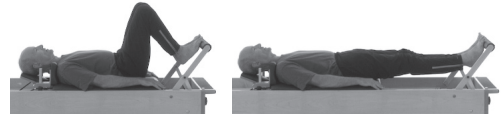


Level 1

(1-) 3 springs
 Low or high barre depending on height, knees
 Head rest up
 Sticky pad on barre

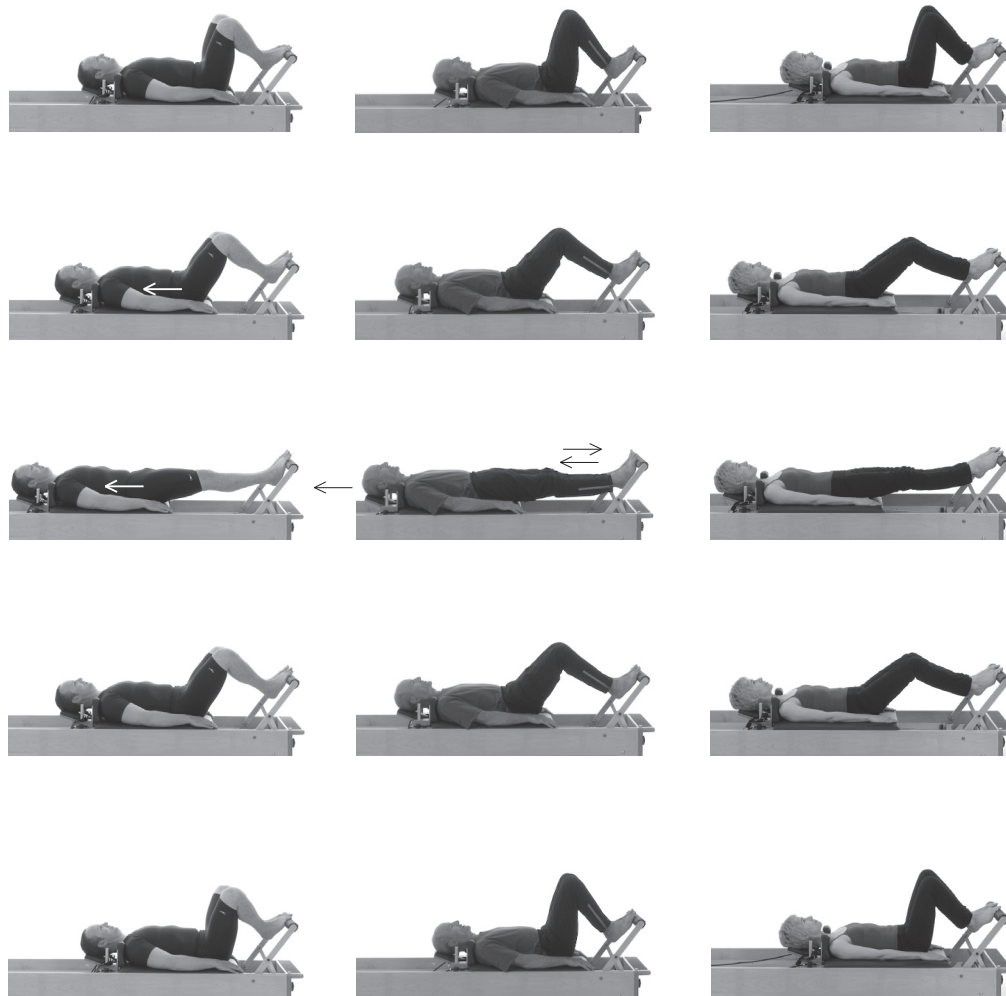


Concepts
 Alignment
 Moving the legs freely on a stable spine

Variation on
 The Footwork

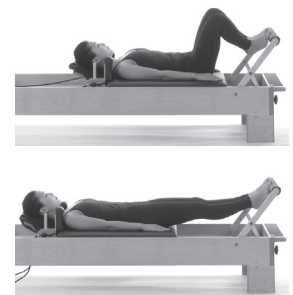
Images
 When in doubt reach out
 Down to go up, up to go down
 The abdominals pull you up (back)

The chest, kidneys and tail are heavy on the mat. Shoulders relaxed and down. Fingers and ankles relaxed. Toes long curved around the barre. Press into the fourth and fifth toe. Squeeze the back of the heels together.



