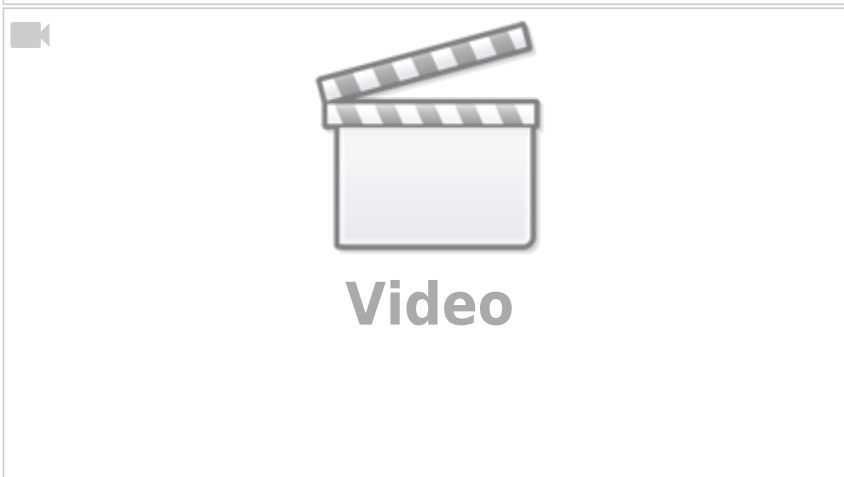
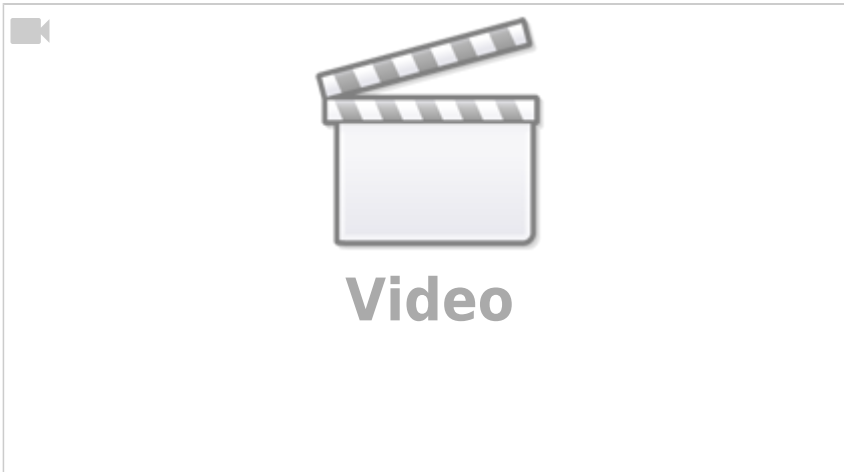


# Total Immersion Swimming

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

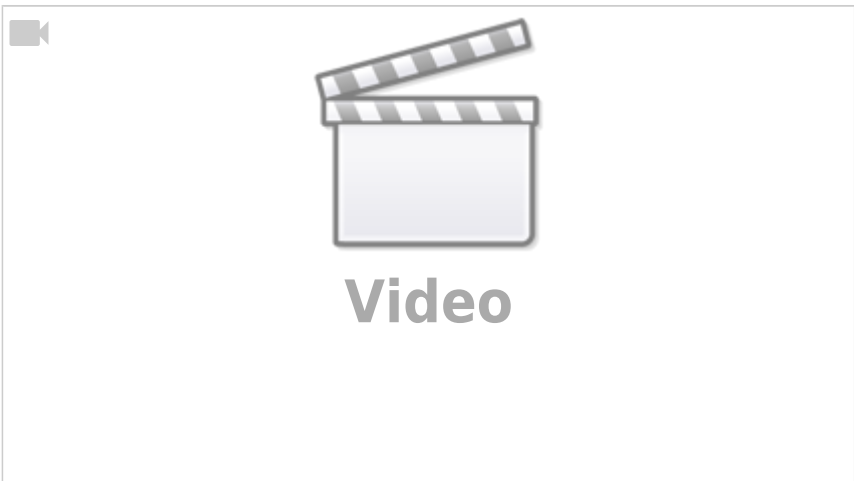
## Demonstrations



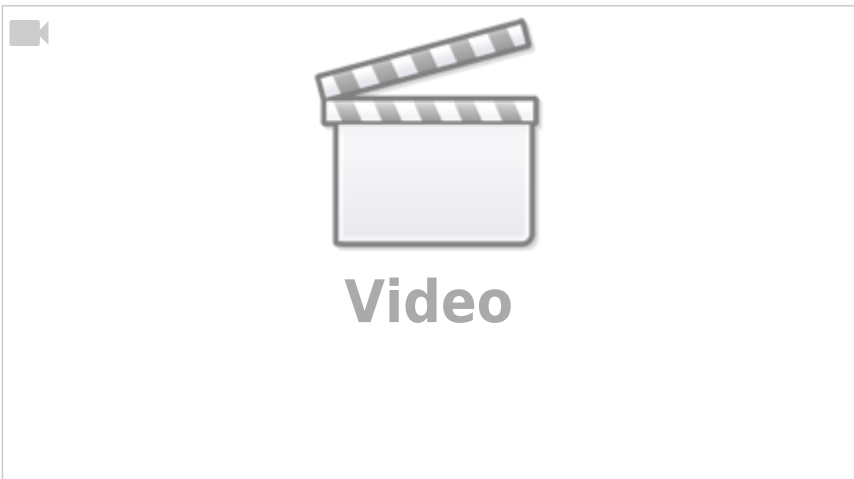
1. 전사분면수영
2. T자 누르기 혹은 Y 누르기
3. 긴 글라이딩
4. 힘 없는 손
5. 스위트스팟
6. 물의 감각 (흐름과 저항)
7. 길게 뻗은 몸



<https://m.youtube.com/watch?feature=youtu.be&v=XggAWXqnIOc>



[https://m.youtube.com/watch?v=lz1T\\_IV6FEI](https://m.youtube.com/watch?v=lz1T_IV6FEI)



<https://m.youtube.com/watch?v=sdQrXBzm7yl>

## Long-axis Swimming

**Freestyle**

**Backstroke**

**Short-axis Swimming**

**Breaststroke**

**Butterfly**

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