

# CHOREOGRAPHY: NO. 1 - DEEP WATER

Excerpted from 'Maximum Abs Workshop' presented at CALA 2002, Exclusively Water!!!  
by Charlene Kopansky, BSc. H.K. founder and president of CALA

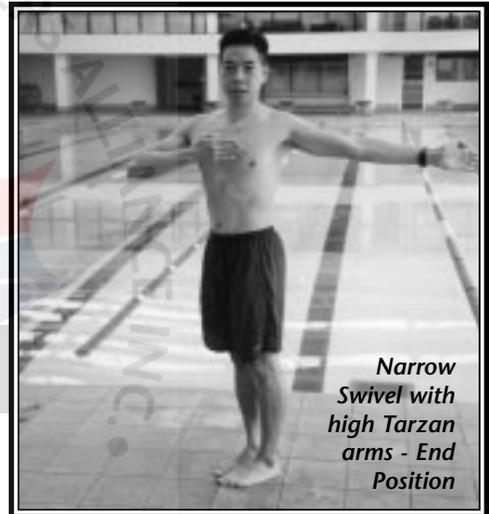
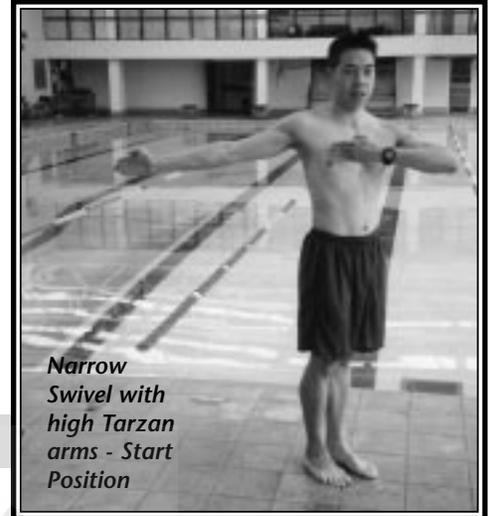
- 1a) 1/2 tempo crossover jogomarch (x j'om) with front kayak arm: OTS (on the spot)
- 32 cts: familiarization: focus on **body alignment**, power posture (chin in, scapula set, hip-rib check and glut max squeeze)
  - 32 cts: focus on **external obliques**: push down phase of kayak arms and hip flexion phase of x j'om
  - 32 cts: focus on **internal obliques**: pull up phase of kayak arms and hip extension phase of x j'om (stomp action - keep knee soft on extension)
  - 32 cts: '*smooth the move*': focus on **all phases** of movement with same effort expended on each

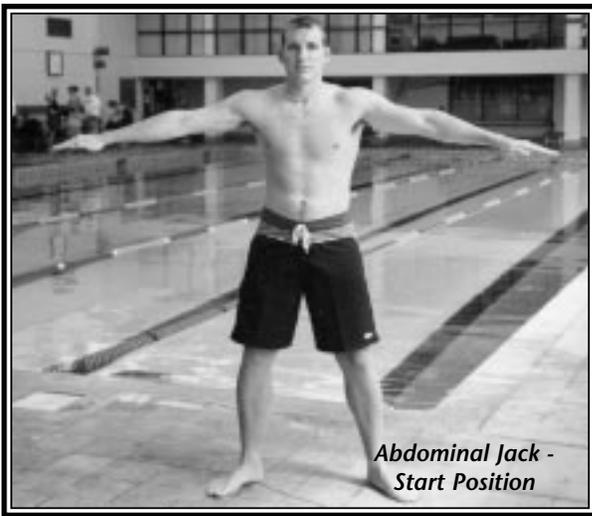
Option: Try repeater crossover jogomarch for variety

- 1b) 1/2 tempo crossover quad kick (x qd k) with front or side kayak arm: OTS
- 32 cts: familiarization: maintain power posture, add **quadricep** focus to the 'work of the body core'
  - 32 cts: focus external obliques: **push down phase** of kayak arms and hip flexion + knee extension phase of x qd k
  - 32 cts: '*smooth the move*': focus on all phases of movement with **same effort**
  - 32 cts: focus internal obliques: **pull up phase** of kayak arms (ADVANCED\*\*\*)

