

DDP Yoga Certification:

Self-Assessment Questionnaire

1. Introduction:

- a) Did the Intro section contain the following 6 pieces of information?
1. Welcome to DDP Yoga Level 1 class
 2. Instructor's name
 3. Push-up-plank option
 4. Heart rate monitor reminder
 5. Check ego
 6. Asking about injuries
- b) Delivery - was your introduction wordy, unclear, rushed, too long, or problematic in any other way?
- c) Was the intro longer than DDPs intro in the original video? Did it contain superfluous information?

Record Additional Notes Here:
(Form, Flow, Delivery, Notable Errors, etc.)

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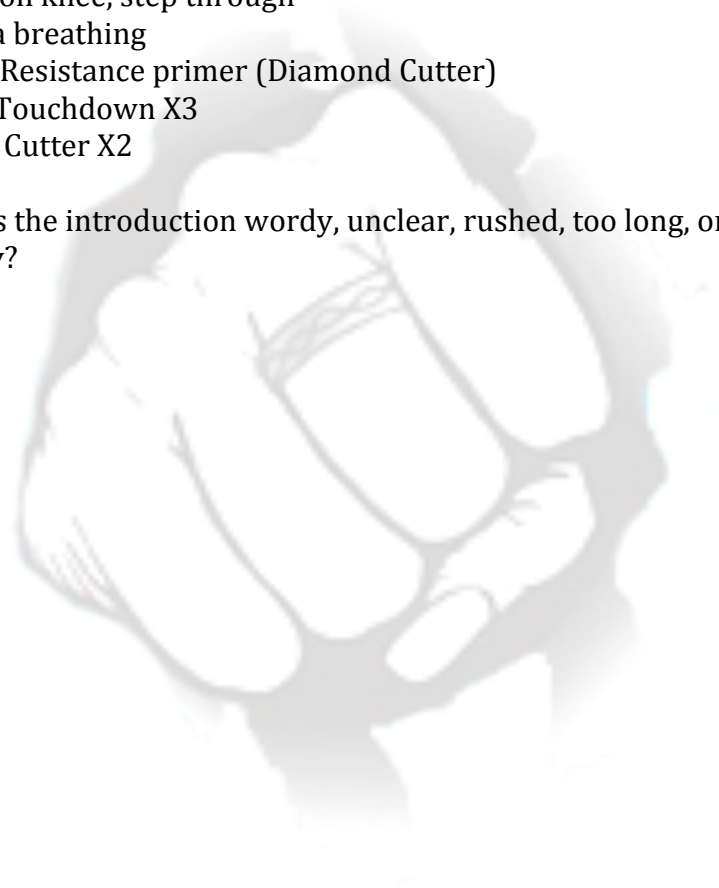
Self-Assessment Questionnaire

2. The Warm-Up Phase:

a) Did the Warm-up Phase contain the following sequence of moves?

1. Safety zone
2. Come up on knee, step through
3. DDP Yoga breathing
4. Dynamic Resistance primer (Diamond Cutter)
5. Ignition, Touchdown X3
6. Diamond Cutter X2

b) Delivery - was the introduction wordy, unclear, rushed, too long, or problematic in any other way?



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3. The Barback Phase:

a) Did Barback Phase contain the following sequence of moves?

1. Flex quads, glutes, grab ball
2. Touchdown
3. Huddle up
4. Bent-legged Barback
5. Fold Forward (Repeat 4 + 5 2X)
6. Bent-legged Barback to Stiff-legged Barback, offer reaching hands out.
7. Fold forward
8. Roll up to Touchdown
9. Diamond Cutter
10. Check HR

b) Did you offer to bring hands out in front for extra challenge during Stiff-legged Barback?

