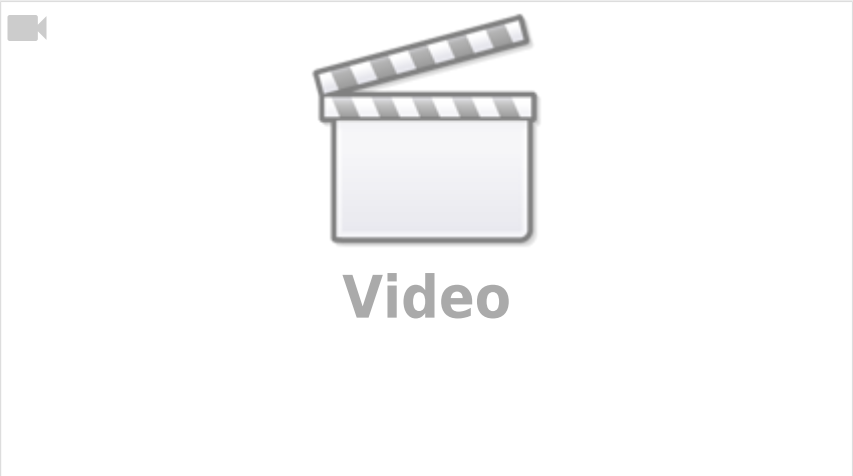
Total Immersion Swimming

‘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

Long-axis Swimming

Freestyle

Backstroke

Short-axis Swimming

Breaststroke

Butterfly

From:
https://theta5912.net/ - **reth**

Permanent link:
https://theta5912.net/doku.php?id=public:training:ti_swim&rev=1524042546

Last update: **2021/01/20 17:48**