CENTRE OF POWER: AQUA KICK BOX CHOREOGRAPHY

Featuring the Aqua Jab

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

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 Agua 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	COUNT	CUE
• rt fr jab, return to ready	1, 2	eyes straight ahead
• rt sd jab, return to ready	3, 4	 eyes follow hand to side
• rt x jab, return to ready	5, 6	 eyes straight ahead
 rt back fist sd jab, return to ready 	7, 8	 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	COUNT	CUE	
• uni fr jab, return to ready	1, 2	deliver energy	
 uni sd jab, return to ready 	3, 4	• open chest	
 uni x jab, return to ready 	5, 6	squeeze pecs	
 uni back fist sd jab, return to ready 	7, 8	• 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	COUNT	CUE
 It fr jab, return to ready 	1, 2	eyes straight ahead
 It sd jab, return to ready 	3, 4	 eyes follow hand to side
• It x jab, return to ready	5, 6	 eyes straight ahead
 It back fist sd jab, return to ready 	7, 8	 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	COUNT	CUE
 uni fr jab, return to ready 	1, 2	aim with power
 uni sd jab, return to ready 	3, 4	create turbulence
• uni x jab, return to ready	5, 6	squeeze the water
 uni back fist sd jab, return to ready 	7, 8	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

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• rt fr jab, return to ready	1, 2
• It fr jab, return to ready	3, 4
• rt sd jab, return to ready	5, 6
• It sd jab, return to ready	7, 8
• rt x jab, return to ready	9, 10
• It x jab, return to ready	11, 12
• rt back fist sd jab, return to ready	13, 14
• It 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)

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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
It fr jab	ct 5
return It fr jab/deliver rt fr jab	ct 6
return rt fr jab/lt fr jab	ct 7
return It 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

DLOCK 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; It 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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