

Name:

Self Critique:

After watching your video, fill out the self assessment.

1. Which effort quality in the phrase did I perform clearly and HOW did I perform it clearly?

2. Which effort quality would I like to improve on and HOW will I improve on it?

3. Which effort quality AS A WHOLE should my group revisit tomorrow to make the *intentions* of the movement more clear and the *embodiment* of the effort quality more dynamic?