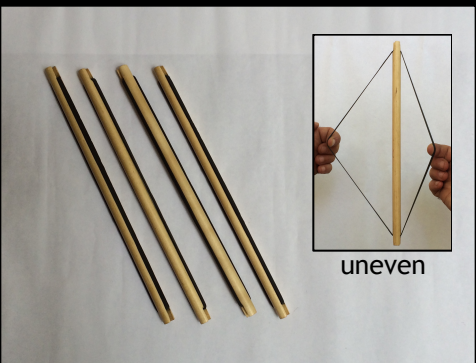
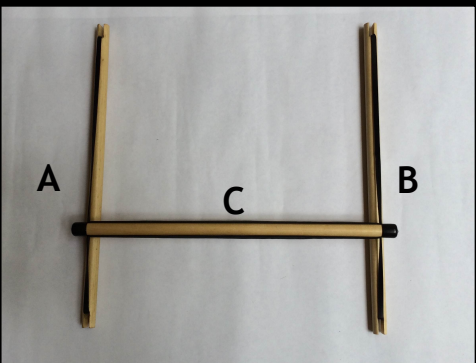




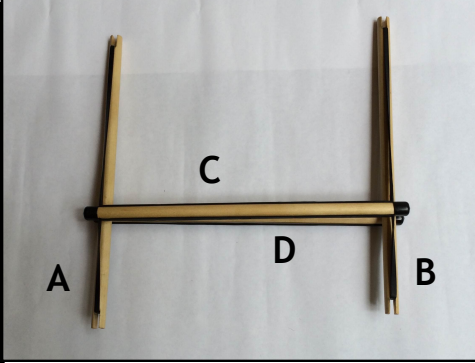
1. To assemble the Tensegri-Teach Pelvis you will need the following items: 4 full sticks, 5 half sticks, 7 bands, 18 caps.



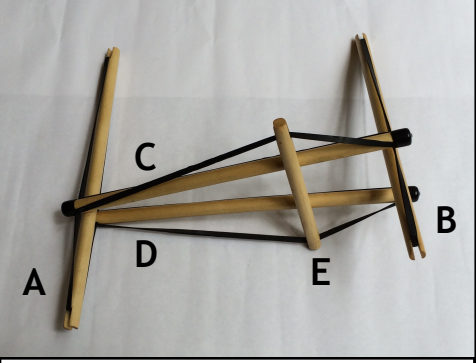
2. Place one band on each full stick. The bands should be flat on the stick and the ends should not be twisted. Make sure the bands are equally tight on both sides of the stick by pulling the bands apart. They should pull equally far.



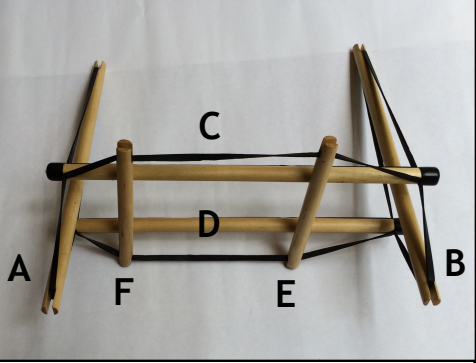
3. Place three sticks in the shape above. Place the top band of stick A into the slot of stick C and firmly twist a cap onto the end to lock the band in place. Do the same for the band of stick B into the other end of C.



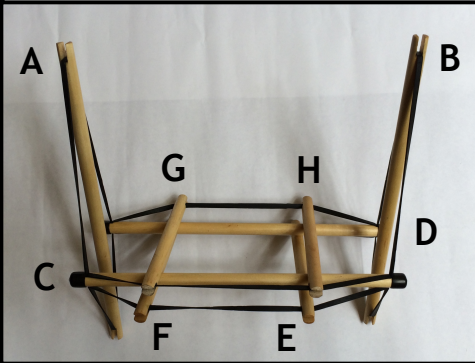
4. Place stick D under stick C to create the shape above. Place the bottom band of sticks A and B into the slots of stick D and firmly twist a cap onto the ends.



5. Place the band closest to you of stick C into one end of the half-stick E. Place the band closest to you of stick D into the other end of half-stick E. Keep half-stick E towards the right side of the structure. Do not twist a cap on yet.



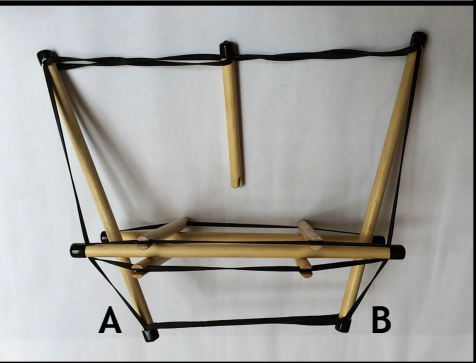
6. Place the left side of the same bands of sticks C & D into the ends of half-stick F. Shift half-sticks E & F so they are equally spaced towards sticks A & B. Try to keep the structure symmetrical (above stick E needs to shift right).



