

Pool Wise – Creating Kick Boxing Choreography By Mark Grevelding

Dry off, hit the classroom and enjoy a session that will show you how to blend kickboxing with traditional aqua choreography for an energizing and fun workout for all ages and fitness levels. This practical session is designed to improve your deck & instructional skills.

Objectives:

- Provide ideas for incorporating kickboxing into existing aquatic fitness classes
- Provide ideas for creating an ongoing kickboxing class format for the schedule
- Review base moves and other exercises for a kickboxing format
- Review safety & instructional tips for teaching kickboxing movements
- Practice teaching kickboxing movements
- Why did you take this course? _____

Why Kickboxing?

- Appeals to a wider audience
- Great for chilly pools
- Maximizes drag & turbulence properties of water
- Why else? _____

Ideas for Incorporating into Existing Classes

- Use in cardio segment or as drills interspersed with traditional choreography
- Upper body – use punches with hand position cues, webbed gloves or other hand held drag resistance
- Lower Body – use kicks with lever cues, shoes or attached lower body drag resistance.
- Other Ideas _____

Ideas for Incorporating into an Ongoing Kickboxing Class Format

- Blending traditional choreography with kickboxing movements
- Endless interval & fusion ideas, including traditional interval programming with timed cycles or pairing kickboxing with strength, yoga, deep water running and more.
- Circuit programming that can be designed as a Boot Camp format or station to station training with equipment use.
- Other Ideas _____

Safety Tips

- Provide options for kick height due to involvement of hip flexor/lumbar connection
- Instruct soft joints on punches, kicks and long lever cues.
- Use appropriate BPM (125-135) and adjust if equipment is used.
- Other _____

Instructional Tips

- Teaching from deck would be necessary for most of the movements
- Cueing hand positions and levers
- Teach movements at half water tempo first; to define the movement
- Other _____

Base Moves for Kickboxing – *all moves demonstrated and practiced in this GPS session*

Punches – side stance

- Jab – lead arm
- Cross punch – rear arm
- Hook shot – lead arm (can be rear arm also)
- Upper cut – rear arm (can be lead arm also)

Punches – center stance

- Jabs
- Cross (rotating jab)
- Hook shots
- Upper cuts
- Elbow strikes

Kicks – Side stance

- Lead front
- Rear front
- Rear back
- Lead front/rear back
- Lead shin block
- Rear knee strike

Kicks – Center stance

- Front
- Side
- Rear
- Roundhouse variations (including double step w/ kick)
- Side knee lift (Taebo knees)

Other kickboxing movements

- Boxer slips
- Duck (modified squats)
- Flurries & Speed bags
- Jump rope variations
- Shuffles
- Other _____

Blended movement ideas

- Jack side kick w/ water specific option (double leg side shoot)
- Ski in three to rear front kicks
- Ski in three to side stance and perform punch & kick combinations
- Jacks in three to center stance and perform punch & kick combinations
- Grounded lower body movements paired with punches
- Other _____

Practical Teaching Applications – Land Master Class *Proper shoes are required*

Four Count Punch (side stance) w/ repetition reduction – 16, 8, 4, 2, 1

Triple Kick with Jack at ½ water tempo > Triple Kick with bounce at water tempo

Center stance punches w/ tempo variations – water, ½ water & land
Jab, Cross (jab rotate), hook & upper cuts

Grounded jacks (one leg) with hook shots & Grounded skis (rear lunge) with jabs

Punch combo simple –side stance

Jab x 4 (8)

Cross x 4 (8)

Hook x 4 (8)

Triple (jab, cross, hook) and switch sides

Repeat

Punch combo intricate– side stance

Jab x 3 w/ rear elbow (8)

Cross x 3 w/ duck (8)

Hook x 3 w/ upper cut (8)

Triple (jab, cross, hook) and hop switch

Repeat

Kicks in side stance

Rear front x 2 (8)

Lead front (4) Rear back (4)

Lead/back kick x 2 (8)

Shin block x 3 and ski *once* (8)

Repeat

Add-On Instruction

Jacks in three (8) Alt Uppercuts x 4 (8) Slip x 4 (8) Alt side kick x 2 (8)

Flurries for 8 cts of music (8) Fast Wide Run for 8 cts of music (8) Hook x 4 (8) Jump rope in and out x 4 (8) Jab R x 4 & Jab L x 4 (16) Speed bag F & B (16)

Core work in wide stance

Slips x 4 (8) Fake jab (rotate) x 4 (8) Taebo knee lift R x 2 (8) Shin block x 4 (8)

Slips x 4 (8) Fake jab (rotate) x 4 (8) Taebo knee lift L x 2 (8) Shin block x 4 (8)

Cross punch w twist x 8 (16) Rear elbow x 8 (16)

Available at the IAFC Shopping Center!

Pool Kickboxing Classics and Pool Muscle Mixers Combo DVD w/ Mark Grevelding

Creating your Kickboxing Routine

Selecting moves from Base Moves, Other Kickboxing Movements, Blended Movement Ideas, Practical Teaching Applications and Traditional Aquatic Fitness Choreography, use the worksheet below to build a your own kickboxing routine.

EXAMPLE

Center Stance

- Movement 1 – Jack & Front kick x 2 (R & L) 16 cts
- Movement 2 – Alternating side karate kicks ½ WT x 4 16cts
- Movement 3 - Leap R x 2 and Left x 2 (16)
- Movement 4 – Jump rope – hop forward & back x 8 16cts
- Drill – Power jacks at Level I or II

Center Stance

- Movement 1 –
- Movement 2 –
- Movement 3 –
- Movement 4 –
- Drill –

Side Stance

- Movement 1 –
- Movement 2 –
- Movement 3 –
- Movement 4 –
- Drill –

Center Stance

- Movement 1 –
- Movement 2 –
- Movement 3 –
- Movement 4 –
- Drill –

Side Stance

- Movement 1 –
- Movement 2 –
- Movement 3 –
- Movement 4 –
- Drill –