

# KMS FITNESS SCREEN

## worksheet

This chapter will assist you as you develop the strength and skills necessary to support static and dynamic movements in Breakin. While skills are made up of many aspects, these movements and positions presented below are essential to gain balance, mobility, and coordination for the ensuing Breakin Foundation. Understanding body tension, proper form and body mechanics, the practitioners create shapes without overly relying on low back hyper-extension. It's important to reinforce these shapes during each practice.

### **PATS**

**Plank. A-frame. Table top. Squat. (BONUS Position- SWING SET)** This is a general preparedness sequence that takes us through the universal positions of orientation- upright, inverted, prone, and supine. Static control and proper muscular activation for these positions are a prerequisite to the dynamic movement patterns found in Breakin. As such, these positions can serve as both a warm up and a foundation for strengthening. To start, hold each position for 30 second

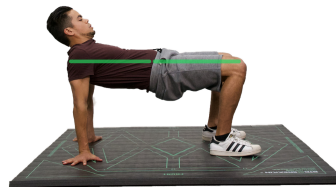
**PLANK.** Is a chest and arm dominant horizontal push hold which provides a great base for core awareness, specifically bracing your core to connect your upper and lower body in the prone position.



**A-FRAME.** Is a shoulder dominant push movement and a good base for developing overhead strength and hip positional awareness for inversions.



**TABLE TOP.** is a hip pushing / lifting and strengthening position that teaches the glutes and hamstrings to assist in extension patterns prominent in Breakin. Additionally this targets upper back and shoulder mobility with arms back in extension.



**SQUAT.** Is a total lower body and back extensor dominant push that is important for controlling your drops (transitions from standing to the ground) as well as agility in their front foot work position.



**SWING SET.** Furthering on hip pulling mechanics, total hip and core are strengthened here as well as straight arm strength. This also simulates a pull thru transition that is valuable for quickly changing your front position to your back



### **STRENGTHENING W/ (PATSS)**

For optimal progression, we recommend strengthening these positions 3x-5x / wk. At least 2x after training Breakin specific foundations. For strengthening, after proper form is attained, these positions can be challenged by adding a press (flexion and extension) of legs or arms at 5-10 reps a position. Example- push ups, dips, hip thrusts. Further strength development can take place with the PATSS by slowing down the tempo to 3 counts on the eccentric (lower), followed by a pause at the bottom, then one count up on the concentric phase (press). You can also play around with the timing/location of that pause to challenge yourself even further.

# FITNESS SCREEN

## Key Movement System (KMS)

After **Self Assessment** is performed and proper form is achieved by addressing **Common Faults**, proceed to **Next Steps**. This assessment is designed to be repeatedly referred back to throughout your fitness journey to ensure proper mobility is maintained as you evolve your movement base and ultimately your anatomy.

Scoring Interpretation
5 = advanced
4 = intermediate
3 = beginner
2 = Injury prone
1 = unable to attempt not safe

## PLANK

### **Set up / Body Position:**

Quadruped (on all fours) with knees under hips and hands under shoulders, then slowly lift knees one at a time and hold yourself on toes and hands. Head, spine and hips in neutral with pelvis in posterior tilt/tail tucked.

### Self Assessment

- 5: Can lean shoulders past hands and shift forward on tips of toes and for 30 seconds (planche lean).
- 4: Can hold plank position for >30-60 seconds.
- 3: Can hold plank position >20-30 seconds.
- 2: Needs to put knees down due to lumbar sag or shoulder adducted.
- 1: unable to lift yourself into a plank position due to pain or weakness.

**Common Faults:** These result in automatic 2 or below on skill level.

- ✘ Ribs sagging/lumbar sag.
- ✘ Scapula adducted neck flexed.
- ✘ Rounding of lumbar spine towards a-frame.
- ✘ Toes turned in towards each other.

