

# Welcome to L3 Pilates

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# Our journey begins...

- ▶ Level 3 MATWORK Pilates
  - Unit 1: Level 3 A&P
  - Unit 2: Support Clients worksheet
  - Unit 3: H&S worksheet
  - Unit 4: Principles of EFH
- ▶ *Those who are already L2/L3 will be accredited for Units recognised by AIQ.*

# Our main focus

- ▶ 5. Principles of Pilates Matwork
  - ▶ 6. Programming Pilates Matwork
  - ▶ 7. Instructing Pilates Matwork
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- ▶ You must be successful in all 7 Units in order to gain the L3 Pilates qualification.

# Learning Outcomes

By the end of this session you will be able to

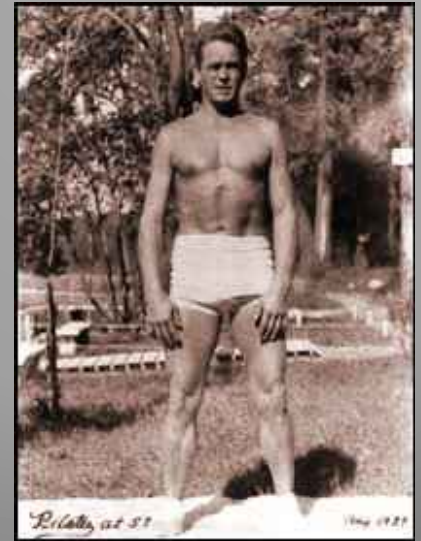
- Summarise the history of Joseph Pilates
- Explain the original principles and fundamentals of Joseph Pilates, to include:
  - breathing
  - concentration
  - control
  - centring
  - precision
  - flow
  - alignment
- ❖ Show an awareness of the repertoire of the 34 original Pilates matwork exercises

# Joseph (Joe) Pilates 1880–1967




Joseph Pilates was born near Düsseldorf, Germany on December 9th 1880\*

\*Some biog dates differ




Joseph Pilates, age 59

# Childhood


- Skinny & sickly child. He suffered from asthma, rickets and rheumatic fever.
  - Bullied
  - Studied from anatomy books and watched animals to see how they moved.
  - Studied both Eastern and Western forms of exercise, including yoga
  - By 14 he was modelling for anatomy charts
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# Moves to england

1912 – England

- ❖ trained as a boxer and found employment as a circus performer
  - ❖ In 1914 after WWI broke out he was interned in Lancaster. There he taught wrestling and self-defence
  - ❖ It was here that he began refining and teaching his minimal equipment system of mat exercises that later became "Contrology".
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# Develops his system

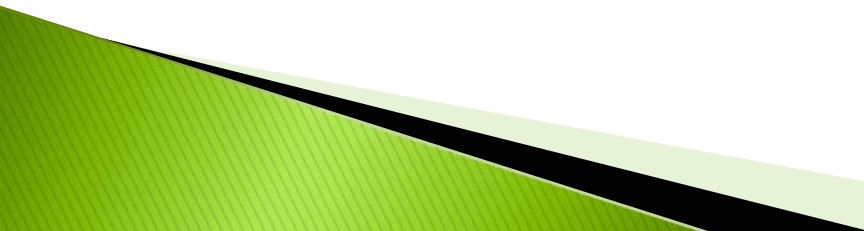
- Pilates was later transferred to The Isle of Man
  - He asked to be allowed to help the patients in the infirmary with exercise.
  - “You can do anything you like with them, as long as they stay in bed”.
  - Pilates took apart the hospital beds.
  - This was the first version of “The Cadillac”
- 




# Cadillac/trapeze table



# After the war

- 1919 Pilates returned to Germany
  - Began training the Hamburg Military Police as well as taking on personal clients.
  - Discovers dance and his method gained favour in the dance community, primarily through Rudolf von Laban, (one of the founders of European Modern Dance)
  - In 1923 Pilates was invited to train the New German Army but he was not happy with the political direction of Germany
  - Leaves for the USA
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# America 1926

- On his way to America Joe (now 45) met Clara
  - They took over a boxing gym on Eighth Ave, New York
  - Dancers everywhere!
  - Joe's system of "Contrology" was used in the rehabilitation and training of many dancers
  - "Contrology" comprises Pilates' original 34 exercises
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# First studio



First studio

Pilates trained many 'apprentices' (known as "The Elders") who went on to open their own studios

Ron Fletcher      Kathy Grant

Eve Gentry      Bruce King

Carol Trier      Mary Pilates

Bob Fitzgerald      Jay Grimes

Bob Seed

Romana Krysanowski

# The death of joe

- ▶ Pilates died in 1967
- ▶ Cause is thought to be advanced emphysema – the result of smoking cigars for too many years. Other biogs say he died in a fire.

