|  |  |  |  |
| --- | --- | --- | --- |
| **PREP** | **Ticks** | **PREP** | **Ticks** |
| Spinal Flex/Ext |  | mobilisation of joints |  |
| Lateral Flex/Ext |  | Warming muscles |  |
| Spinal Rotation |  | Postural alignment |  |
| release of tension |  |  |  |

|  |  |
| --- | --- |
| **CLOSE** | **Ticks** |
| Relax |  |
| Stretch |  |
| Consolidate |  |
| Balance |  |
| Mobilise |  |

Flexion • Extension • Rotation • Lateral flexion • circumduction

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **PRINCIPLES** | **PREP** | **1** | **2** | **3** | **4** | **5** | **6** | **CLOSE** |
| **Start position**  **Plane** |
| Breathing |  |  |  |  |  |  |  |  |
| Concentration |  |  |  |  |  |  |  |  |
| Control |  |  |  |  |  |  |  |  |
| Centring |  |  |  |  |  |  |  |  |
| Precision |  |  |  |  |  |  |  |  |
| Flow |  |  |  |  |  |  |  |  |
| **FUNDAMENTALS** | **PREP** | **1** | **2** | **3** | **4** | **5** | **6** | **CLOSE** |
| Alignment |  |  |  |  |  |  |  |  |
| Breathing |  |  |  |  |  |  |  |  |
| Centring |  |  |  |  |  |  |  |  |
| SKILLS | **PREP** | **1** | **2** | **3** | **4** | **5** | **6** | **CLOSE** |
| Tactile cueing |  |  |  |  |  |  |  |  |
| Visualisation |  |  |  |  |  |  |  |  |
| Visual/Mirroring |  |  |  |  |  |  |  |  |
| Verbal |  |  |  |  |  |  |  |  |
| Q&A |  |  |  |  |  |  |  |  |