





# Total Immersion Swimming

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

## Demonstrations



Video



Video

- 1. 전사분면수영
- 2. T자 누르기
- 3. 긴 글라이딩
- 4. 힘 없는 손

## Long-axis Swimming

### Freestyle

### Backstroke

# Short-axis Swimming

## Breaststroke

## Butterfly

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