malleolus (ankle bone)

Hard for client to visualise 'side standing' plumb-line?



# Points to remember

- The ability to maintain neutral pelvis may not be possible for beginners
- Remember the *pubis mons*
- DO NOT try to find a client's pubic bone!
- Get them to find the magic triangle
  - ▶ Always seek a client's permission to touch them – FULL STOP. And permission does not mean you can go to private places!

# Fundamentals: Lateral Breathing

INHALATION



EXHALATION



# Fundamentals: Core

- ▶ Engage the core – but what is it?
- ▶ Engage the core – but how?
- ▶ Brace
- ▶ Hollow
- ▶ Zip up
- ▶ Tuck

# Principles of Pilates

- ▶ breathing
- ▶ concentration
- ▶ control
- ▶ centring
- ▶ precision
- ▶ flow

# Pilates breathing

- ▶ Inhale to prepare
- ▶ Exhale on the effort – switching on stabilisers
- ▶ Inhale on the “return”
- ▶ The exhale phase may be concentric or eccentric
- ▶ Avoid breath holding
- ▶ Exhaling may assist with TA engagement

# Breathing

- ▶ Breath patterns are seen as central to Pilates
- ▶ Utilising the timing of the breath to maximise the effectiveness of the movements.
- ▶ Each exercise may have its own breath pattern.
- ▶ But not set in stone!

# Concentration (focus)

- ▶ Exercises which help Concentration are an essential part of the Preparation phase
- ▶ Without appropriate focus, correct alignment may be lost or faulty movements performed.
- ▶ Be mindful of all movements
- ▶ In Pilates the number of repetitions or the amount of resistance is not as important as the quality of the movements.



# Control

- ▶ ‘Contrology’ requires clients to concentrate fully and maintain control of their bodies throughout the whole session.
- ▶ Co-ordination is the ability to perform smooth and accurate movements.
- ▶ Balance is the ability to maintain equilibrium or centre of mass over the base of support.
- ▶ Pilates aims to fine tune co-ordination and balance skills so that the mind and body work together as you perform all the exercises
- ▶ Initially, this is a conscious learning process but, with sufficient practice, the movements become “automatic”.

## UNCONSCIOUS INCOMPETENCE

You are unaware of the skill and your lack of proficiency

## UNCONSCIOUS COMPETENCE

Performing the skill becomes automatic

## CONSCIOUS INCOMPETENCE

You are aware of the skill but not yet proficient

## CONSCIOUS COMPETENCE

You are able to use the skill, but only with effort



# Centring

- ▶ The ability to control your movements from the centre or core
- ▶ The term ‘core stability’ is sometimes referred to in Pilates as “The Powerhouse”
- ▶ To encourage use of the deep abdominals to help protect the spine (JP used the cue ‘navel to spine’ when he was teaching)
- ▶ Today, different schools of Pilates have adopted a wide variety of cues to help clients engage their ‘centre’.
- ▶ “Brace” versus “hollow”

# Precision

- ▶ Precision of movement requires:
  - ▶ Total concentration
  - ▶ Control of the breath
  - ▶ Alignment of the body
  - ▶ The use of centring
- ▶ No part of the body should be uncontrolled or overlooked
- ▶ The precise angle of the head neck, shoulders, elbows, hips, knees, ankles, feet are all important

# Flow

- ▶ This should naturally result if all the Pilates Principles are implemented and integrated
- ▶ The Full Mat sequence is choreographed to flow naturally and be performed with precision and control.
- ▶ Movements should feel dynamic, with a focus on grace and ease of movement.
- ▶ Often difficult for a new client, but should always be encouraged

# Structure of a Pilates class

- ▶ 3 phases
- ▶ Beginning – middle – end

- preparation phase (warm up)



- main phase



- closing phase (cool down)



# Preparation phase

- ▶ To 'prepare' the client mentally and physically for the main content.
- ▶ To establish/refresh the Fundamentals Principles of Pilates technique
- ▶ Exercises should focus on:
  - Releasing of tension
  - Concentration/focus – mind–body
  - Awareness of postural alignment – finding 'neutral'
  - Breathing technique
  - 'Switching on' the core muscles
  - Mobilisation (limbering up)

# Preparation phase

- ▶ Can be performed standing or floor-based
- ▶ Ensure body is aligned from head to feet
- ▶ Ensure body is warmed and mobilised from head to feet
- ▶ Special attention to spine
- ▶ A-B-C FUNDAMENTALS
  - (Awareness)
  - Alignment
  - Breathing
  - Core/Centre
  - (Concentration)

**FUNDAMENTALS**





# Start positions

- ▶ Standing (both feet, single foot)
- ▶ Seated (crook, staff, cross-legged, straddle)
- ▶ Kneeling (low kneel and high kneel)
- ▶ Prone lying (flat and elevated on elbows)
- ▶ Prone plank (press up position)
- ▶ Side lying and side kneeling
- ▶ Quadruped (all fours)
- ▶ Supine (crook knee, corpse, table-top)
- ▶ Supine plank (knees bent/legs long)