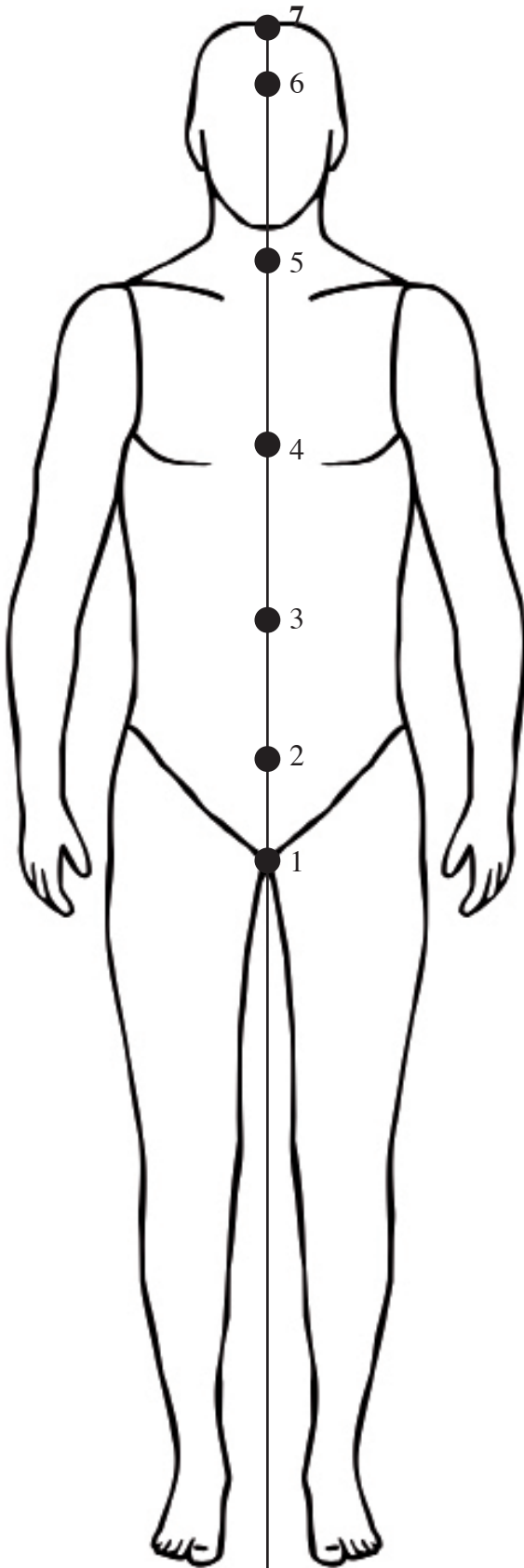


BMA Practical Assessment & Work Sheet  
**Center Core Energy and Response of the Outer Sheath**