Clara Pilates, regarded by many as the more superior teacher, continued to teach and run the studio until the end of her life in 1977.




Pilates in his 80s

# Pilates in the uk

- **Alan Herdman**
- Visits NY in the late 1960s
- Works with Carol Trier and Bob Fitzgerald
- Brings 'Pilates' back to London in the early 70s
- Apprentices of Herdman develop their own schools:
  - ▶ Michael King
  - ▶ Gordon Thompson
  - ▶ Dreas Reyneke

# Pilates develops

- Cherry Baker – Modern Pilates (UK)
  - Michael King – Pilates Institute
  - Lyn Robinson and Gordon Thompson – Body Control Pilates
  - Lindsay & Moira Merrithew – Stott Pilates
  - Mari Winsor – Winsor Pilates
  - Penny Latey – dancer who studied with Dreas Reyneke.
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# The Development of Pilates in The UK

The first UK studio was established in London in 1970 at The Place at London Contemporary Dance by Alan Herdman, a London-based dancer and teacher who had studied Pilates in New York in the late 1960's


Pilates remained London and studio based for many years, only really reaching a wider audience following the publication of the first ever Pilates book written for the general public

*'Body Control The Pilates Way'* by Lynne Robinson and Gordon Thomson. (1997)

In the UK there are now many different schools and approaches to The Pilates Method.



# Pilates today


- Pure
  - Modern
  - Core Stability
  - Functional
  - Mat based
  - Equipment
  - Small equipment
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# DEVELOPMENT OF PILATES

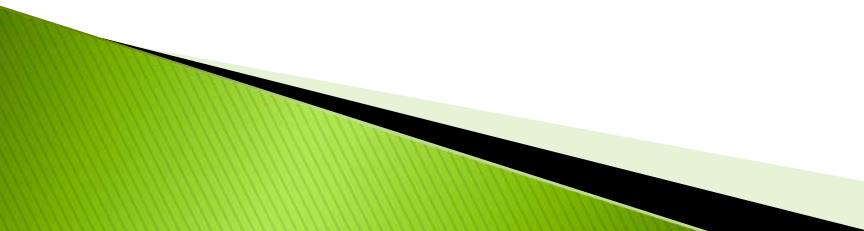
- ▶ The development of Pilates can be seen as a tree:
- ▶ Joseph Pilates is the Trunk of the Tree
- ▶ The main branches are The Elders
- ▶ The smaller branches are the subsequent teachers who developed their own schools and genres of Pilates
- ▶ (we are probably best likened to the leaves of the tree!)



# Pilates differences

- ▶ Schools tend to adhere to basic key Pilates principles – but may modify around the edges.
  - ▶ ‘Modern’ schools offer approaches influenced by current day thinking e.g. bracing versus flat back, hollowing or imprint; removal of contraindicated elements.
  - ▶ Exercises performed without the application or integration of Pilates principles **ARE NOT PILATES EXERCISES.**
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# THE LEGAL BATTLE

- For some years, the Pilates name was a trademark.
  - Only people who went through a very specific program could use the name Pilates.
  - Everyone else used “Pilates based” or “Pilates Inspired”.
  - In 2000, after a four-year legal battle the courts declared that the name Pilates stood for an exercise system and could not be trademarked.
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# Pilates equipment

