

PILATES FUNDAMENTALS

The effectiveness of Pilates is what makes it so popular and enjoyed for almost a century. The key to success is good technique. However, it is not just about performing certain movements, it is also about doing the movements according to a very clearly defined system.

There are six principles that Mr. Joseph H. Pilates founded his science of movement on. The exercise method was named after him, but during his lifetime he called it "Contrology" or "The Art of Control" (over one's body). The following six principles are what he based his theory on.

THE SIX PRINCIPLES:

1. **Control** – You should have complete control of your body and the movements it performs at all times. Your mind is in charge of your body.
2. **Concentration** – Always focus your thoughts on the task at hand. Keep yourself in the moment and think about every movement you make.
3. **Centering** – The movements are initiated from the center or core of your body. Always remain secure and stable in your midsection while performing each exercise.
4. **Breath** – Always keep breathing, inhaling through the nose and exhaling through the mouth. Breathe deeply and according to the "lateral breathing" technique.
5. **Flow** – You keep moving and do not hold positions as in Yoga. There is a constant flow within each exercise as well as stringing the individual moves together.
6. **Precision** – The goal is to be as precise as possible in every move you make. Perfection is not necessary (nor possible!) but try to be deliberate in the steps you take in trying to attain it.

And remember my principle: **ENJOY YOURSELF!!!** -LaBriece- 

I have read and understood the Pilates Principles:

Date, Place _____ Signature of Client: _____

Pilates Fundamentals Guide

Terry C. Jones



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