


## Movement and Relaxation Pilates Skill Assessment

Name:	Skill: <b>Rolling Like A Ball</b>
Critical Instances	Personal Execution
 <p>Sit tall on your sit bones. Form a bracelet grip with one hand around the other wrist, and hug your lower shins to your body. Look down to your navel, and maintain your back in an even C-curve. Concentrate on an even C-curve rather than maximally bending your back. Scoop your abdomen in and up. Squeeze your gluteals and roll your shoulder blades away from your ears. Breathe in to roll back. Breathe out to roll up. Keep your curve! Stay zipped! Keep your eyes on your abdomen!</p>	