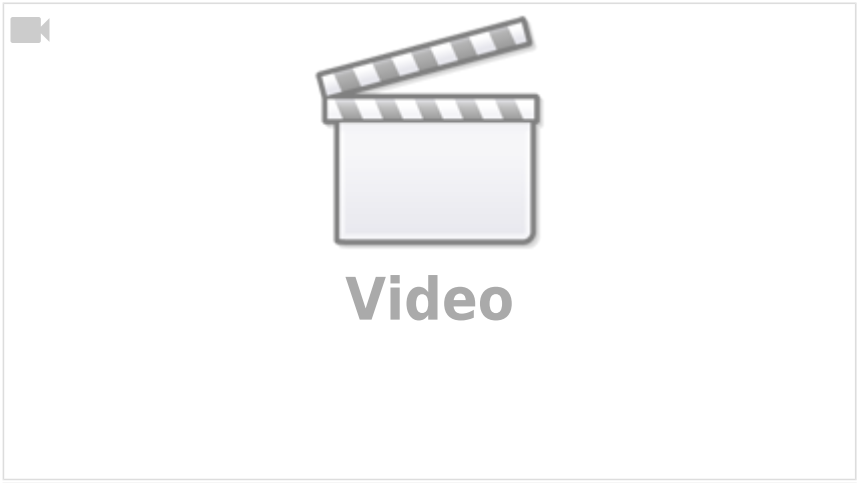
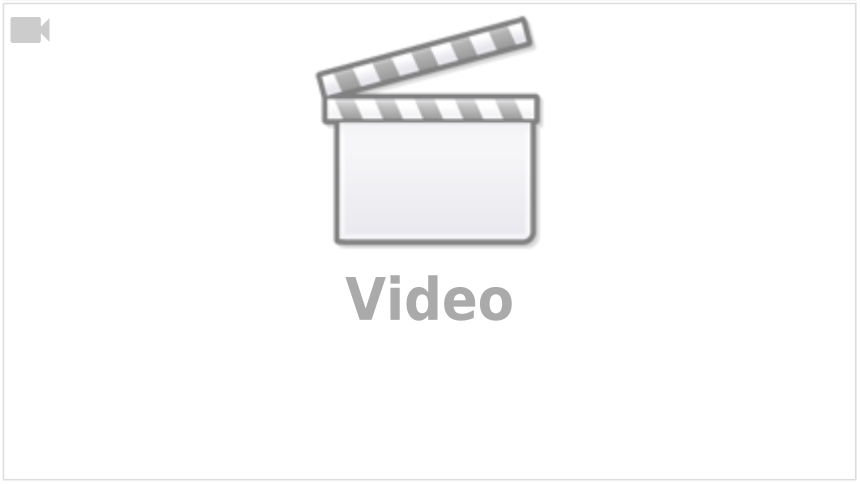
Total Immersion Swimming

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

Demonstrations





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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