

**Christopher Harrison's AntiGravity®
Fundamentals 1&2 Teacher Training
TEST**

- 1) What is the BEST progression to avoid WrongSideWrap?
 - a. Practice the Inversion Lock/Unlock drill with "WideCircleLegLock/Unlock" as an abs exercise.
 - b. Demonstrate the WrongSideWrap for them to watch.
 - c. Discuss with students about what to avoid.
 - d. Demonstrate & discuss with students what to avoid.

- 2) How do you cue "Circus Dismount"?
 - a. While swinging let go and jump out.
 - b. On the back swing bring arms behind, on the front swing step through and take a bow.
 - c. On the front swing prepare for a back swing dismount.
 - d. Point your toes, as you flip your body back towards the ground.

- 3) What is the cue during Flying Dog to keep a student from slipping out of their Hammock?
 - a. Wag your tail gently.
 - b. Press down with the hands and long through the shoulders.
 - c. Reach your armpits towards the ground.
 - d. Keep "thighs close to abdomen" aka "knees close to chest."

- 4) What is **the best thing to do** if a student of yours is safely in an inversion but held in by the HopeWrap?
 - a. Make certain their heels are secure around the Hammock.
 - b. Hope that they don't press their hands on the floor.
 - c. Remind them to keep their legs together.
 - d. Perform a LegLock Spot and if that does not work bring them out of the wrap and try another.

- 5) Which are unique benefits from Zero-Compression Inversions:
 - a. Reset organs, refresh body systems & fresh blood to brain.
 - b. Release of "happy hormone" cocktail, including neurotransmitters.
 - c. Hydration of vertebral discs, decompression of the spine making you taller.
 - d. All of the above and more.

- 6) If a Hammock is not properly pleated in set up, what will be the result and how will it affect one's class?
 - a. The Hammock will come loose from the choke and fall to the ground.
 - b. The Hammock will twist and tangle easily.
 - c. The Hammock will be uncomfortable and unwieldy in open Hammock positions.
 - d. The Hammock height will be difficult to adjust.

- 7) What is the proper application of a choke loop?

- a. Pull the Hammock through the open loop, twist & repeat 3 times, pull tight.
- b. Pull the Hammock through the open loop, double the Hammock back, pull remaining loop through center.
- c. Place the choke loop under the Hammock, wrap loop around and pull one end under seamed edge, repeat 2 more times, pull tight.
- d. **None of the above.**

8) In terms of presentation, what are the things that make up a good instructor according to the AG manual?

- a. Disallowing any mistakes by students.
- b. **Confidence, Clarity, Enthusiasm.**
- c. Caring, loving, gentle demeanor.
- d. Practical, cheerful and daring demeanor.

9) Which is the most concise & correct cueing for the backward inversion drill from Plum.

- a. **WideCircleLegLock, slide the hands down.**
- b. Draw a circle on the ceiling with your toes, slide the hands down, lock legs behind the Hammock.
- c. Open your legs to Straddle Lever, slide the hands down, look back to floor and pull toes towards the ears.
- d. Quick Lever legs out and back into Saucer. Open legs to Downward Arrow, slide hands down to Inverted Straddle and rewrap on back side of Hammock.

10) When someone is “gripping” with their legs in a backward inversion what is the most common postural mistake that also occurs.

- a. Their shoulders are up.
- b. Cramping.
- c. They risk falling out.
- d. **Their spine and hips will not be open and elongated.**

11) What is the most important thing to scan for in FoldedHammock set up before mounting into Pouch?

- a. That one is slightly in front of the Plumblineline.
- b. That the Hammock hangs at bellybutton height.
- c. **That the fold is on the front side and edges are on the back side.**
- d. That feet are together.

12) Before coming into a Superman pose from an OpenHammockKneeTrap, name the most practical reason we do ToroToro with the fabric?

- a. To make people smile as they act like toreadors.
- b. So that they don't fall out of the KneeTrap.
- c. To check for snags in the Hammock.

d. So that hands are coming through the center of the Hammock for the next progression.

13) After the FoldedHammock Full Circle Inversion, in terms of sequencing, what resting pose do you do FIRST to normalize the systems?

