

# CENTRE OF POWER - AQUA KICK BOX

## Part II: The Benefits

by Charlene Kopansky, BSc. H.K. founder and president of CALA

This is the second in an ongoing series of articles that will share information about Aqua Kick Boxing from a Centre of Power focus.

Let's start with a review of the first article, Wavelink #28, Winter 2000/2001 Issue.

**The Evolution** of the CALA style of Aqua Kick Box: Centre of Power focus. "After play time in the water, and body storming 'my interpretation' of a jab, hook, upper cut and the front, side and back kicks, 'my take' on Aqua Kick Boxing began to emerge."

I soon discovered that kicking and boxing in the water environment is a marvelous way to deliver and receive positive energy.

The movement of water, the way it looks when moving, the way it feels on the body when moving through it and the way it sounds when moving all come together to create that magic of movement in water.

*The CALA philosophy of "Centre of Power" provides a wonderful opportunity to free the body, focus the mind and allow the spirit to fly.*

### **The Stance - a Recap:**

Aqua Kick Box requires a strong foundation from which to move with purpose and skill. The "Stance" is a place to begin and end when teaching all of the movements in this specialty course.

*"Always start from and return to a powerful, centered stance."*

- place feet shoulder width apart, hips level.
- hold hands in light fists, side by side, palms facing body, forearms parallel
- hold hands at upper chest, knuckles just below water
- relax shoulders
- lengthen neck
- retract chin
- keep knees soft
- maintain shoulders, hips and knees in one line
- visualize all movements of the hands, arms and legs starting and ending at the body core (solar plexus - source of energy)

*"Visualize huge surges of positive energy entering the body with each retraction of the arm or leg."*

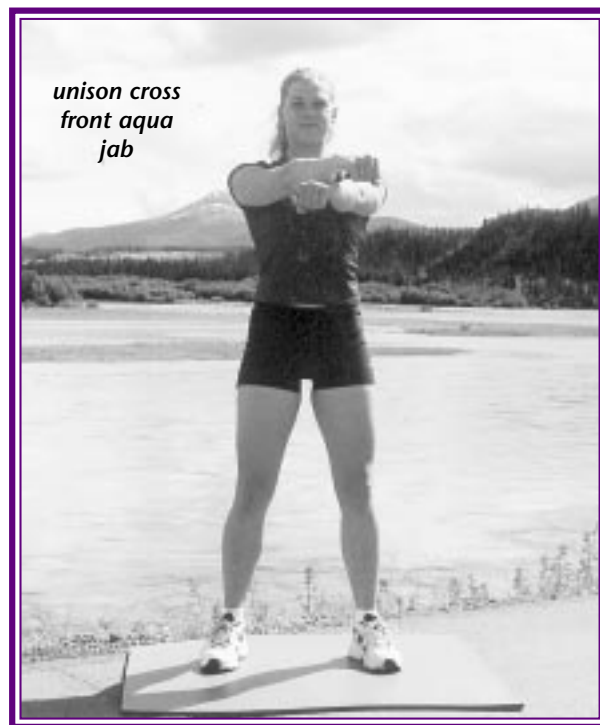
*The feeling in water is fantastic once the actions are learned and participants understand how to perform powerful movements.*

### **The Benefits:**

1. Aqua Kick Box allows a leader to adapt and modify land based Boxing and Kicking to an aquatic environment. While there is carry over from land to water, the CALA Aqua Kick Box focus is abundantly different than the traditional Kick Box classes designed for land. As expected, the aquatic environment dramatically changes the way boxing and kicking actions can be executed. Technique is modified as is the movement itself. The feeling in water is fantastic, once the actions are learned and participants understand how to perform powerful movements.

