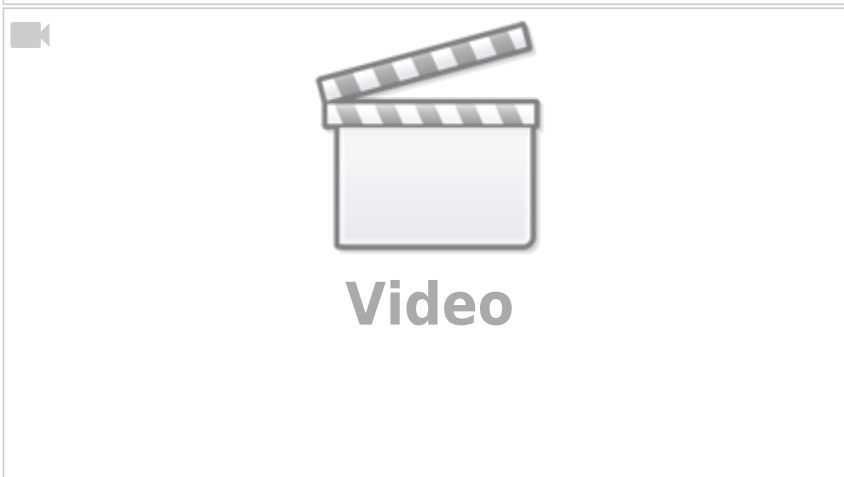
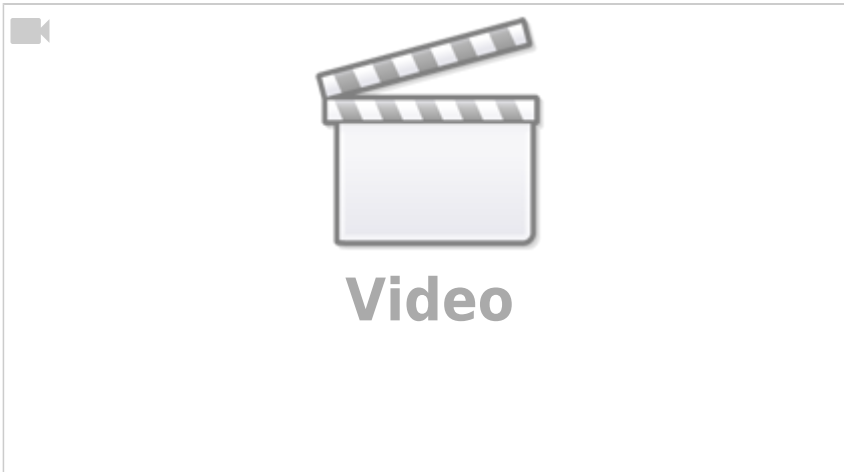


# Total Immersion Swimming

‘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. 스위트스팟
6. 물의 감각 (흐름과 저항)
7. 길게 뻗은 몸

## Long-axis Swimming

### Freestyle

## Backstroke

# Short-axis Swimming

## Breaststroke

## Butterfly

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