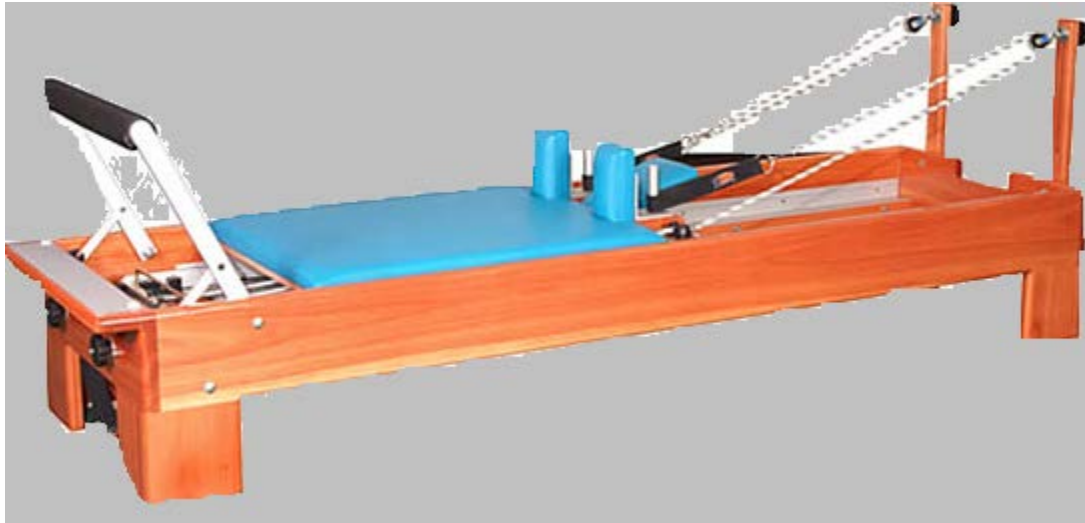
## ▶ THE BARREL



# The chair



# The reformer




# Wall unit

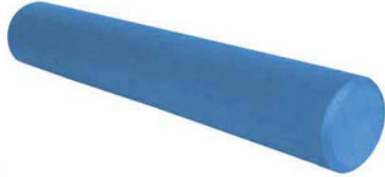




# What will you teach?

- ▶ This course will qualify you to teach mat-based Pilates
  - ▶ The use of large Pilates equipment requires separate certification
  - ▶ You will be able to use small pieces of studio equipment
  - ▶ Such as...
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# Mat based



# Resources

- ▶ *Return to Life Through Contrology and Your Health*
  - ▶ *Presentation Dynamics*
- ▶ *The Anatomy of Pilates [Paul Massey]*
  - ▶ *Lotus Publishing*
- ▶ *Pilates Method [Debbie Lawrence]*
  - ▶ *A&C Black*

# Structure of a Pilates class

- ▶ 3 phases
- ▶ Beginning – middle – end

- preparation phase (warm up)



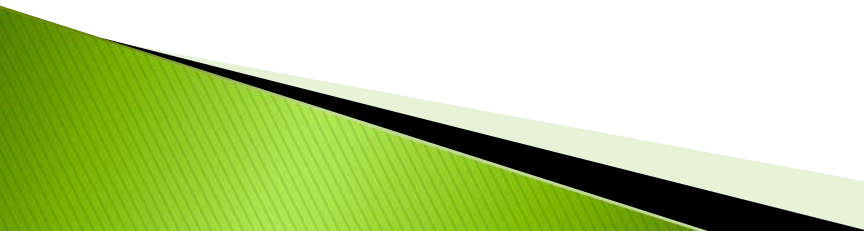
- main phase



- closing phase (cool down)




# Start positions

- ▶ Standing (both feet, single foot)
  - ▶ Seated (crook, staff, cross-legged, straddle)
  - ▶ Kneeling (low kneel and high kneel)
  - ▶ Prone lying (flat and elevated on elbows)
  - ▶ Prone plank (press up position)
  - ▶ Side lying and side kneeling
  - ▶ Quadruped (all fours)
  - ▶ Supine (crook knee, corpse, table-top)
  - ▶ Supine plank (knees bent/legs long)
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# Preparation phase

- ▶ to 'prepare' the client mentally and physically for the main content.
- ▶ establish/refresh the principles and fundamentals of Pilates technique
- ▶ Exercises should focus on:
  - Releasing of tension
  - Concentration/focus – mind–body
  - Awareness of postural alignment – finding 'neutral'
  - Breathing technique
  - 'Switching on' the core muscles
  - Mobilisation (limbering up)