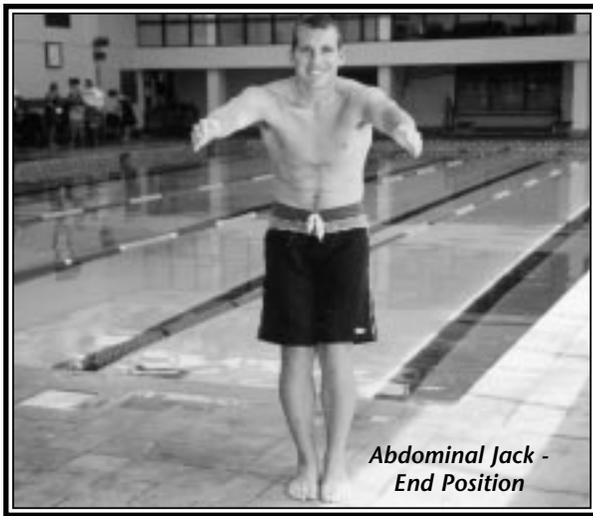
Transition to (2) : keep front kayak arms change the legs to narrow swivel (n sw)

- 2) 1/2 tempo narrow swivel with high bow n' arrow arms: OTS
- 32 cts: familiarization: '*get the move, feel it, do it*'





*Abdominal Jack - Start Position*



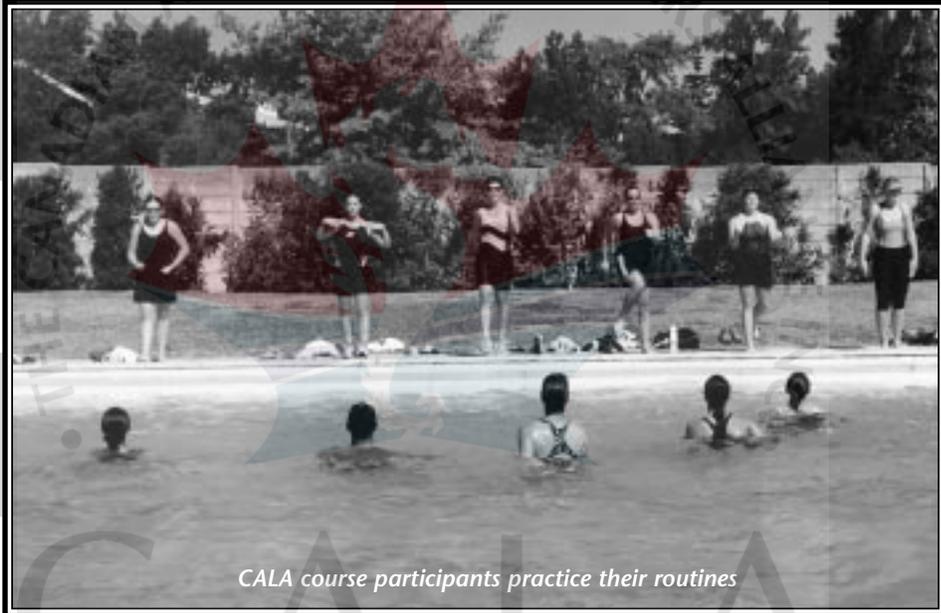
*Abdominal Jack - End Position*

- 16 cts: right leg crossed over left, squeeze hip adductors, keep abdominal focus
- 16 cts: left leg crossed over right, squeeze hip adductors, keep abdominal focus
- 32 cts: 1/2 t hamstring swivel with front kayak arms (preacher swivel)
- 32 cts: 1/2 t hip flexor swivel with front kayak arms (seated swivel - legs at 90°)

*Option: Repeat with bow and arrow arms (high, medium and low 'bow and arrow' arm variations).*

Do "uni push down to outside of hip with hip flexor swivel (hp fl sw legs).

*Transition to (3): keep n sw change the arms to unison cross country ski arms (uni x ski arms)*



*CALA course participants practice their routines*

- 3) 1/2 or 1/4 tempo narrow tuck with uni x ski arms: 32 cts: OTS  
Transition to (4): keep uni x ski arms change the legs to tuck jack

- 4) 1/2 tempo tuck jack with chest hug n' blade squeeze arms: OTS (start with blade squeeze on tuck and chest hug on jack)

To be continued in issue #37 - Master this part of the routine, then get ready to add 4 more moves.



*Mo Hagan & Charlene Kopansky look forward to a repeat performance @ CALA 2003, May 30-31*