- a. Cocoon
- b. Plum
- c. Floating Child's Pose
- d. Chillax

14) What is the special cue to give while teaching Right Angel T to guard against slippage in FrontBeltWrap?

- a. Readjust your Hammock as needed.
- b. Lift the chest and heels.
- c. Straighten your legs.
- d. Walk forward a few more steps to Front Tension.

15) What sensory awareness is one training during Free Swinging?

- a. Deep tissue massage
- b. Dynamic force
- c. Proprioception
- d. Zero-Compression

16) Which scan should an instructor make as a student comes into a backward inversion?

- a. WrongSideWrap
- b. HopeWrap
- c. Narrow Knees Through Center
- d. All of the above

17) How can you effectively "positive forecast" before Flying Dog to minimize resistance?

- a. Let them know it is going to hurt a little bit.
- b. Let them know they will be getting a deep tissue massage.
- c. Tell them anyone can do this.
- d. Inform them to breath through the pain.

18) What is the most important aspect of the AntiGravity® Philosophy to reinforce during Swoosh?

- a. Lifting the chest
- b. Lifting the toes
- c. Evening out the body
- d. Having fun

19) For someone struggling in Plum, which is NOT a crucial verbal cue to give?

- a. Hands higher

- b. Look over your knees
- c. Bend your arms
- d. Head level with knees

20) What is the first and most important cue for an instructor once the class is in Cocoon?

- a. Relax and breathe.
- b. Rest and Enjoy.
- c. Does anyone want me to stop their swing?
- d. Does anyone want me to swing them?

21) For cueing during swinging actions, the best practice for the instructor is to:

- a. Cue the group to swing together according to front swing and back swing.
- b. Cue where and when to land the swing during the sequence.
- c. Dictate how many swings the group will do together beforehand.
- d. All of the above.

22) Which are the correct progressions in Flying Dog Sequence?

- a. FrontBeltWrap, Right Angle T, Down Dog, Taut Dog, Teepee, Flying Dog.
- b. FrontBeltWrap, Right Angle T, Taut Dog, Down Dog, Teepee, Flying Dog
- c. FrontBeltWrap, Right Angle T, Taut Dog, Cow, Down Dog, Flying Dog
- d. FrontBeltWrap, Right Angle, Cat, Down Dog, Teepee, Flying Dog

23) In Mountain Peak, the feet are:

- a. On the Plumblineline.
- b. Behind the Plumblineline.
- c. In Front of the Plumblineline.
- d. Sometimes swinging through the Plumblineline.

24) According to the AG manual, in a group environment, how much time should an instructor or assistant spend with a “bloodsucker” to assist them?

- a. 45 seconds
- b. 60 seconds
- c. 10 seconds
- d. As much as is needed

25) In order to minimize discomfort in BumWrap, exactly where should the Hammock be placed?

- a. Directly under the bum at the top of the legline, along the head of the femur.
- b. Around the top of the thighs.
- c. Under the tailbone.
- d. Under the femur, around the sacrum.

26) On the descent for a BootyWrap Inversion in an OpenHammock, which is an incorrect progression:

- a. Create BackBelt Line
- b. Lever
- c. **Saucer**
- d. Spiderman Holding

27) Where should one stand when spotting most flips?

- a. Where a student is going to land.
- b. In front of student's feet.
- c. **From the side.**
- d. Behind student's arms.

28) If someone is struggling between peanut and bat, what is the likely anatomical weakness?

- a. **Core strength.**
- b. Feet strength.
- c. Hamstring flexibility.
- d. Shoulder mobility.

29) What is the precise cueing for the backward inversion drill.

- a. **WideCircleLegLock, slide the hands down. WideCircleUnlock, slide the hands up.**
- b. Create BackBelt Line and look back.
- c. Spread legs wide and look at floor.
- d. Hold on tight and go for it.

30) At which point of the progression for a backward inversion does "Narrow Knees Through Center" most often happen?

- a. **While attempting to execute WideCircleLegLock**
- b. Between Spider and Plum
- c. In Spiderman Holding
- d. Once legs are wrapped

31) In an Inlocated arm position, which direction should the shoulders rotate in order to minimize potential injury?