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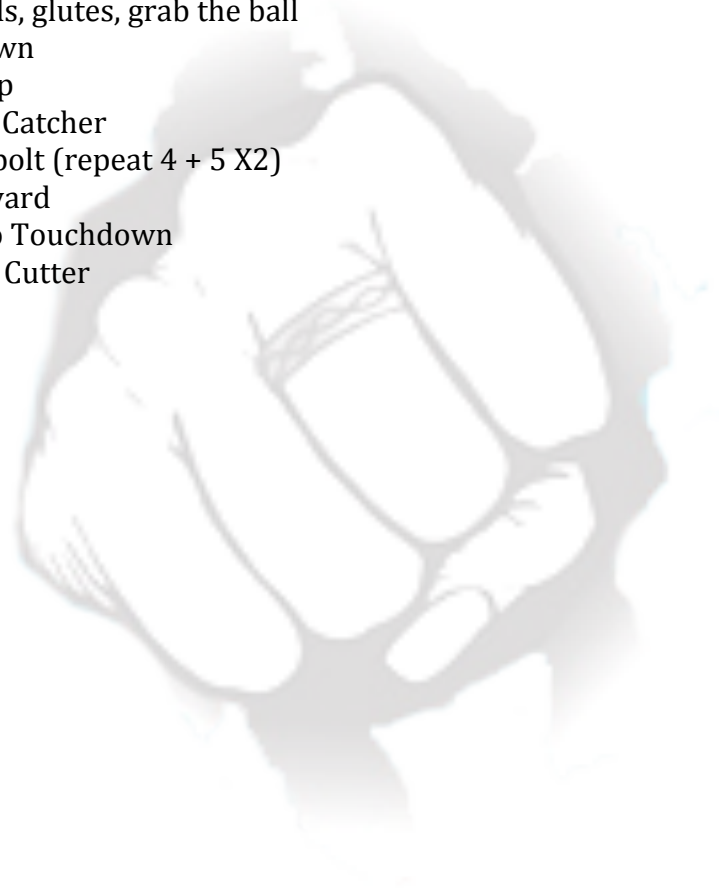
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4. The Barback/Catcher to Thunderbolt Phase:

a) Did The Barback/Catcher to Thunderbolt Phase contain the following sequence of moves?

1. Flex quads, glutes, grab the ball
2. Touchdown
3. Huddle up
4. Lower to Catcher
5. Thunderbolt (repeat 4 + 5 X2)
6. Fold forward
7. Roll up to Touchdown
11. Diamond Cutter



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5. The Push-ups/"Sun Salutations" Phase:

a) Did the Push-ups/"Sun Salutations" Phase contain the following sequence of moves?

1. Flex quads, glutes, grab the ball
2. Touchdown
3. Huddle up
4. Bent-legged Barback
5. Plank
6. 3-count Push-up
7. Cobra
8. Down Dog
9. Huddle Up
10. Catcher
11. Thunderbolt
12. Fold Forward
13. Touchdown
14. Diamond Cutter (minus the "shake it out") (repeat 3-14 X2)
15. Shake it out

b) Did you give the option to STEP OR POUNCE to huddle up?

c) Did you go straight from "Attention" to "Huddle Up" after the first and second iterations of "Step 14. Diamond Cutter" (i.e. omit the "shake it out")

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6. The Twisted Lunge Phase:

- a) Did the Twisted Lunge Phase contain the following sequence of moves?
1. Flex quads, glutes, grab the ball
 2. Touchdown
 3. Huddle up
 4. Bent-legged Barback
 5. Plank
 6. 3-count Push-up
 7. Cobra
 8. Down Dog
 9. 3-legged Dog
 10. Supported Lunge
 11. Grab ball
 12. Superstar
 13. Butterfly Stroke to Superstar, X3
 14. Fold Forward
 15. Twisted Lunge (count from 5)
 16. Runner's Lunge
 17. Exploding Touchdown (count from 10)
 18. Touchdown Side Bends
 19. Diamond Cutter (omit shake it out) (Repeat steps 3 - 19 on other side)
 20. Shake it out
 21. Water Break, Check HR
- b) Did you call out MODIFICATIONS for supported lunge?
- c) Did you call out MODIFICATIONS for Twisted Lunge (i.e. offer a block)?
- d) Did you hold Twisted Lunge for equivalent amount of time on both sides?
- e) Did you call out the MODIFICATIONS for the Exploding Touchdown?

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7. The Punching Phase:

- a) Did the Punching Phase contain the following sequence of moves?
1. Flex quads, glutes, grab the ball
 2. Touchdown
 3. Huddle up
 4. Bent-legged Barback
 5. Plank
 6. 5-count Push-up (down and hold only)
 7. Cobra
 8. Down Dog
 9. 3-legged Dog
 10. Supported Lunge
 11. Grab ball
 12. DR Punches X3
 13. Quick Punches X10
 14. Superstar
 15. Exploding Touchdown
 16. Touchdown Sidebends
 17. Diamond Cutter (Repeat steps 1 - 17 on other side).
- b) Did you show how to pull back hip when bringing fist back for punches?

