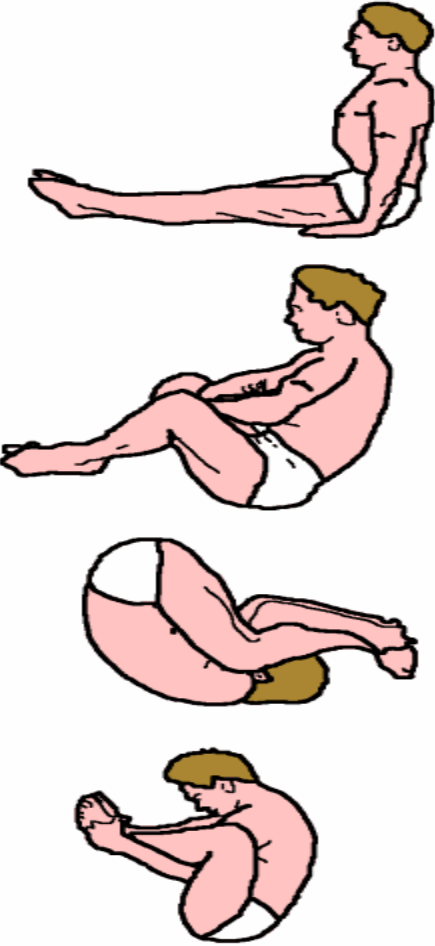


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Seal
Critical Instances	Personal Execution
<div style="text-align: center;">  </div> <p>Begin in a seated position. Place the soles of feet together, knees wide open. Grab the outside of ankles, moving them away from the inside of the thighs. Hold legs off mat and balance. Inhale and extend through the spine. Clap feet together by opening thighs (knees move away from each other) in hip sockets 3 times. Tilt tailbone under and roll back onto shoulders (not neck). Hold this position on shoulders and clap 3 times before rolling back up. Pause after each roll back. Repeat.</p>	