

ANIMAL FLOW LEVEL 2 - CERTIFICATION TEST INSTRUCTIONS

You will need to submit a video or complete a live test out in order to become a Certified Level 2 Instructor:

PART 1 - YOUR FLOW

Submit a video of yourself performing a Level 2 Flow, meeting the following criteria:

- A. At least 3 minutes long
- B. Demonstrate that you can successfully perform a Tuck Balance for at least ONE second. If you can hold for more than one second, that's fine, just be sure to keep it under 5 seconds, so that you're not taking up too much time. If you're still inconsistent with your tucks, be sure to attempt to hit the tuck towards the beginning of your flow instead of in the middle or end.
- C. Include ALL of the Switches & Transitions from Level 2 and MOST from Level 1

Level 2 moves:

- Reaching Underswitch
- Underswitch to Deep Ape
- Crocodile Roll
- Pop Out
- Roll through
- Scorpion Sweep
- Tuck balance (see section B above)

Level 1 moves - try to include them all, although we won't deduct points if you miss one or two.:

- Underswitch
- Underswitch Tap
- Jumping Underswitch
- Scorpion Switch
- Full Scorpion
- Side Kickthrough
- Jumping Side Kickthrough
- Levitating Side Kickthrough
- Front Step
- Front Step Through
- Front Kickthrough

Remember, this does not mean that you need to perform each movement to both sides. In fact, we don't like to see the movements alternated immediately from one side to the other. However if you do repeat the same movement later in the flow, it's completely fine.

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Perform ALL Form Specific Stretches. Just be sure to space them out during the 3 minutes.

- Loaded Beast Unload
 - Wave Unload
 - Beast Reach
 - Scorpion Reach
 - Ape Reach
 - Crab Reach
- D. Perform ALL Traveling Forms from Level 2 (Bear, Crocodile, Leopard). You may also use any of the travels from Level 1. Just remember, the travels should be used as a transition, meaning that you should get in and out of the traveling form quickly and fluidly. If performing a quadrupedal travel, there should be no more than 2 or 3 strides. If it's a bilateral movement like Ape, there should be no more than one rep per variation.
- E. Demonstrate that you have a solid understanding of how to use tempo changes. We want to see varying tempo throughout the entire flow.
- F. IF you set your flow to music, avoid using copyrighted music - we frequently like to share people's Level 2 test out videos, and prefer to not get in trouble with YouTube or Facebook for having copyrighted music.

PART 2 - TEACHING

Submit a video of yourself teaching THREE of the L2 moves to someone else. You'll want to teach the moves to someone who is already familiar with Animal Flow - ie another instructor or a client you've been working with, so that you aren't starting from the beginning. Each movement should take no more than three minutes to teach. That should give you enough time to

- Demonstrate
- Observe
- Give feedback
- Allow them to attempt again
- Give more feedback or a different strategy if necessary

Be sure not to move on until you feel comfortable with their performance. If you find that it's taking more than three minutes, stop the recording and spend some additional time helping them through the process. Then record again.

SUBMISSION FORMAT:

Please submit TWO* separate videos, one for each section.

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We prefer that you upload the video(s) to our Animal Flow test out videos channel. If you have your own YouTube channel, you can use that, but please set the video to Unlisted (not private, and not public).

We prefer NOT to receive it via File Transfer, because that can delay our ability to watch it quickly if we need to download large files while traveling.

To upload to our YouTube channel: We need to change the password frequently, so email Admin@AnimalFlow.com for the current password and login when it's time to upload.