- a. Forward in front of you.
- b. **Inward, thumbs towards each other.**
- c. Overhead in a basic grip.
- d. Outward, palms away.

32) What are the two things to scan for in OpenHammock PouchWrap?

- a. **Hammock at knees and arms on backside of Hammock.**
- b. Hammock in BootyWrap and hands high.
- c. Hammock at knees and arms through touching ankles.

d. Hammock at top of leg line and arms on backside of Hammock.

33) What are two crucial things to scan for during ShoulderWrappedCradle?

- a. 3 gathers of Hammock at nape of neck and shoulders wrapped.
- b. Edge of Hammock at base of skull and shoulders exposed.
- c. Edge of Hammock at nape of neck and shoulders exposed.
- d. **Edge of Hammock at nape of neck and shoulders wrapped.**

34) Before descending into a SkirtWrap Inversion in an OpenHammock, what is a trick for coming into Lever and maintaining the BackBelt Line?

- a. **Keeping Hammock at knees while Creating BackBelt Line and coming into Lever then using foot to extend.**
- b. Coming into a SkirtWrap before Creating BackBelt Line, wrapping the feet around the outside.
- c. Easy Lever progression sequence.
- d. Making certain that the fold is on front edge.

35) For a beginning AG student, Pouch Mount at the top of class can be a challenge since they feel they are jumping backwards into an unknown environment and could fall over. What is an effective method an instructor can use with the Hammock to alleviate this problem?

- a. Pull Hammock out behind student and allow them to jump
- b. Place Hammock over top of student's shoulders and let them fall backwards.
- c. Lift them up and give them a boost
- d. **A and/or B.**

36) What is the main purpose of Floating Child's Pose, Plum, and Chillax when coming out of an inversion?

- a. To bring levity into the classroom.
- b. **To normalize the systems after inverting.**
- c. To get an abdominal workout.
- d. To get a deep tissue massage.

37) What body placement awareness does Bat train?

- a. Shoulders over wrists.
- b. **Hips over shoulders.**
- c. Knees in alignment with toes.
- d. Knees wide, tailbone under, relaxed neck.

38) What is the main AG **Principle** to emphasize for progressing from Swan Holding into Bell pose?

- a. Stay with progressions.
- b. Stay in contact with the Hammock at all times.
- c. **Monitor Your Resistance**

d. Have a sweat towel nearby.

39) What is the arm position in which the shoulders are protected in Ski Jumper?

- a. Dislocate arm position.
- b. Compressed arm position.
- c. **Inlocate arm position.**
- d. Decompressed arm position.

40) Name three (3) verbal cues for proper spinal alignment in order to correct the most common mistakes made in a Zero-Compression Inversion?

- a. **Knees wide, Tailbone under, Relax neck.**
- b. Knees squeezed, Tailbone under, Relax neck.
- c. Knees wide, Tailbone under, Chin to chest.
- d. Knees wide, Tailbone back, Chin to chest.

41) What verbal cue does the instructor give to shift weight for proper execution of Wheelbarrow pose?

- a. **Shoulders over wrist.**
- b. Forehead to knee.
- c. Elbows to ribs.
- d. Bellybutton to spine.

42) As an instructor, are you in or out of your Hammock while teaching Vampire Sequence?

- a. In
- b. Out
- c. **In while you demo, out while you teach.**
- d. None of the above.

43) What is the most common mistake made in the progressions during set up for HoudiniWrap?

- a. Jazz Hands.
- b. **Starting in BackWrap.**
- c. Arms go out and around.
- d. Wrapping twice.

44) What Principle is applied for proper execution of Skirted Monkey?

- a. **Tension vs Slack**
- b. Plumblin Relationship
- c. Momentum and Timing
- d. Weight Distribution

45) What is the instructor scanning for during Lightning Bolt?

- a. Weight Distribution

- b. Resistance vs Flow
- c. Fulcrum Point
- d. All of the above

46) During Gyro, one releases synovial fluid in the hip joints...

- a. Which builds core strength.
- b. Hydrating the soft tissue in the joint.
- c. Giving a deep tissue massage.
- d. Increasing proprioceptive awareness.