*Draw client's actual shape against all templates in red*

Right

Left



**Centre Core Energy Centres**  
Describe over all – front and back –  
condition of each energy center

**7 Crown & 6 Brow**

**5 Throat**

**4 Heart**

**3 Solar Plexus**

**2 Sacral**

**1 Base**

**Stance & Foot Point**

Study Pages 39 - 50 All areas affected

**Start drawing from the bottom up 1M**

## Right/Left Comparisons

*Draw client's actual shape against all templates in red*

**Left**

**Right**

**Shoulder Height/Roll**  
See front and back

**Head Tilt**

**Leg Frame**

**Upper body twist**

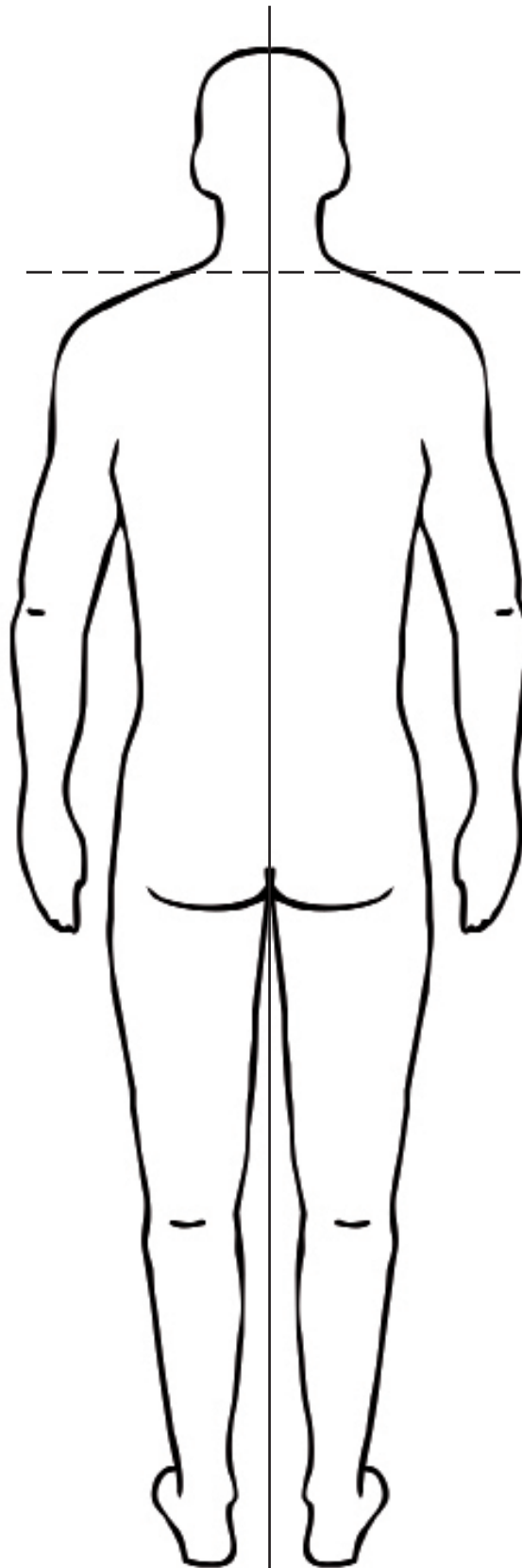
**Thighs**

**Hips**

**Calves**

**Knees**

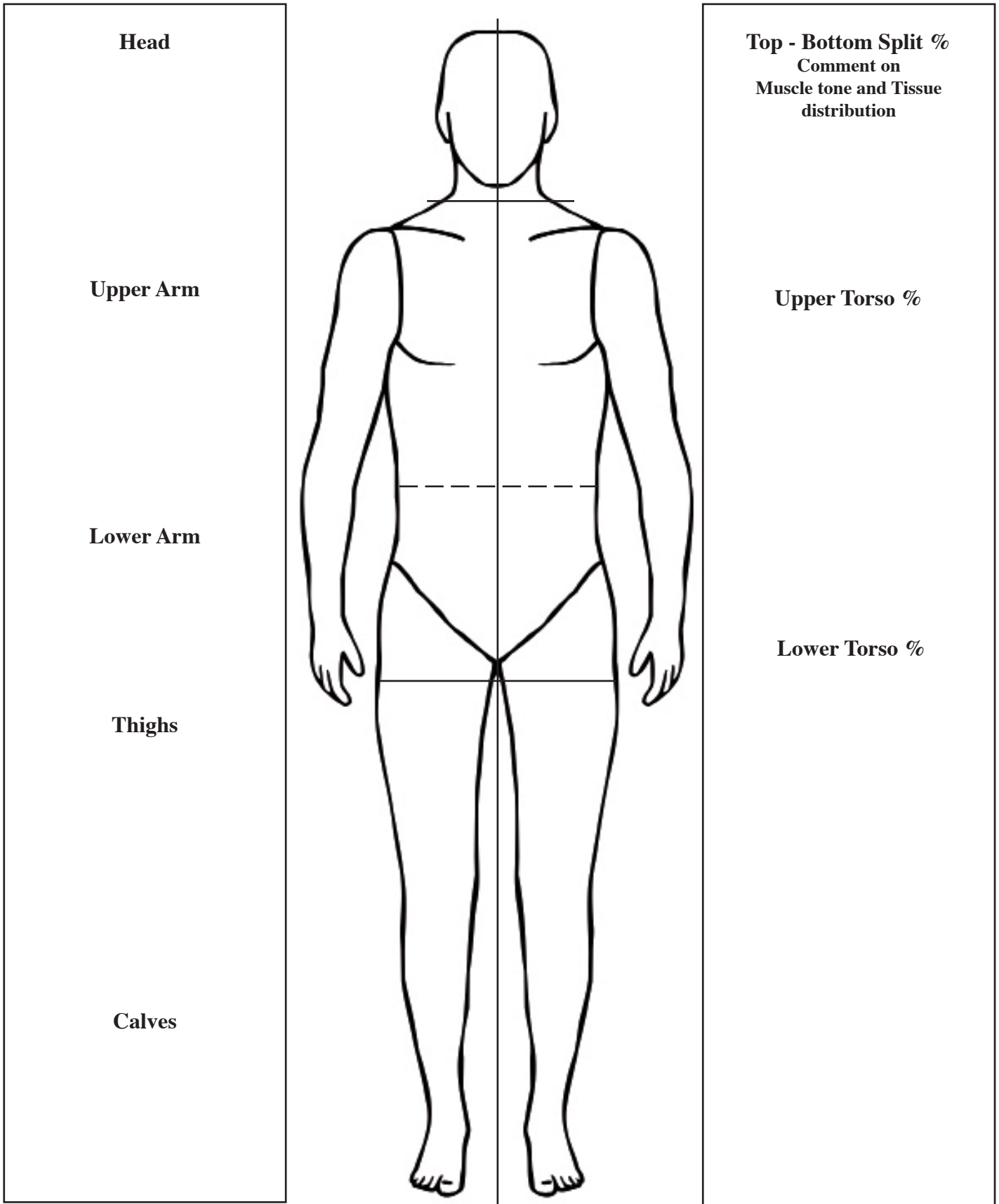
