

II - EVALUATING POSTURES

- Front
- Bottom to Top
- Back

B. Evaluation of Instructor's Teaching:

Correction of Students' postures

For the Evaluators:

Guidelines for the push:

- Push must be straight
- Time of pushing not too long
- Slow building up of force
- No jerking
- The push must be rooted
- Women and men are evaluated in the same way
- The same push may be repeated up to three times

	Certified	Retry
1 st Evaluation		
2 nd Evaluation		
3 rd Evaluation		

Evaluation given by and dated:

- 1)
(Please print)
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- 2)
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- 3)
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