

ZERO BALANCING CERTIFICATION PROGRAM

EXAM GUIDELINES AND TIPS FOR SUCCESS

WRITTEN EXAM:

The purpose of the written exam is to deepen your understanding and embodiment of the Zero Balancing protocol and principles. Some questions are very straightforward, asking you to identify an anatomical landmark or what comes next in the protocol. Other questions ask for more thought, requiring you to identify a particular issue in order to find the answer.

PLEASE NOTE: You must complete and pass your written exam before scheduling your practical exam.

It is an open book test and you can take as long as you like to answer the questions. The questions refer only to the Core ZB protocol and the answers can be found in the following resources:

Core Zero Balancing Student Guide, 3rd edition,
Inner Bridges by Fritz Frederick Smith, MD,
Zero Balancing: Touching the Energy of Bone by John Hamwee.

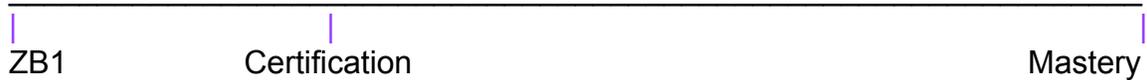
There are fifty questions, including two questions regarding ethics and four questions regarding safe Zero Balancing practice. Forty correct answers is a passing grade as long as the six questions that relate to safety and ethics are answered correctly. An incorrect response to two questions regarding safety or both questions regarding ethics will result in needing to retake the exam, regardless of how many other questions were answered correctly.

Recommendations to facilitate your exam experience:

- There are no trick questions. Assume all answers are straightforward. Try not to overthink the questions.
- If there is a discrepancy between what it says in the book and what you might normally do, or what a teacher says he or she normally does, choose the answer in the book.
- Read the questions carefully, take your time answering the questions and double-check your answers for accuracy using the written materials.
- Be particularly careful with questions that ask about safety, contraindications, red flags, and ethical choices.
- You will be notified of your exam score and any questions that you missed. Feel free to contact your [Certification Committee](#) a Mentor or Faculty Member for any additional clarification needed.

PRACTICAL EXAM:

The level of competence required to achieve Certification is indicated on the continuum below, beginning with the first Zero Balancing 1 class. Certification is considered baseline competency and is the first of many milestones on the journey to mastery.



Passing the practical exam is the final step in the journey of achieving Certification. It can be scheduled once you have taken and passed the written exam.

PLEASE NOTE: You must complete and pass your practical exam and send all your paperwork to the ZBHA office a minimum of 2 weeks before you are eligible to graduate.

The practical exam consists of a Core Zero Balancing session given to a ZB teacher. The practical exam will utilize the Zero Balancing Certification Practical Exam Form. This form lists the ZB fulcrums and principles all Certification Candidates must master in order to achieve Certification. As a Certification Candidate, you received this form in the initial packet you received from the ZBHA office when you entered the program. You should bring this form to your practical exam session appointment.

Suggestions to facilitate the process:

- When scheduling, allow enough time for the ZB session and feedback.
- Ideas for creating a Meta-frame for the practical:
 - o Prior to your arrival, create a pyramid over your experience and/or breathe some parallel breaths through your up-coming experience.
 - o Create a frame for a positive learning experience. Frame your practical in terms of an opportunity to improve your skill rather than pass/fail.
 - o Be prepared to give a pure Core ZB session, meaning only Core fulcrums. You will not be tested on fulcrums from any of the advanced ZB classes. You will be tested on all fulcrums taught in ZB 1 and 2; in other words, every fulcrum in the Core ZB Student Guide.
 - o Remember the continuum above. You do not have to give a perfect ZB to pass your practical exam.

Suggestions for preparation:

- Copy and utilize the Zero Balancing Certification Practical Exam Form when taking a ZB class or receiving feedback from a mentor. Grade

yourself or ask the mentor to grade you so you can identify what fulcrums you have mastered and where you need to continue to focus your efforts.

- Be sure to practice every fulcrum, though you would not usually give a session that includes every Core fulcrum. Seek the help of a mentor or ZB teacher for any fulcrum you feel unsure about.
- Schedule a touch feedback or “practice” exam session with a ZB teacher.