### Quick Fix Cues:

- ✓ Slide ribs down towards pelvis and tilt pelvis posterior
- ✓ Push arms down into floor
- ✓ Level hips in line with shoulders
- ✓ Position weight over big toes, draw heels together

Next Steps: Please direct yourself to practicing position for less time with proper setup described above and slowly build up to a 3 or above and address common faults. If above 3, proceed position advancement in core competencies. Always recommend to seek professional help from a movement practitioner if pain is the issue. If there is pain or you feel weak in a particular region or particular joint then try some of the accessory movements directed at that area and proceed with caution if pain is still reproduced.

**A - FRAME****Set up / Body Position:**

Start in quadruped with knees under hips, hands under shoulders. Tuck bottom pads of your toes under your feet. Open your fingers as wide as possible. Engage the lift by straightening your knees to lift hips into the sky forming an “A” position.

**Self Assessment**

- 5: straight back with 90 degree angle formed from feet to hands can hold for >1 min
- 4: Same position above however fatigues after >30-60 seconds
- 3: Same position above however holds for <30 secs
- 2: knees bent, lower back rounded, neck extended (chin away from chest)
- 1: unable to lift into position due to pain or weakness

**Common Faults: 2 or below**

- ✘ Knees bent
- ✘ Unable to keep feet flat
- ✘ Shoulders below ears neck flexed
- ✘ Rounding or flexion of lumbar spine
- ✘ Neck extended

**Quick Fix Cues:**

- ✓ Tighten quads
- ✓ Place rolled towel under heels
- ✓ Push and screw arms through floor
- ✓ Push sit bones up towards sky
- ✓ tuck chin and lengthen head towards floor

**Next Step:**

Please direct yourself to practicing position for less time with proper setup described above and slowly build up to a 3 or above and address common faults. If above, proceed position advancement in core competencies. Always recommend seeking professional help from a movement practitioner if pain is the issue. If there is pain or you feel weak in a particular region or particular joint then try some of the accessory movements directed at that area and proceed with caution if pain is still reproduced.

**TABLE TOP****Set up / Body Position:**

Start seated with hands supporting behind and knees bent to 90 degrees. Lift hips up in the air extending arms straight and positioning feet under knees creating a flat surface/straight line between shoulders and knees.

**Self Assessment**

- 5: straight back with 90 degree angle formed from feet to hands can hold for >1 min
- 4: Same position above however fatigues after >30-60 seconds
- 3: Same position above however holds for <30 secs
- 2: knees bent, lower back rounded, neck extended (chin away from chest)
- 1: unable to lift into position due to pain or weakness

**Common Faults: 2 or below**

- ✘ Hips below shoulders and knees
- ✘ Shoulders shrugged up towards ears
- ✘ Neck extended
- ✘ Knees medially deviated/collapsing inward

**Quick Fix Cues:**

- ✓ reach thighs long, draw navel up
- ✓ push through the floor with arms draw scapulae down and toward midline
- ✓ tuck chin and lengthen head away from shoulders
- ✓ push knees out, keep in line with ankles

**Next Step:**

Please direct yourself to practicing position for less time with proper setup described above and slowly build up to a 3 or above and address common faults. If above, proceed position advancement in core competencies. Always recommend seeking professional help from a movement practitioner if pain is the issue. If there is pain or you feel weak in a particular region or particular joint then try some of the accessory movements directed at that area and proceed with caution if pain is still reproduced.

## SQUAT

### Set up/body position:

Standing with feet hip width and tilt pelvis back with both arms raised to shoulder height. Initiate hinge at hips first until a slight tug is felt in your hamstrings, then begin bending knees keeping knees tracking in line with toes, lower self as far as possible keeping heels down. If able to complete, repeat doing a “break squat “ with heels lifted, pelvis back, trunk upright and arms at shoulder level.

