

CENTRE OF POWER: AQUA KICK BOX CHOREOGRAPHY

Featuring the Aqua Jab

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Wavelink Issues # 28, 29, 30 & 31 featured the Benefits of Aqua Kick Box, the Philosophy, the Front Stance and the Aqua Jab (front jab, crossover jab and side jab). Now it is time to put together some Aqua Boxing ideas with some 'regular' CALA base moves. Use the following combinations once the participants have experienced the "centre of power" mind set with the correct physical preparedness to execute the front stance and the jabs in a safe and effective manner. Introduce the choreography in a way that will suit your participants, in parts, or as a whole, with more or less repetitions. Create a learning environment in which participants will feel successful allowing the spirit to soar during the Aqua Kick Box experience.

Try the following Eight Jab Combo with legs anchored, about shoulder width apart. Ensure the shoulders are just under the surface of the water. Keep the legs stationary and the body core activated, to introduce the combo. Keep the eyes facing straight ahead and focus on powerful and centred exercise execution. Once the movement combo is learned add the variation in the position of the eyes and head, as indicated under the cue column. Then add legs to the movement. Use simple CALA Base moves to start so that the arm actions can be executed with confidence without having to worry about how to coordinate the legs. Generally speaking, jumping jacks and bobs (even easier) work well with the following choreography.

EIGHT JAB COMBO

- rt fr jab, return to ready
- rt sd jab, return to ready
- rt x jab, return to ready
- rt back fist sd jab, return to ready

COUNT

- 1, 2
- 3, 4
- 5, 6
- 7, 8

CUE

- eyes straight ahead
- eyes follow hand to side
- eyes straight ahead
- eyes follow hand to side

Transition move:

Double tempo n j'om with forward water wheel arms for 8 - 16 counts

EIGHT UNISON JAB COMBO

- uni fr jab, return to ready
- uni sd jab, return to ready
- uni x jab, return to ready
- uni back fist sd jab, return to ready

COUNT

- 1, 2
- 3, 4
- 5, 6
- 7, 8

CUE

- deliver energy
- open chest
- squeeze pecs
- use triceps

Try 16 repetitions of each jab starting on the right side. (32 counts)

Try 8 repetitions. (16 counts)

Try 4 repetitions. (8 counts)

Try 2 repetitions. (4 counts)

Try a single rep (alternating) in each position. (2 counts)

- Cue correct and safe exercise execution.
- Cue centre of power focus.
- Cue return to strong ready position and front stance.

EIGHT JAB COMBO

- lt fr jab, return to ready
- lt sd jab, return to ready
- lt x jab, return to ready
- lt back fist sd jab, return to ready

COUNT

- 1, 2
- 3, 4
- 5, 6
- 7, 8

CUE

- eyes straight ahead
- eyes follow hand to side
- eyes straight ahead
- eyes follow hand to side

Transition move:

Double tempo w j'om with reverse water wheel arms for 8 - 16 counts

EIGHT UNISON JAB COMBO

- uni fr jab, return to ready
- uni sd jab, return to ready
- uni x jab, return to ready
- uni back fist sd jab, return to ready

COUNT

- 1, 2
- 3, 4
- 5, 6
- 7, 8

CUE

- aim with power
- create turbulence
- squeeze the water
- open the water

Try 16 repetitions of each jab starting on the left side. (32 counts)
 Try 8 repetitions. (16 counts)
 Try 4 repetitions. (8 counts)
 Try 2 repetitions. (4 counts)
 Try a single rep (alternating) in each position. (2 counts)

Put the two routines together!

ALTERNATING SIXTEEN JAB COMBO

- rt fr jab, return to ready 1, 2
- lt fr jab, return to ready 3, 4
- rt sd jab, return to ready 5, 6
- lt sd jab, return to ready 7, 8
- rt x jab, return to ready 9, 10
- lt x jab, return to ready 11, 12
- rt back fist sd jab, return to ready 13, 14
- lt back fist sd jab, return to ready 15, 16

SIXTEEN UNISON JAB COMBO

- uni fr jab, return to ready x 2 1, 2, 3, 4
- uni sd jab, return to ready x 2 5, 6, 7, 8
- uni x jab, return to ready x 2 9, 10, 11, 12
- uni back fist sd jab, ret'n to ready x 2 13, 14, 15, 16

MORE CHOREOGRAPHY:

BLOCK A

rt fr jab ct 1, 2 x 2 = 8 x 2 = 16 cts
 rt x fr jab ct 3, 4
 lt fr jab ct 1, 2 x 2 = 8 x 2 = 16 cts
 lt x fr jab ct 3, 4
 total = 32 cts

BLOCK B (on tempo)

rt fr jab ct 1
 return rt fr jab/deliver lt fr jab ct 2
 return lt fr jab/rt fr jab ct 3
 return rt fr jab ct 4
 lt fr jab ct 5
 return lt fr jab/deliver rt fr jab ct 6
 return rt fr jab/lt fr jab ct 7
 return lt fr jab ct 8

Repeat Block B x 4
 total = 32 cts

* Try adding Block A and Block B together into a 64 count routine.

BLOCK C

uni fr jab; Repeat 16 cts
 uni x fr jab; rt arm crosses on top Repeat 16 cts
 uni fr jab; Repeat 16 cts
 uni x fr jab; lt arm crosses on top Repeat 16 cts
 Add back kick
 total = 64 cts

* You can choose to reduce the reps in Block C to 32 cts and insert a forward speed ball (forward water wheel arms) with 2xt n j'om legs.

ANOTHER JAB COMBO WITH PENDULUM LEGS

- ct 1 rt bk fist sd jab with lt pdl
- ct 2 ready position - legs side by side
- ct 3 rt bk fist sd jab with lt pdl
- ct 4 ready position - legs side by side
- ct 5 rt bk fist sd jab with lt pdl
- ct 6 rt bk fist sd jab with lt pdl
- ct 7 rt bk fist sd jab with lt pdl
- ct 8 ready position

- * Try looking at your fist when you jab, then try looking away from your fist
- * Try pumping the pendulum leg, during ct. 5, 6 and 7 with a pulsing/repeater foot action.

Cue lift the leg using power. Go for leg strength and body core control rather than height.

For some new Aqua Kick Box Choreography Ideas join Donna Reeves at the ANNUAL CALA CONVENTION 2002 - April 26, 27, 28 located at the ETOBICOKE OLYMPIUM, Toronto, Ontario.

Look for a conference brochure (due at your doorstep in late January 2002)



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