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8. The DR Rows/Curls Phase:

a) Did the DR Rows/Curls Phase contain the following sequence of moves?

1. Flex quads, glutes, grab the ball
2. Touchdown
3. Huddle up
4. Bent-legged Barback
5. Plank
6. 10-count Push-up (down and hold only)
7. Cobra
8. Down Dog
8. 3-legged Dog
9. Supported Lunge
10. Grab ball
11. DR Rows and Curls X3
12. Fold Forward
13. Deep Twisted Lunge with hand to sky (count from 5)
14. Runner's Lunge
15. Supported Lunge
16. Exploding Touchdown (count from 10)
17. Touchdown Sidebends,
18. Diamond Cutter (omit "shake it out")
19. Speed Skater (Repeat steps 3-19 on other side)
20. Shake it out
21. Water Break

b) Did you call out all MODIFICATIONS for the Deep Twisted Lunge?

c) Did you hold Deep Twisted Lunge for same amount of time on both sides (especially when arm raised)?

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9. The Alligator Phase:

a) Did the Alligator Phase contain the following sequence of moves?

1. Flex quads, glutes, grab the ball
2. Touchdown
3. Huddle up
4. Bent-legged Barback
5. Plank
6. 40-second Alligator
7. Cobra
8. Down Dog
9. Safety Zone

a) Did you call out all the following MODIFICATIONS during Alligator:
Dolphin, Dolphin with 1 leg in air, Forearm Balance, Alligator Crunches?

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10. The Broken Table/Bow and Arrow/Road Warrior Phase:

a) Did Broken Table/Bow and Arrow/Road Warrior contain the following sequence of moves?

1. Table
2. Cat Lift
3. Cat Arch (Repeat Steps 2 and 3 1X)
4. Table
5. Broken Table (count from 5)
6. Broken Table Crunches X5, hold final crunch for 5 seconds
7. Broken Table (count from 5) (Repeat Steps 4 - 8 on other side)
8. Cat Lift
9. Cat Arch (Repeat Steps 8 and 9 X1)
10. Table
11. Come up on knees
12. Bow and Arrow, both arms to sky
13. One arm to heel (Repeat Steps 12 and 13 on other side)
14. Bow and Arrow both arms to sky
15. Both hands to heels (count from 5)
16. Bow and Arrow both arms to sky
17. Table
18. Down Dog
19. Walk the Dog
20. 3-legged Dog
21. Road Warrior and grab ball
22. Road Warrior 1
23. Road Warrior 2
24. Showstoppers X3
25. Reverse Road Warrior
26. Extended Angle
27. Reverse Road Warrior
28. Straighten front leg and turn body forward
29. Triangle (count from 10)
30. Straighten front leg and turn body forward
31. Reverse Triangle(count from 10)
32. Runner's lunge with hands on inside

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33. 3-legged Dog
34. Plank
35. MSM
36. Down Dog (Repeat steps 35 and 36) (Repeat Steps 20 - 36 on the other side, checking HR after step 26)
37. Huddle Up
38. Catcher into Thunder bolt X3 10-second, 5-second, 3-second
39. Fold forward
40. Touch Down
41. Diamond Cutter
42. Water Break.

- b) Did you call out MODIFICATIONS for Bow and Arrow?
- c) Did you stress keeping knee at 90 degrees during Reverse Road Warrior? Was this reflected in your own form?
- d) Did you hold Triangle and Reverse Triangle for the same length of time on each side?
- e) Did you stress keeping leg straight during Triangle and Reverse Triangle?

