

**Christopher Harrison's AntiGravity®  
Suspension Fitness 2 Teacher Training  
TEST**

**TRUE / FALSE**

- T** 1. Before taking flight in a “Swingers Club” Suspension Fitness 2 class, it is important to emphasize the Principle of Momentum & Timing.
- F** 2. Suspension Fitness 2 is the AG program where you MUST push yourself beyond your limits.
- F** 3. While teaching Shooting Comet Swings, it doesn't matter what happens on the back swing or front swing, just Fly!
- F** 4. The difference between Shooting Comet Swings and Swinging Star Swings is the position of the legs.
- T** 5. In Swinging Full Circle Inversion, maintain as much Tension from the Hammock to the body while moving from Scorpion and Wheelbarrow.
- F** 6. Placement of the BackWrap in Split Switches should be in the armpits.
- T** 7. Creating an opposing force from the floor to the Hammock will make for a successful stretch throughout the Switches.
- T** 8. Setting your students up in a PushPullGripWide during Taffy makes this exercise more challenging.
- T** 9. It is important to only go as far with the Taffy, push/pull movement, as possible without changing the shape of the body.
- F** 10. Flexion and extension through the spine is the only benefit we find in Elephant Sways.
- T** 11. Mule Kicks start at Front Tension.
- F** 12. Working towards keeping the body relaxed while moving back and forth through the Plumline in Mule Kicks is unsafe.
- T** 13. Keeping the knees into the chest while in Flying Dog at Back Tension is an important safety cue to reiterate during the sequence.
- F** 14. Hands should be placed behind the Plumline and directly under the shoulders for FrontBelt Scorpion.
- F** 15. Swinging is encouraged at anytime during AntiGravity® Fitness classes.
- T** 16. Breaking down Swoosh Flip / Tuck into progressions before completing in its entirety will help students be successful.
- F** 17. Utilizing the Principle of Momentum & Timing, what happens on the back swing, what happens on the front swing, is NOT crucial during Swoosh Flip.
- T** 18. The points of power in Swoosh Flips are: Chin to Chest, hands sliding down and pulling, Momentum & Timing.

- T** 19. The two most important safety cues when coming into ReverseAnkleTrap are: Reach for the floor when losing balance and keep weight pushing down into working leg.
- T** 20. Arms are in an Inlocate position during Apollo stretch.
- F** 21. Everyone should be able to reach perfection in the Inverted Pull Ups sequence on the first try.
- T** 22. Tension vs Slack is an extremely important Principle to utilize during Mummy and Robin sequence.
- F** 23. Free Swinging Foot Work only focuses on strength and joint mobility in the feet.
- F** 24. In a WingedWrap, Plumblin relationship doesn't matter.
- T** 25. BackBeltSingleThighWrap creates a tourniquet effect on the leg.

### MULTIPLE CHOICE

1. The following cueing would make a student successful in a Nadia Pike Flip:
  - a. On the back swing, pull down with the arms and look for the floor.
  - b. On the front swing, pull down with the arms and look for the floor.
  - c. When you're under the plumblin, pull down and look for the floor.
  - d. When you're ready GO!
2. Swinging Falling Star is an exercise focusing on the Principle of:
  - a. Plumblin Relationship
  - b. Momentum & Timing
  - c. Resistance vs Flow
  - d. All of the above.
3. One of the primary benefits of Kite/Curl inversion is:
  - a. To open up the hips.
  - b. To strengthen and stretch the spine in both directions.
  - c. To massage the Quadratus Lombardis.
  - d. To swing.
4. When moving the body from Airplane to Crane, the working leg:
  - a. Can turn out, opening up the hips.
  - b. Stays on the same plane when moving behind the body to the side of the body.
  - c. Bends and extends to transition.
  - d. Does whatever it needs to in order to find the position.
5. The primary area of the body we are looking to work in SpeedSkater Tugs and Hop Scotch Tugs is:
  - a. Feet.
  - b. Legs.

