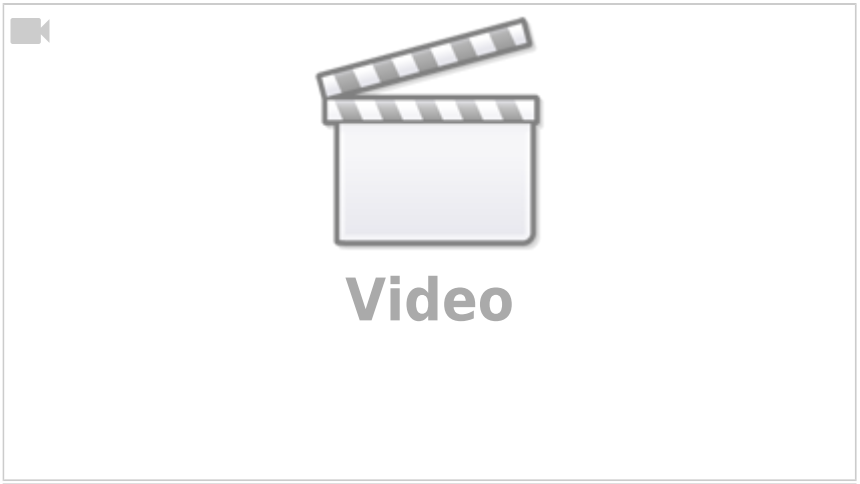
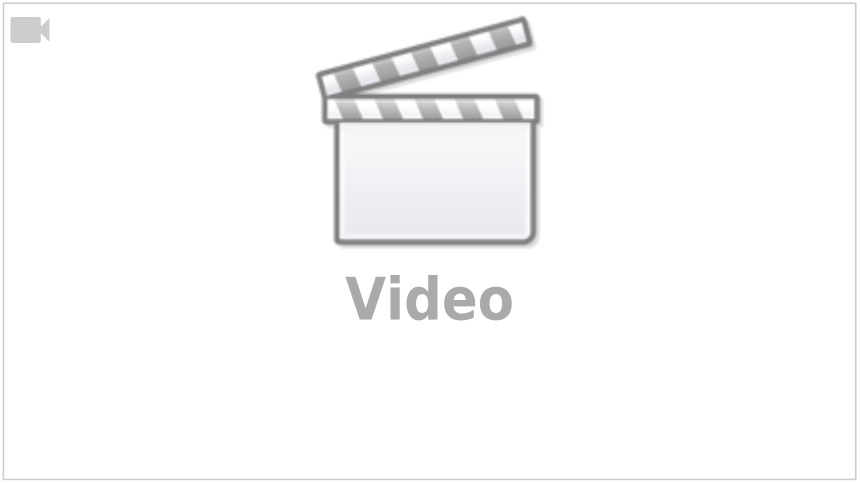
Total Immersion Swimming

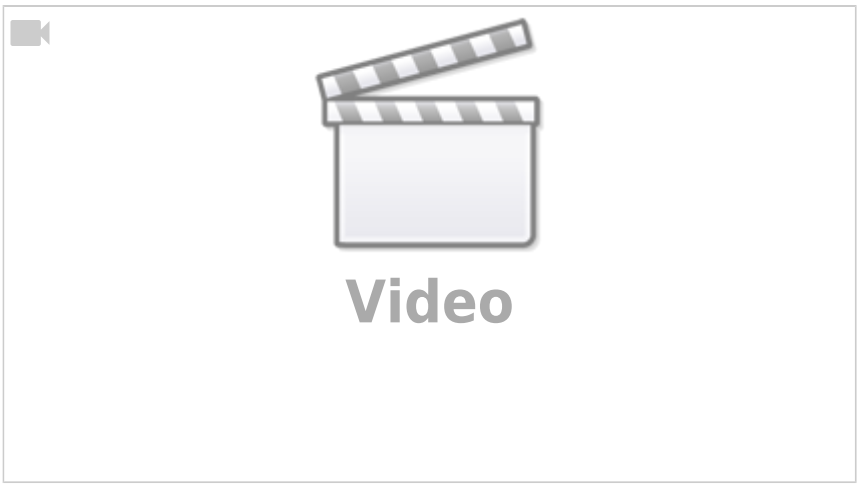
‘물고기처럼 수영하기’를 추구하는 수영법. 물고기처럼 수영하기란, 힘들이지 않고 쉬우며 빠른 수영을 추구하는 것을 말한다.

