

Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Swan I Neck Roll
Critical Instances	Personal Execution
<p>Setup:</p> <ul style="list-style-type: none">• Lie on your stomach and lift your abs off the mat.• Place your hands under your shoulders and bring your elbows close into the sides of your body (like duck wings).• Shoulder blades down your back.• Slide your jaw forward so that your front teeth are gently touching. <p>Action:</p> <ul style="list-style-type: none">• Scoop deep, and inhale as you roll a marble away with your nose, and roll up (head, neck, upper back, mid back, lower back) to the ships figure head position.• Breathe normally. Gently lengthen your chin and your breast toward the horizon.• Look to your left and stretch, roll your chin down to your chest, and then roll up to look to your right and stretch.• Return to lengthening your chin and breast bone out to the horizon, and pause.• Stay scooped & exhale as you roll back down. <p>Precision Points:</p> <ul style="list-style-type: none">• Keep your thumb close to your fingers, and distribute the weight of your body equally through your whole hand and fingers.	