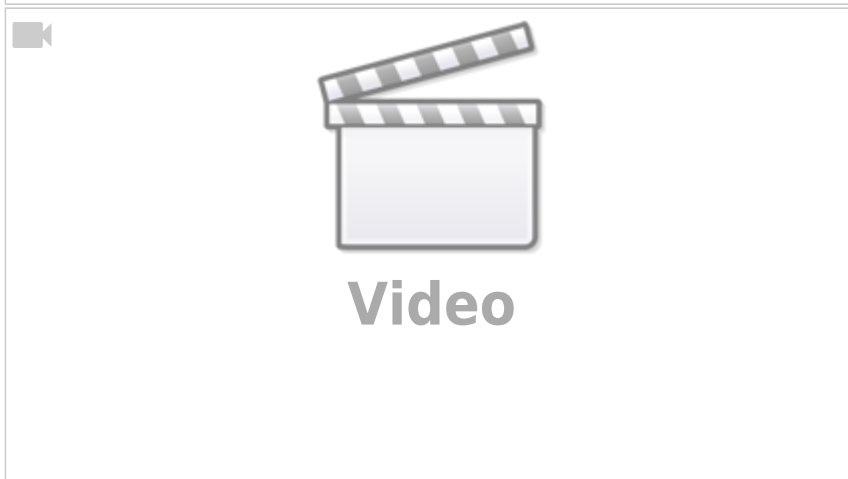
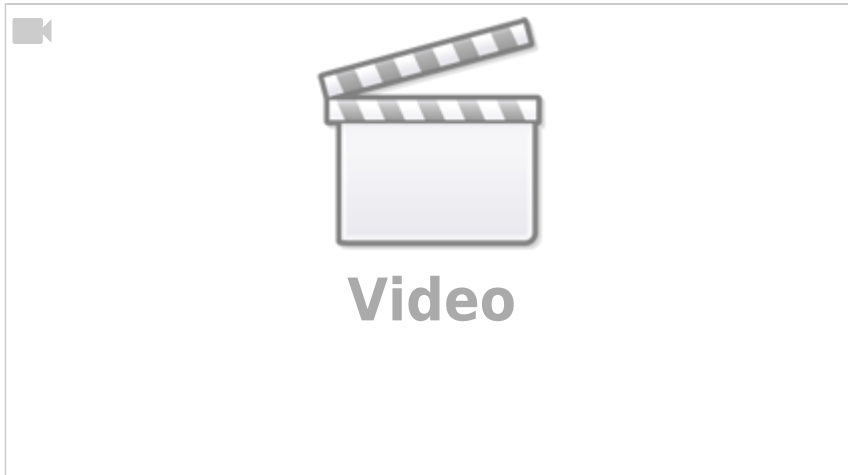


# Total Immersion Swimming

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

## Demonstrations



## Long-axis Swimming

**Freestyle**

**Backstroke**

## Short-axis Swimming

**Breaststroke**

## Butterfly

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