

## **SIMPLE ABUNDANCE: PROGRESSIVE CHOREOGRAPHY**

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The "Simple Abundance: Progressive Choreography" concept is specifically designed for water and includes the base ideas from the 'elementals class format'. Following is the formula to progress a block of choreographed movements from a simple to a complex routine.



1. Start with blocks of four movements.
2. Each block has three phases.
3. Manipulate the coordination component of fitness, to progress from phase one to phase three.
4. Give permission for participants to remain in phase one or to move to phase two or three as fitness level, including kinesthetic awareness improve.
5. Include teaching tips to enhance form and technique to ensure a safe exercise experience. Following are key technique and leadership tips to integrate throughout the class.

### **Technique Tips:**

- Chin retracted
  - Scapula set
  - Abs activated
  - Pelvis level
  - Wrist locked
  - Joints firm
6. Promote body balance by focusing on all the major muscles.
  7. Utilize verbal and visual cues to educate participants about the names and functional significance of the muscles that are being worked.
  8. Encourage participants to make a vital connection between the "body moving, the mind thinking and the spirit feeling" by asking them to actually feel and experience the muscle actions that are being performed.
  9. Pay close attention to transitions and fluidity of the moves.
  10. Keep a close watch on the body alignment of your participants while performing your own moves with expert execution.

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11. Use dynamic, concise verbal cues together with dramatic, clear visual cues. Remember eye contact, facial and body expressions help keep the atmosphere light and fun.

### **TEACHING THE PHASES**

#### **Phase 1**

Concentrate on the four base moves. Make sure the participants realize the correct body alignment and exactly what muscle group is being worked. Let the participants know that these are the base moves and as the complexity of the movement progresses from phase one to phase two, they are free to return to, or remain at, phase one.

#### **Phase 2**

Add a second muscle group or a variation such as a lever change or sequencing change to the base moves. Make sure that body alignment stays 'perfect' and range of motion is not sacrificed. On a regular basis, give permission for the participants to return to phase one at any time.

#### **Phase 3**

Now the moves are at an advanced level incorporating stability, strength and coordination. Many muscles are working at the same time to stabilize others; you have added a second, maybe even a third muscle group to the base moves. Variations have been systematically added as well. Give participants permission to return to phase two or phase one, at any time. Phase three movements may not be for everyone.

#### **Block One:**

Muscle Focus: Hip flexors (rectus femoris, iliopsoas, sartorius)

**Phase One:** light bounce (L), half tempo (1/2 t)

narrow jogmarch (n j'om)

wide jogmarch (w j'om)

sartorius jogmarch (srt j'om)

narrow karate kick (n kk)

*Arms:* unison tricep kickback (uni tri kbk)

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**Phase Two:** anchored (A), 1/2 t

n j'om

w j'om

srt j'om

n kk

Rhythm change: single, single, repeater (2)

*Arm change:* uni tri kbk arms on the singles and  
cross back hammer hands (x bk hh) on the repeater

**Phase Three:** A, quarter tempo (1/4 t)

right w hip kick (rt w hip k)

left srt j'om

rt n kk

lt n hip k

Repeat starting on left side.

Alternate (no repeaters)

*Arm change:* all moves with uni tri kbk arms

## **CARDIO PAUSE**

Between each Phase, insert a "cardio pause". This includes simple moves to give the mind a break, and keep the body moving. Avoid using the same joint actions that are included in the Block of Choreography.

*A workshop called Simple Abundance: Progressive Choreography is offered by CALA*

*You will learn other blocks of choreography – ready to deliver to your participants.*

*Contact CALA to book this great workshop at your facility.*