Inhale into the kidneys, draw the pelvic floor, head, abdominals, and sit bones back (like a string being stretched out) to lengthen the body away from the heels. Spiral the legs. Travel as far back as you can away from the heels. Zip the legs long. Keep the heels still in space.

Exhale, pull yourself in with your hamstrings. The anterior ankle tendons and hips are relaxed, and your tail is heavy. The pubic bone and ASIS remain in a horizontal line. Perform 10 times.



Modifications

1. Place a block in the track and/or use the low barre to reduce knee flexion for tall clients or for knee patients. 2. Use high barre for short people or children. For children, you can place balls between the shoulders and the shoulder pads. 3. Place a rubber band around the lower thigh near the knee to encourage turnout and minimize knee hyper-extension. 4. Use 2 (or 1) springs if 3 places too much pressure on the legs, shoulders or neck. 5. If the metatarsals hurt, use a jump board or perform the Footwork on the heels. 6. If the client's chest is up (tight thoracolumbar junction) then have him put his hands on his xiphoid area to anchor the lower ribs and kidneys down. He can also cross the elbows on top of the sternum like he is hugging himself.

Variations

1. The Ron Fletcher high heel, wide, turn out position.
2. Head rest down for those who need it down in order to keep the ears level.
3. Sticky pad placed under a (physician's diagnosed) short leg.
4. Clients with tibial torsion - their second toe may not be aligned with their knee.

Spotting Teacher should bend her knees

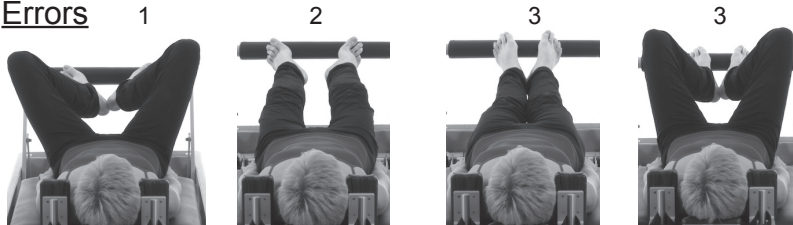
1. Teacher can place her/his hands on the outside of the knees/thighs to encourage hip rotation.



2. Teacher can use her/his hands on the ankles to encourage foot alignment and hip rotation.



3. Teacher can adjust the hip placement at the hip joint, and the ribs at the sternal level.

Errors

1. Feet are over-turned out and uneven.
2. Feet are over-turned out and in relevé.
3. Feet are in relevé, are unenergized and in the wrong place.
4. Pronated feet (from over-turnout in the feet).
5. Client pushes out and rides the carriage in (does not start from center).
6. Legs turn in and hyper-extend as they straighten.
7. Chest is up, seat is tucked.
8. Heels drop forward as the client goes out, and lift up in space as the client plies.
9. Breathing is uncoordinated.
10. Client belly breathes.

Goals, what to look for

1. Pelvic floor, belly, hamstrings pull the client back in a straight line.
2. Heels stay together (and in the same place), weight on the fourth and fifth toe. Toes long, slightly curled and energized. Anterior ankle tendons relaxed.
3. Knees in line with the second toe. Long, zipped, externally rotated legs. ASIS and Pubic bone lie in a horizontal plane. Long, flat hips.
4. Gluteus and lateral thighs relaxed.
5. Long neck, relaxed shoulders. Rib cage, lowest ribs, kidneys and coccyx on the carriage.
6. Smooth controlled motion.
7. Hamstrings pull the carriage in.

Contra-indications

Knee problems. The teacher can decide to use less resistance, low barre, a block on the track or choose to not have the client perform the Footwork turned out. Neck/shoulders (resistance causes tension) - may decrease the springs or perform on the chair. Metatarsal injuries.

Benefits

1. Proper alignment of entire lower limb and body.
2. Initiate a motion from the center using breath.
3. Controlled joint motion.
4. Strengthen the leg and hip muscles and lower limb sling. **Dr. Wonson's tips:** Heels together: pelvic floor. Press into 4th and 5th toes: piriformis and peroneus longus (urinary bladder meridian), anterior tibialis (stomach meridian). Foot position on barre stimulates head and neck. People who eat too fast, too much sugar and spicy foods, are nervous and/or have acid reflux may have difficulty aligning the legs.