47) Immediately after a BootyWrap & SkirtWrap Inversion which pose do you go into to normalize the systems after inverting?

- a. Floating Child's Pose
- b. Mountain Grounding
- c. Mountain Peak
- d. Prone position on floor

48) In Swan Dive how are we working the spine?

- a. Hyperextension of lumbar vertebrae.
- b. Hyperflexion of lumbar vertebrae.
- c. Hyperextension of the thoracic vertebrae.
- d. Hyper flexion of the cervical vertebrae.

49) What is the most crucial cue to guide a student effectively into PouchWrap for Womb Pose?

- a. Jump straight up.
- b. Gathers six handfuls of fabric.
- c. Pull the Hammock over your toes.
- d. Stand behind your Plumblines.

50) What is the crucial scan for the instructor to make while progressing from Flying Dog to Wheelbarrow?

- a. Both feet wrap around the outside of the Hammock.
- b. Feet wrap on the inside of the Hammock.
- c. Shoulders under hips.
- d. Knees high and feet wrapped on the inside of the Hammock.

51) Which elements are not significant parts of the **classroom environment**?

- a. Music & Lights
- b. Non-obstructed path for movement.
- c. Scent & Room Temperature
- d. Fulcrum Point and Weight Distribution

52) When new students show up in class, where is the **most ideal** Hammock placement to put them?

- a. Next to instructor
- b. front row
- c. middle row(s)
- d. back row

53) Which below is word for word the PREMISE of AntiGravity®?

- a. In Life, the forces that are hidden also pull us up to discover energy.
- b. Hidden in life are the forces that pull us up if you reject the down.
- c. Hidden in the forces that pull us down is the energy of life.
- d. In Life, hidden in the forces that pull us down is the energy to lift us up.

54) Please complete this Christopher Harrison quote: “You are only as young as ...”

- a. Your mind is growing and your spine is opening.
- b. Your spine is flexible and your mind is open.
- c. Your spirit is open and your mind is flexible.
- d. Your body is open and your mind is facile.

55) Which best describes the “Second Meaning” concept of the AG philosophy.

- a. Serious about perfection.
- b. Fighting the forces of gravity.
- c. Playing in the field where gravity and antigravity converge.
- d. Against graveness, pursuing light-heartedness.

56) Part 1: List the “Rule of Thumb” and Part 2: when it is most crucial to remind students of it.

- a. Part 1: Always listen to your instructor. Part 2: At the beginning of class.
- b. Part 1: Drink water often. Part 2: After cardio section.
- c. Part 1: Breath in synchronicity with your movement. Part 2: During Warm Up section.
- d. Part 1: Maintain contact with the Hammock at all times. Part 2: Before flips.

57) What is the assist to get from Peanut into Bat for someone who is struggling with this transition?

- a. From Peanut, press feet into back edge of Hammock and use leverage to get hips over shoulders.
- b. Physically Spot.
- c. Angel Flip Spot.
- d. ShoulderWrap Scan.

58) During Flying Shoulder Stand at Tension, which benefit is most important?

- a. Neck massage.
- b. Strengthening grip.
- c. Increased joint mobility.

d. Alignment and balance for greater kinesthetic awareness.

59) What is the AG Principle the instructor is scanning for during the transition from Swan Dive to Bell and Bell execution?

- a. Weight Distribution
- b. Hands holding ankles.
- c. Full arch in the spine.
- d. Laughing students.

60) During the setup for WingedWrap, the arms press wide inside the Hammock...

- a. While shoulders are fully wrapped.
- b. Around the outside of the shoulders.
- c. With plenty of extra fabric around the nape of the neck.
- d. With elbows free and exposed.

61). According to the AG manual, when it comes to Spotting the following is TRUE:

- a. Be aggressive, fast and forceful.
- b. Trajectory of movement refers to where the Hammock is placed.
- c. Progressions aren't really necessary if you are a good spotter.
- d. Spot the limbs more often than the torso.

62). Which of the following is NOT a Type of Spot according to the AG manual?

- a. Safety Spot
- b. Comfort Spot
- c. Reverse Body Spot
- d. Verbal Spot