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
Canadian Aquafitness Leaders Alliance Inc. 125 Lilian Dr.,
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Visit our website at: www.calainc.org
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