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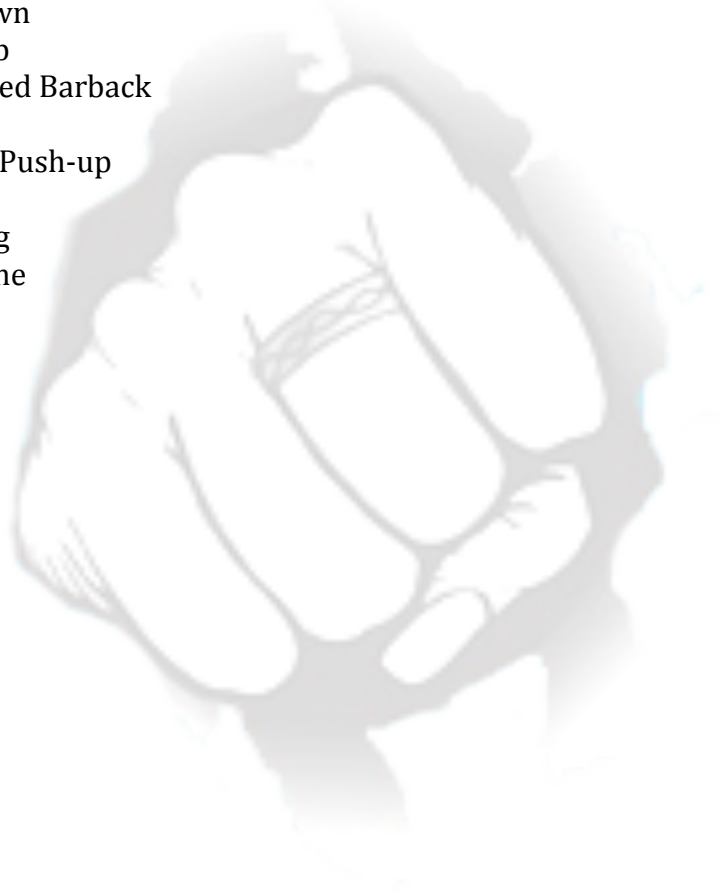
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11. The 10-Count Push-Up Phase:

a) Did the 10-Count Push-up Phase contain the following sequence of moves?

1. Flex quads, glutes, grab the ball
2. Touchdown
3. Huddle up
4. Bent-legged Barback
5. Plank
6. 10-count Push-up
7. Cobra
8. Down Dog
9. Safety Zone



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12. The Cool-Down Phase:

a) Did the Cool-Down Phase contain the following sequence of moves?

1. Table
2. Cat Lift
3. Cat Arch
4. Seated Bat
5. Straighten leg with other foot on ground (repeat on other side)
6. Straighten leg with other foot off the ground (repeat on other side) X2
7. Both legs in air (count back from 10)
8. Inverted Table
9. Human Cannonball Rolls
10. Dead Bug
11. Flying V (Repeat Steps 9 and 10)
12. Dead Bug
13. Pinfall into Bridge
14. Human Cannon Ball (Repeat Steps 12 and 13)
15. Pinfall
16. Easy Twist
17. Deep Twist
18. Figure-4 Stretch
19. Pinfall into Bridge
20. Human Cannonball
21. Pinfall into Bridge (Repeat Steps 14- 20 on the other side)
22. Human Cannonball
23. Deadman or Woman
24. Cannonball to Sitting
25. Square Sit Bones
26. Namaste to T'n'A joke
27. Deep breath/BANG
28. You guys kicked it today!

b) Did you explain Figure-4 Stretch clearly?

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13. Overall Performance:

1. Did you demonstrate good form in their movements throughout the workout?
2. Did you have at least 2 students?
3. Did you mirror the student movements?
4. Did you give a CLEAR explanation of all moves in this workout, without rambling or causing unnecessary breaks in the flow of the workout?
5. Did you call the breath for each movement?
6. Did you check and correct the students' form frequently?
7. Was your delivery wordy, unclear, rushed, too long, or problematic in any other way?
8. Did you give enough water breaks and heart rate checks, without interrupting the flow of the workout?
9. Were you overly reliant on notes, or forbidden forms of technology (iPods)?
10. Was the workout performed from start to finish with no interruptions?
11. Was the workout 1 hour long? Was the time used wisely minimal idle time?
12. Was the overall tempo and flow of the workout good?
13. Were you professional? Did the instructor "seem" like a fitness professional?
14. Did you have a good energy? Were your students counting, Hulking it Up, being loud and energized?

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15. Was there any music playing? Did it help build an energetic environment? Was it at a good volume?

Final Comments:

Overall impression of your workout:



BANG!

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