

PREP	Tick	PREP	Tick
Spinal Flex/Ext		mobilisation of joints	
Lateral Flex/Ext		Warming muscles	
Spinal Rotation		Postural alignment	
release of tension			

CLOSE	Tick
Relax	
Stretch	
Consolidate	
Balance	
Mobilise	

Flexion • Extension • Rotation • Lateral flexion • circumduction

PRINCIPLES	PREP	1	2	3	4	5	6	CLOSE
Start position Plane								
Breathing								
Concentration								
Control								
Centring								
Precision								
Flow								
FUNDAMENTALS	PREP	1	2	3	4	5	6	CLOSE
Alignment								
Breathing								
Centring								
SKILLS	PREP	1	2	3	4	5	6	CLOSE
Tactile cueing								
Visualisation								
Visual/Mirroring								
Verbal								
Q&A								