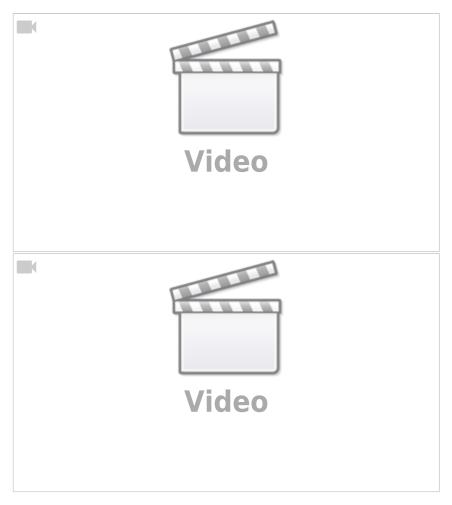
2024/06/01 16:52 1/2 Total Immersion Swimming

# **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. 긴글라이딩
- 4. 힘 없는 손

### **Long-axis Swimming**

**Freestyle** 

**Backstroke** 

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## **Short-axis Swimming**

#### **Breaststroke**

### **Butterfly**

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