

Stationary Deep

Three techniques for movement variation (tilting, turning & twisting) that also help to remain in a designated spot AND train your core. (PS Workshop is designed for use with a wetbelt around the waist. When using other flotation devices, please consider changes!)

Why work stationary when deep water can be used for travel so much more than shallow?

In The Netherlands, Deep water was introduced as 'traveling in deep water', so jogging was about the only way to do so and variations were hard to find. We were trained to jog (the so called DWR 'deep water running' technique now) and only explore variations in the use of hand movements (mainly posterior work), the lever length of the legs, changes in tempo or cadence and variations in speed or acceleration. It was not until later moves like jacks and ski were used to travel, by using the hands in an assisting way. Only in the past few years (like 5 or so) stationary moves became important, as that was done out of the Netherlands more! The influence of other countries came quickly and transformed it to a much better level of deep water classes.

Shallow water classes always had a much bigger attraction and therefor travel was almost impossible because of numbers in the size of groups. In deep water it happens that you only have 2 lines to use as the other lanes have lap swimmers in it, so more stationary work was needed. Last but not least.... With exercising to stay at the same spot, more core work is needed and that is what more and more clients come for: core work – powerhouse – core-training are all words that sell very well in these times. And... I am not even willing to go deeper to the COVID 19 situation, but keeping distance, even IN the water, seems to be the new rule... so hey! Let's benefit from that and let's see what we can come out to: new and exciting way to make variations in deep!

First of all

Sculling is an important technique: it will help to maintain 'up' or 'out' of the water (Bernoulli's principle & its equation) and it will help to stay in balance, recover balance and stay in place / at the same spot.

Principle: "Within a horizontal flow of fluid, points of higher fluid speed will have less pressure than points of slower fluid speed."

Bernoulli's equation "relates the pressure, speed, and height of any two points in a steady streamline flowing fluid of density."

So in other words: when you use your hands in a sculling way (making 8's) the pressure under your hands will be higher and therefor lift you (your mass) up. The faster you scull, the more pressure is made and the higher you will come, but also the harder it is going to be to do so. Luckily we have handpositions to use for travel: holding the fingers up will result in traveling backwards, fingers

down is going forward and while playing with them, you can actually turn around, only use one hand, assist the move or resist... play along and feel!

Next stop:

Working positions: vertical (hanging), sitting (hip & knee flexion), sitting (hip flexion and legs extended, kneeling (hip extension & knee flexion) and diagonal or sideways (see the video!) and some special ones like 'the diamond shape'.

No prone position for safety reasons: we do not want clients to arch their back too much, so lying on the belly is not recommended.

Using the variations:

Changing the working positions can already result in hard core-work especially when you target that area and you focus on 'staying at the same spot'. In the video, you will see many variations on that and off course, you can create your own!

- ➔ Tilting: using the pelvic tilt in both lateral and sagittal plane will provide different exercise, working from the core
- ➔ Twisting: going in to a transverse plane movement, this will change the execution a little as well, giving more options
- ➔ Turning: longitudinal and multiplanar: turning around (without travel!) while doing exercises is going to give even more ideas on how to vary the exercises or to repeat sequences with turns in between

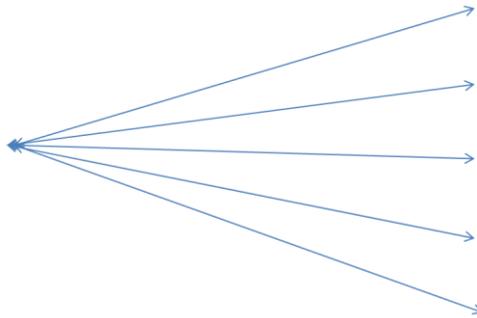
Add with the basic moves:

Basic exercises, shown in the video will knee and leg lifts, leg kicks, ski, jack... explore and try them out yourself as soon as you are able to go to the pool! Check the video for better understanding of the moves and their variations!

TWISTING



Twist



Jogging

Fietsen

Jacks

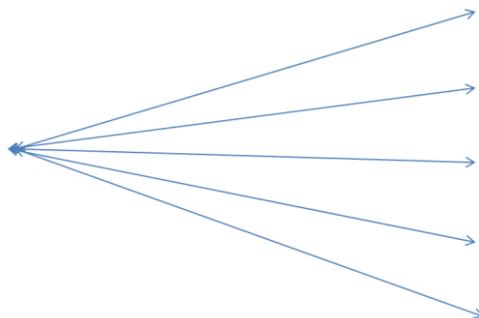
Ski

Kicks

TILTING



Tilt



Jogging

Fietsen

Jacks

Ski

Kicks



PLEASE SUPPORT US BY BYING THE FULL DVD ON ALL OF THIS Deep Magic Moves Workout! (including the 3rd one TOPPING)

It is on sale here:

<https://www.kataqua.nl/index.php/dvd-s1>

(Or go to the website of Kataqua, select webshop and then DVD/video)

Thanks for being with us and being Happy in Hamburg! Until we meet again!

Katrien – Kataqua- Lemahieu