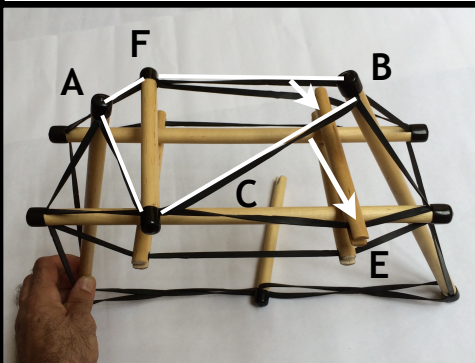
7. Tilt the model towards you and repeat steps 5 & 6 with the far bands of full sticks C & D, fitting them into the slots of half-sticks G & H. Shift half-sticks G & H so they are directly above half-sticks E & F. Do not twist the caps on yet.



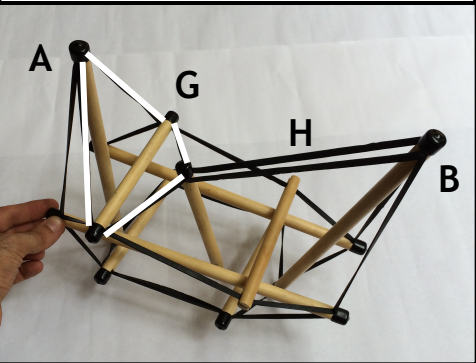
8. Place a new band into the slot farther from you of stick A and another into stick B and twist caps on both ends. Next, place the other end of the band into a slot of half-stick I and twist a cap on. Balance both bands as in step 2.



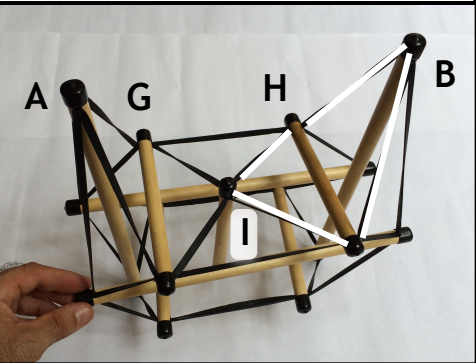
9. Place a band into the free slot of stick A and twist a cap on. Place the other end of the band into the free end of stick B and twist a cap on. Ensure the evenness of the band by pulling the band apart as in step 2.



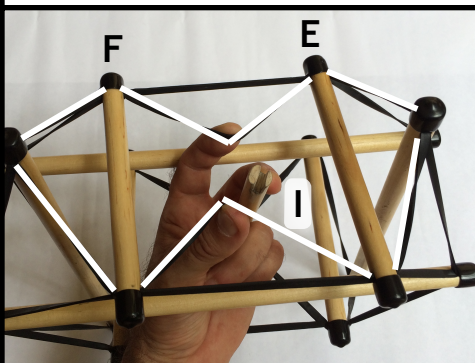
10. Flip the pelvis onto its 'feet'. Place each side of the band between stick A & B (white) into the slots of half-stick F and twist a cap on each end. Repeat with half-stick E (white arrows).



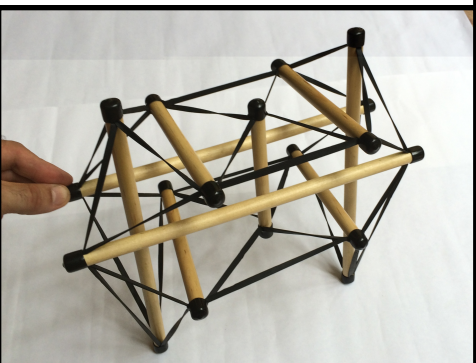
11. Flip the pelvis onto its 'sacrum'. Place each side of the band between the 'foot' of sticks A & half-stick I (white) into the slots of half-stick G. Twist a cap on to lock the bands in place.



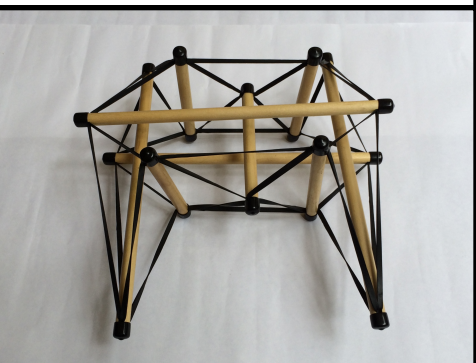
12. Place each side of the band between the 'foot' of stick B & half-stick I (white) into the slots of half-stick H. Twist a cap on each end.



13. Flip the pelvis onto its feet. Bring the inner bands between half sticks E & F (white) and bring them together, placing both into the empty slot of half-stick I. Twist a cap on to lock it in place.



14. Your Tensegri-Teach Pelvis is now complete. You can balance the pelvis by pulling the bands through the stick slot. Try to keep half stick E, F, G, & H lined up, A & B vertically balanced, and C & D horizontally balanced.



14. Another view. Play with walking the pelvis. Notice how the pelvis torques (twists anterior – posterior), how it rotates, and how it side tilts. All three movements in all three planes naturally manifest in gait.