

## **POLESTAR PILATES SELF-MASTERY CHECK-OFF**

The self-mastery check-off must be done by a Polestar educator or mentor. This is intended as a check-off showing the trainee's preparedness to sit the Polestar certification exam where the trainee will need to pass each section by 80%.

### **Criteria for 'demonstration' of the exercises:**

The trainee ...

- ... knows the exercise and all its variations;
- ... moves correctly using the movement principles;
- ... moves with control;
- ... moves fluidly;
- ... knows how to self-correct.

### **Criteria for 'teaching' of the exercises:**

The trainee ...

- ... knows the exercise and all its variations;
- ... knows correct equipment set-up;
- ... corrects student as needed;
- ... demonstrates safety measures;
- ... teaches using appropriate tactile, verbal and imagery cues.

During the Comprehensive courses time is allocated each weekend for self-mastery check-off. For the first half of the year only the demonstration of the exercises is checked. After the SR3 course teaching of the exercises is also checked.

During the much shorter Mat or Reformer course extra time is set aside to check only the exercise demonstration.

Things that have not been checked off during course time need to be checked off in the trainee's time and can be done by booking (either individually or in a group) with an educator or mentor.