- c. Upper body.
  - d. Abs.
6. The Principle of finding equal Weight Distribution is extremely prominent in:
- a. Standing Plank Push Ups and HalterWrap Balancing.
  - b. Speed Skater Tugs and Hop Scotch Tugs.
  - c. Crane Sequence and SpeedSkater Tugs.
  - d. Free Swinging Foot Work and BackWrap Split Switches.
7. Trenches from FrontBeltWrap will allow students to really focus on:
- a. The strength in their legs.
  - b. Keeping Tension vs Slack on the Harrison Hammock while moving the body.
  - c. Lengthening and strengthening side body along with extensors of the spine.
  - d. Both B and C
8. Students will find success in Mission Impossible if they:
- a. Just use the leverage of the legs.
  - b. Just use the leverage of the upper body.
  - c. Open legs wider then the Harrison Hammock.
  - d. Work both sides of the body, legs and chest, equally.
9. Swinging ArmChair Abs is an exercise for the:
- a. Rectus Abdominus.
  - b. Transverse Abdominus.
  - c. Obliques.
  - d. Entire trunk of the body.
10. Resistance vs Flow and Momentum & Timing are crucial in completing Flying Crab Roll. What are two important Philosophies that can also work and accompany these Principles for a fun successful flip?
- a. Open Up Be Free and Use it or Lose it
  - b. Music as Inspiration and Open Up Be Free
  - c. Pursuit of Excellence and Open Up Be Free
  - d. Use It or Lose it and Safety First
11. If the student has a longer torso and shorter legs, the Fulcrum Point utilized during X Rocks will be:
- a. A little lower than the sacrum.
  - b. A little higher than the sacrum.
  - c. Right at the sacrum.
  - d. At their sweet spot.
12. When moving through Kneeling Traction sequence, make sure to cue \_\_\_\_\_ to avoid pressure on the lumbar spine.
- a. Opposing forces, pulling down with the shoulder blades and up through the top of head.

- b. Squeeze the glutes and tug with grip.
  - c. Engage the abdominals and arch back.
  - d. Pull down with the arms and engage the abdominals.
13. Plankalicious is a full body exercise. What combination of Principle and Philosophy best sets students up for success?
- a. Levity & Pursuit of Awareness
  - b. Presence & Music as Inspiration
  - c. Monitor Your Resistance & Pursuit of Excellence
  - d. Trust & Dream of Flight
14. The difference between Falcon and Victory pose is:
- a. GWT
  - b. Extended standing leg and extended arms.
  - c. Tension vs Slack
  - d. A smile.
15. When coming into a Front Flip to Possum the Principle of \_\_\_\_\_ is crucial for success.
- a. Trust
  - b. Plumblines Relationship
  - c. Resistance vs Flow
  - d. All of the above.
16. Pericardium Stretch opens up space in the body and allows what benefits to be received?
- a. Tingling in the arms and fingers.
  - b. Stretch through the hamstrings and gastrocnemius.
  - c. Breath through the chest.
  - d. Tourniquet effect and opening up space in the chest and arms.
17. The most important safety cue when coming into CloseHammockShoulderWrap Levitations is:
- a. Place the Harrison Hammock in the middle of the cervical spine.
  - b. Make sure you're strong enough to try this.
  - c. Do not turn head right or left once upside down.
  - d. Fly High!
18. In the spot during a Front Pull Up Walkover, the instructor stands:
- a. Directly behind the student.
  - b. On the standing leg to the side of the student.
  - c. Right in front of the student.
  - d. From the side of the student where the leg is kicking.
19. The most challenging part of a Front Pull Up Walkover is:
- a. The half of a chin up as you come around to the front.

- b. Kicking the leg up and over.
  - c. Going for it.
  - d. Being Perfect.
20. The feet in a Skydiver are:
- a. Pointed.
  - b. Flexed.
  - c. It doesn't matter.
  - d. Wrapped.
21. When setting up for Mothership, the 10 gathers come around the shoulders and you pull the bottom edge:
- a. Down to the ankles.
  - b. Down to the back of the knees.
  - c. To the top of the leg line.
  - d. To the BackBelt Line.
22. Swinging Falling Star is a great exercise in Momentum & Timing as well as Trust. Depending on the student, the sequence can be completed in a count of:
- a. 4 or 6
  - b. 2 or 4
  - c. 5 or 10
  - d. Monitoring Resistance is the most important.
23. When spotting in a Flying Crab Roll, the instructor is giving a Momentum Assist with their hand on the student's:
- a. Fulcrum Point.
  - b. In between their shoulder blades.
  - c. Back of their hand.
  - d. Pulling down their legs.
24. Using Orientation spots during class will help students:
- a. Be clear and concise on the direction of movement.
  - b. Know what color the walls are.
  - c. Check out the new studio art.
  - d. Help the class stay together.
25. When practicing SF2 it is expected that you:
- a. Suspend your disbelief.
  - b. Open Up, Be Free.
  - c. Always strive for excellence rather than perfection.
  - d. All of the above.