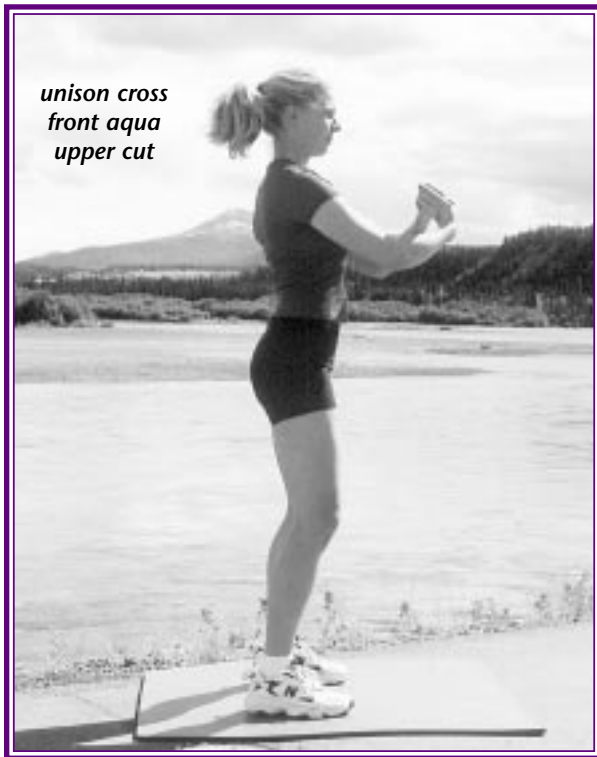
*Aqua kick box provides the opportunity to keep the spark alive, to keep people coming back for more, challenging the body and mind.*

2. Training in a sport specific manner in water enhances the ability to perform on land. This is cross training, with a twist. The impact and 'end point' of the arm and leg actions is greatly reduced. Compressive and jarring forces associated with kicking and boxing on land are virtually eliminated. What a great complement to the land counterpart, and a safe way to augment land based training.



*Even highly fit individuals will find the Aqua Kick Box movements wonderfully challenging, especially once they learn how to drive through the water with a sense of power and confidence.*

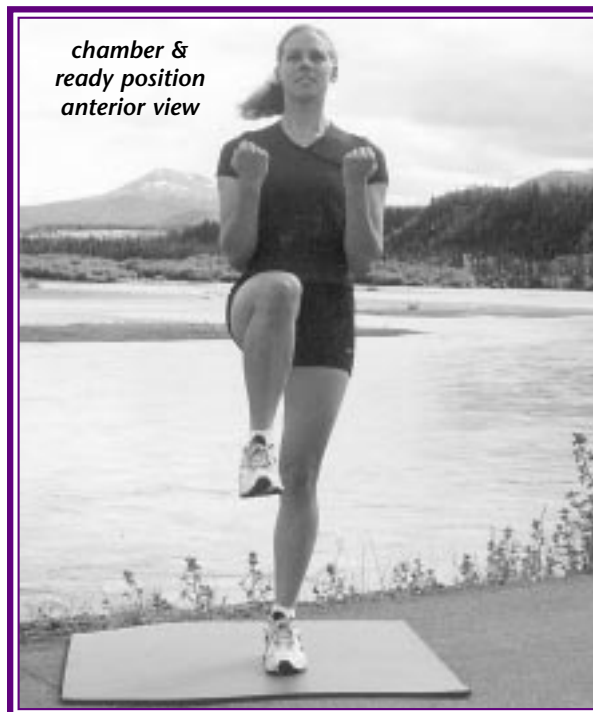
3. Aqua kick boxing adds programming variety for coaches, personal trainers, teachers and instructors. The fitness industry is constantly changing. One only has to reflect upon the last decade to realize the amazing abundance of activities that are associated with moving the body. The scope of aquafitness is ready for diversity. We have a substantial base of well trained fitness professionals looking for a way to keep the pursuit of fitness alive. Aqua kick box provides the opportunity to keep the spark alive, to keep people coming back for more, challenging the body and mind.



