


## Movement and Relaxation Pilates Skill Assessment

Name:	Skill: <b>Half Roll Down</b>
Critical Instances	Personal Execution
 <p>Begin in a seated position with your legs bent at the knees so that the feet are flat. Hold onto the back of the thighs. Inhale to prepare, and exhale as you start to draw the lower abdominal region in and curl your tail bone under. Continue to roll backwards as you feel your tailbone roll under you and roll down onto your lower back. Hold the position when you are half way down. Inhale. Exhale and scoop the abdominals in more as you come forward rounding over your knees. Inhale and straighten up the spine, one vertebra at a time, until you return to your starting position.</p> <p>To keep the abdominals active and scooped, imagine that you are bending over a log that is in your way as you roll forward.</p> <p>To make this more challenging, do not hold onto your thighs.</p>	