### Self Assessment:

- 5: Able to sit below parallel with the trunk upright and arms at shoulder level in line in the break squat for 10-20 seconds.
- 4: Able to sit below parallel and at shoulders and can hold for <10 seconds
- 3: Able to sit to parallel arms shoulder level but unable to hold position
- 2: Unable to sit to parallel rounding of back, arms deviated away from upright
- 1: Unable to initiate squat, loss of balance happens early

### Watch for:

- ✘ Knees medially deviated/collapse inward
- ✘ Trunk flexes our rounds forward
- ✘ Ankle rolled out

**Interpretation:** This test is considered one of the inclusive gold standard functional movement tests. When used as a screen, this is used to determine shoulder, trunk and all lower extremity joint deficiencies.

### Quick Fix Cues:

- ✓ Resist the air outside the knees
- ✓ Arch lower back, reach arms long overhead
- ✓ Roll weight onto big toes

### Next Step:

Please direct yourself to practicing position for less time with proper setup described above and slowly build up to a 3 or above and address common faults. If above, proceed position advancement in core competencies. Always recommend seeking professional help from a movement practitioner if pain is the issue. If there is pain or you feel weak in a particular region or particular joint then try some of the accessory movements directed at that area and proceed with caution if pain is still reproduced.



## SWING SET

### Set up/body position:

Start seated in a pike position with your hands planted next to your hips, initiate the lifting of your hips by 1) engaging your core, 2) pushing down through your shoulders, 3) leaning shoulders forward past hand base. The end position should feel like a pike with your body folded forward.

### Self Assessment:

- 5: Able to hold self through the movement and hold pike position for 20 seconds
- 4: Able to hold self through the movement and hold pike position for <10 seconds
- 3: Able to hold self through the movement but cannot hold position
- 2: Unable to lean forward through shoulders
- 1: Unable to lift hips from the floor

### Common Faults :

- ✘ Hips drag across floor
- ✘ Shoulders shrugged into ears
- ✘ Elbows flexed (bent)
- ✘ knees are flexed
- ✘ Neck extended from mid to end range

### Quick Fix Cues:

- ✓ Push hard through heels
- ✓ Draw shoulders away from ears
- ✓ Push long through floor
- ✓ Push backs of knees down
- ✓ Tuck Chin in and lift crown of head

### Next Step:

Please direct yourself to practicing position for less time with proper setup described above and slowly build up to a 3 or above and address common faults. If above proceed position advancement in core competencies. Always recommend to seek professional help from a movement practitioner if pain is the issue. If there is pain or you feel weak in a particular region or particular joint then try some of the accessory movements directed at that area and proceed with caution if pain is still reproduced.

**CORE POSITIONS AND SKILLS (bonus)**



**PIKE.** Sitting with your legs together and keeping your back as flat as possible, flex your hips to pull your chest towards your thighs.



**STRADDLE.** Sit upright with your back straight, legs open as wide as possible, and stretch the upper body forward and to either side.



**CANDLESTICK.** Bring your legs overhead, rolling your weight into your shoulders. Draw your elbows together and place hands on low to mid back for support. Option to tap your feet down on the floor behind your head in plow as you adjust your elbows. Firm abs and extend legs upward.



**TURTLE.** On all fours position hands slightly in from shoulder distance and finger facing away from body. Elbows drawn towards each other, lean forward and lower stomach to post on elbows. Max tension in the entire back, lift legs up like when sky diving and with knees open



**BRIDGE.** With your hands overhead and fingers facing feet, press away from the ground with both hands and both feet, driving your hips towards the sky.

like a frog.



**01 PLANCHE LEAN.** Start in a basic plank position with elbow pits facing forward. Shoulders pulled down as you lean forward. Fingers can be facing forward or out to the side, and you can elevate the heel of the hands on padding or a small block if it's more comfortable. Lock out your arms and push down into the ground.



**02** Lean your body forward until your shoulders are in front of your wrists. Work on this position with your toes curled under, as well as coming up onto your toes.



**MOUNTAIN CLIMBERS.** In a plank position (straight body) supported by a hand bridge with thumbs facing inwards. Optional to use flat hand position. Pressing from forefeet, stiffness in torso, we use hips to pull knees forward in an alternating pattern (like running).