**Ankles**



**Head/Torso/Limbs Give details under each heading**

**Top Bottom Percentages ~ quality and quantity of muscle tone and flesh**

*Draw client's actual shape against all templates in red*



**Front/Back Percentages ~ quality and quantity of muscle tone and flesh**

*Draw client's actual shape against all templates in red*

**Comments and Comparisons**

**Front      %**

**Overall Body: Front ~ Back Balance**

**Back      %**

**Head only**

**Front %      Back %**

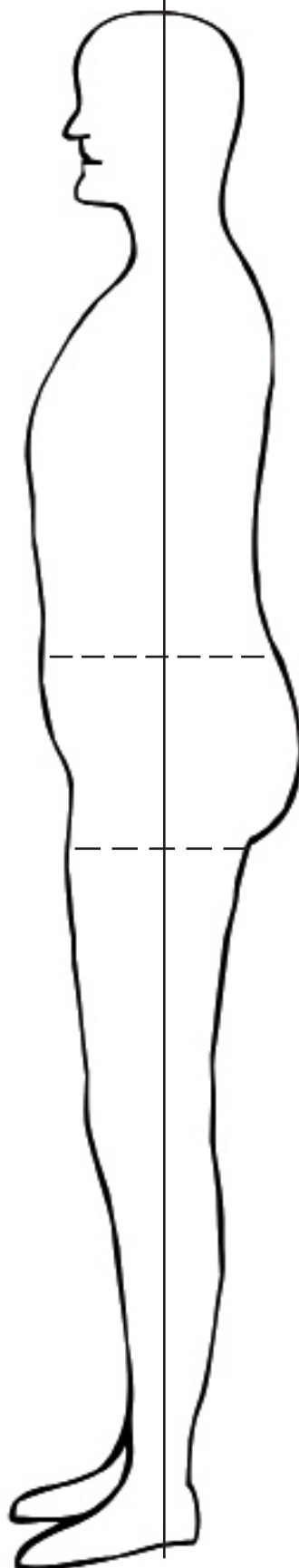
**Angle of Gaze**

**Hip Angle**

**Knees**



**Spinal Curve**

**Cervical**

**Thoracic**

**Lumbar**

**Coccyx**

**Comment on Posture Correction**