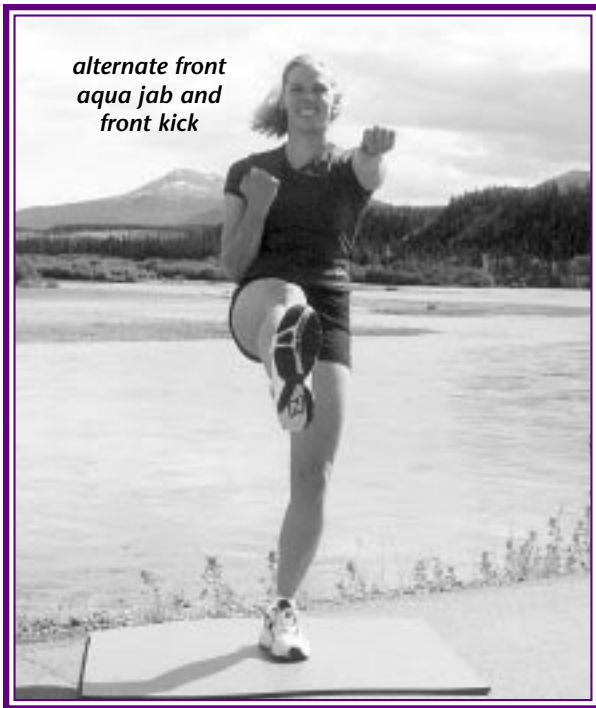
*unison cross  
front aqua  
upper cut*

4. Adding a new interesting aquafitness class to the schedule will definitely enhance participation in the program. People actually do need change to keep from “rusting their body and mind”. I have found that facilities where the instructors have stuck to the same choreography, the same verbal cues, the same type of music have created a stagnant group of exercisers. Generally a new instructor, or one who wants to add something different, will be met with lots of resistance. I chalk it up to “mental sclerosis: hardening of the attitude”. There seem to be pockets of people in certain pools who are severely afflicted with this ‘health concern’.

5. It is always refreshing to attract new and/or non water based participants to an aquafitness program. When new people arrive in class, it provides an opportunity for the seasoned “professional” participants to become “mini-leaders”. They can embrace the newcomer by helping with technique and offering gestures of encouragement.
6. Remember your very first class? Did you feel like a fish out of water? Even highly fit individuals will find the Aqua Kick Box movements wonderfully challenging, especially once they learn how to drive through the water with a sense of power and confidence.
7. Learning new arm actions, leg actions and movement combinations through integration of Aqua Kick Box movements will serve to enhance power, balance, mental focus, strength, agility, dynamic flexibility, cardiovascular and muscular endurance and coordination... all the vital components of fitness. A healthier community! What a concept!
8. The jabs, hooks and upper cut arm actions together with the wide variety of kicks help the body to develop kinesthetic awareness. Improvement in body alignment assists in the development of habitual “power posture” for active daily living.
9. The development and building of a personal “centre of power” through Aqua Kick Box moves sets this activity apart from many others that merely have body fat and body shape as a central focus for engaging in fitness.



*chamber &  
ready position  
anterior view*



*alternate front  
aqua jab and  
front kick*

10. Aqua Kick Box moves and choreography together will improve the capacity for mental focus during the all classes.

Upcoming issues will feature movements and choreography specific to Aqua Kick Boxing.

**Kudos:**

Many thanks to Sarah Lewis, Lions Pool, Whitehorse, B.C. for the wonderful and skilled photography. Also a special thank you to Krista Prevost, the model who demonstrated the moves along the shores of the Yukon River, summer 2000.

**Get a taste  
of this Specialty Course,  
Friday June 15 from 1:00pm - 4:00pm  
at the CALA 2001 Conference,  
Etobicoke Olympium, Toronto**

**CONGRATULATIONS TO THE FOLLOWING LEADERS WHO HAVE RECENTLY ACHIEVED CALA CERTIFICATION. CALA CERTIFIED MEANS CLEARLY QUALIFIED**

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**CALA RECERTIFIED! WOW, THREE YEARS  
LATER & STILL GOING STRONG.  
WELL DONE & HUGE CONGRATULATIONS  
TO THE FOLLOWING LEADERS WHO  
RECENTLY RECERTIFIED WITH CALA.**



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**A WONDERFUL  
CONSULTANT OPPORTUNITY**

CALA is looking for an individual to manage the office of our growing company. Some of the Qualifications we are looking for:

- knowledge & experience in fitness
- knowledge about Canadian provincial & national fitness scene
- high level of administrative experience
- excellent computer skills preferably Mac
- courteous phone manner
- perfect English with French as an asset
- ability to manage and administrate all aspects of a small business (accounting; database compilation, membership renewals, program planning for courses, workshops & conventions, web page update, newsletter layout, email communication)
- indepth knowledge about and experience with QuickBooks, ability to work with database: FileMakerPro, ability to update web page database, email and internet usage - second nature

**Interested? Send a detailed resume  
and three references immediately to CALA.**