# Preparation phase


- ▶ Can be performed standing or lying
  - ▶ Ensure body is aligned from head to feet
  - ▶ Ensure body is warmed and mobilised from head to feet
  - ▶ Special attention to spine
  - ▶ **A-B-C FUNDAMENTALS**
    - (Awareness)
    - **Alignment**
    - **Breathing**
    - **Core/Centre**
    - (Concentration)
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- A diagram consisting of a green arrow pointing left towards a vertical green bracket. The bracket is positioned to the right of the words 'Alignment', 'Breathing', and 'Core/Centre' in the list above, grouping them together. To the right of the arrow is the word 'FUNDAMENTALS' in green capital letters.

# Principles of Pilates


- ▶ breathing
  - ▶ concentration
  - ▶ control
  - ▶ centring
  - ▶ precision
  - ▶ flow
- 




# Pilates breathing

- ▶ Inhale to prepare
  - ▶ Exhale on the effort – switching on stabilisers
  - ▶ Inhale on the “return”
  - ▶ The exhale phase may be concentric or eccentric
  - ▶ Avoid breath holding
  - ▶ Exhaling assists with TA engagement
  - ▶ Thoracic breathing (middle)
  - ▶ Lower ribcage will move
  - ▶ Thoracic breathing (upper)
  - ▶ Little or no movement – shallow breathing.
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# Breathing

- ▶ Correct techniques are central to Pilates
  - ▶ Making maximum use of the expansion of the ribcage and therefore the lower lungs.
  - ▶ Utilising the timing of the breath to maximise the effectiveness of the movements.
  - ▶ Each exercise has its own breathing pattern. You link movement and breath
  
  - ▶ Breathing patterns for each exercise should be learnt and followed to achieve maximum benefit from the exercises.
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# Concentration

- ▶ Exercises which help focus are an essential part of the Preparation phase –without appropriate focus, correct alignment may be lost or faulty movements performed.
  - ▶ be mindful of all movement ... focus should be on the present, not the end result
  - ▶ Unlike other fitness training, the number of repetitions, sets or the amount of resistance is not as important as the quality of the movements.
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# Control

- ▶ ‘Contrology’ requires clients to concentrate fully and maintain control of their bodies throughout the whole session.
  - ▶ Co-ordination is the ability to perform smooth and accurate movements.
  - ▶ Balance is the ability to maintain equilibrium or centre of mass over the base of support.
  - ▶ Pilates aims to fine tune co-ordination and balance skills so that the mind and body work together as you perform all the exercises
  - ▶ Initially, this is a conscious learning process but, with sufficient practice, the movements become “automatic”.
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# Centring

- ▶ The ability to control your movements from the centre or core lies at the heart of Pilates
  - ▶ The term ‘core stability’ is sometimes referred to in Pilates as “The Powerhouse”
  - ▶ To encourage use of the deep abdominals to help protect the spine Joseph Pilates used the cue ‘navel to spine’ when he was teaching
  - ▶ Today, different schools of Pilates have adopted a wide variety of cues to help clients engage their ‘centre’.
  - ▶ “Brace” versus “hollow”
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# Precision

- ▶ Precision of movement requires:
    - ▶ Total concentration
    - ▶ Control of the breath
    - ▶ Alignment of the body
    - ▶ The use of centring
  - ▶ No part of the body should be uncontrolled
  - ▶ The precise angle of the head neck, shoulders, elbows, hips, knees, ankles, feet are all important
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# Flowing Movements

- ▶ This should naturally result if all the Pilates principles are implemented and integrated
  - ▶ The Full mat sequence is choreographed to flow naturally and be performed with precision and control.
  - ▶ Movements should feel dynamic, with a focus on grace and ease of movement.
  - ▶ Although often difficult for a new client, even when teaching the Pilates fundamental exercises, flowing movement should be encouraged
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# The 34

- ▶ Refer to the handout



# Learning Outcomes

Can you now?

- ▶ Summarise the history of Joseph Pilates
  - ▶ Explain the original principles and fundamentals of Joseph Pilates
  - ▶ Show an awareness of the repertoire of the 34 original Pilates matwork exercises
  - ▶ Understand the structure and basic content of a class
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