

AQUA KICK BOX

Presented by
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BENEFITS:

- Centre of Power ~ Improve Core Strength
- Develop New Skills
- Sports Specific Movement with Resistance
- Mind / Muscle Challenges
- Muscle Conditioning
- New Movements for Aquafit Classes
- Attract Sports Minded Participant

AQUA KICK BOX STANCE:

- Feet: hip to shoulder width (Aqua shoes - highly recommended)
- Knees soft
- Hips neutral
- Tall spine
- Active abs
- Shoulders relaxed down
- Shoulder blade squeeze
- Chin Back

Arms Ready Position:

- Arms parallel
- Elbows tucked into "pocket", between rib and hip bone
- Relaxed fist position with thumb on top (fist facing up)
- Wrists neutral

Mind Focus:

- Strong core
- "Power In" to "Ready" Position
- "See" your target
- Smooth execution
- Soft elbow (avoid hyper-extension)
- Anchored movement – no elevation of body

BASIC KICK BOX MOVEMENTS: Arms

Jab:

- Alternate Front Jab
- Unison Front Jab
- Alternate Cross Front Jab
- Unison Cross Front Jab
- Alternate Side Jab
- Unison Side Jab
- Alternate Back Fist Side Jab
- Unison Back Fist Side Jab

Upper Cut:

- Alternate Front Upper Cut
- Unison Front Upper Cut
- Alternate Cross Front Upper Cut
- Unison Cross Front Upper Cut

Hook:

- Alternate High Hook
- Unison High Hook
- Alternate Low Hook
- Unison Low Hook

BASIC KICK BOX MOVEMENTS: Legs - Mind Focus

- Strong core
- Feet: hip to shoulder width
- Foot is slightly dorsi-flexed
- Skull with arms for balance
- Core challenge by keeping elbows in "pocket"
- Know "start" and "end" of kick
- Anchored movement – no elevation of body

Chamber: Preparation phase for all kicks

- Alternate
- Repeater

Front Kick:

- Alternate
- Repeater

Parallel Side Kick:

- Alternate
- Repeater
- Pulsing

Back Kick:

- Alternate
- Repeater

Boxing Transition Movements:

- Skipping: _t or T
- Forward skipping arms: _t or T
- Reverse skipping arms: _t or T
- Cross-over skipping arms: _t or T
- Jumping Jacks: _t or T
- Narrow Jog
- Wide Jog
- Flurry arms: _t or T
- Side Shuffle Legs
- Narrow Tucks

CLASS DESIGN:

- Drills
- Intervals
- Circuit
- Muscle Conditioning

OBJECTIVES in WATER:

- Learn basic Kick Box Movements, adapted to the Water
- Anchored Movement
- Rhythm of Movement
- Feel the effects of Water's Resistance
- Mind Focus / Mind Challenge
- Muscle Focus / Muscle Challenge
- Core Stabilization and Challenge
- Intensity Changes
- Tempo Changes

REFERENCES: "Introduction to AQUA KICK BOX" and
"AQUA KICK BOX II", presented by Donna Reeves
EXCLUSIVELY WATER CALA CONVENTION, 2002
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Kick Box Intervals:

- 1) front jab
cross front jab
skipping with forward skipping arms

- 2) side jab
back fist side jab (tricep focus)
jj with speedball arms

- 3) hi hook
lo hook
narrow tuck

- 4) reverse hi hook
reverse lo hook
dbl T wide jog

- 5) upper cut
cross front cut
skipping heels with cross over skipping arms

- 6) chamber
jj with back fist side jab arms

- 7) front kick
skate ski with alt hi hook arms

- 8) side kick
xski with side jab arms

- 9) back kick
skipping

Kick Box Combos:

- a) right front jab ready
left side jab ready
uni front jab 2x
uni x front jab 2x
- b) left front jab ready
right side jab ready
uni front jab 2x
uni x front jab 2x

- a) right side kick ready
left side kick ready
- b) alt T back kick 4x

- a) uni hi hook ready
rvs uni hi hook ready
alt upper cut 4x
- b) uni lo hook ready
rvs uni lo hook ready
alt cross front cut 4x

- a) rt front kick ready
rt back kick ready
rt side kick ready
rt side kick pump
- b) lt front kick ready
lt back kick ready
lt side kick ready
lt side kick pump