Demonstrations

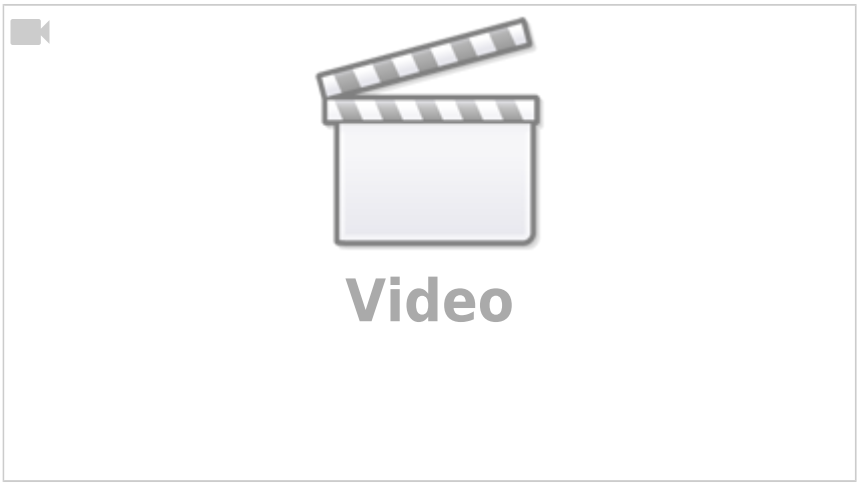




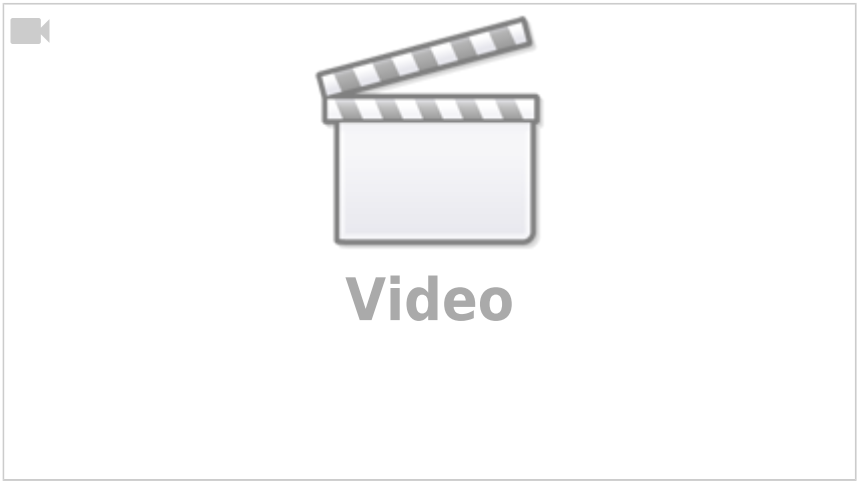
1. 전사분면수영
2. T자 누르기 혹은 Y 누르기
3. 긴 글라이딩
4. 힘 없는 손
5. 스윗스팟
6. 물의 감각 (흐름과 저항)
7. 길게 뻗은 몸



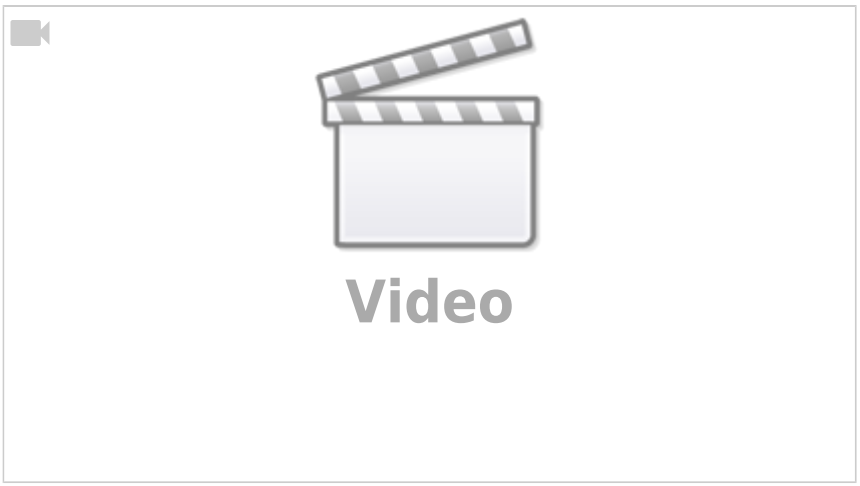
https://m.youtube.com/watch?feature=youtu.be&v=XggAWXqnIOc



https://m.youtube.com/watch?v=Iz1T_lV6FEI



https://m.youtube.com/watch?v=sdQrXBzm7yI



https://m.youtube.com/watch?v=bqgWK5cl1ok&time_continue=243

Long-axis Swimming

Freestyle

Backstroke

Short-axis Swimming

Breaststroke

Butterfly

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