

DEEP 124

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INSTRUCTOR NOTES TO ACCOMPANY DVD PROGRAM



This advanced deep water program uses music tempo to set the challenge. Moving to the beat, moving at half time, and including the move-pause principle, the choreography will deliver many combinations for your experienced deep water clients. Latin music adds that energetic driving force to motivate everyone!

Always approach your teaching as if you are mixing a recipe for success. You have a constantly evolving list of ingredients, and each and every way you blend those ingredients, a slightly different 'cake' will be baked. The role of each ingredient in our recipe is crucial to the outcome of the deep water experience, but more essential is the skilled blending of the ingredients by the instructor to address the needs of each individual participant in the class.

Basic Recipe for Deep - Deep Blue Something!

Many gallons of deep water	A large pinch of creativity
A flotation assistance device	25-36 sq ft of deep space per person+
One packet of movement skills	A lesson plan
2 cups of management skills	
Optional extras: intensity variables, heart rate monitors	
3 methods for monitoring exercise intensity	

A whole bunch of fun!

*For basic deep I like the music tempo to be 108-120 bpm

Advanced Recipe for Deep – Deep 124

All of the above ingredients are still included
Now the music tempo has been increased to 124 beats per minute
Faster movement is more challenging
Add variations to base moves that will increase the challenge

DEEP 124

In Deep 124 we integrate all the basic deep water principles, but we expect our participants to be able to demonstrate them, and maintain them as we increase the speed of the movements:

Body control – with an advanced workout we will still look for the same posture principles, but we will have an expectation that our participants will be proficient movers. Demand and expect good body control:

- When moves are stationary there should be no drifting
- Proficient movers should be able to handle quicker changes of direction

- Proficient movers should be able to handle less repetitions of each exercise

Systemic movement patterns – deep water allows us to use the whole body for every exercise, so Deep 124 uses as many full body challenges as possible. Vary the dynamics within the moves; have upper and lower body doing contrasting actions rather than complimentary actions all the time.

DEEP 124 uses Belts for floatation support

We must have the belts support neutral posture. With a fast paced challenging workout the belt must be comfortable, keep the participant neutral, and optimally buoyant:

- **Placement of buoyant equipment.** The key issue for the instructor is the placement of buoyant equipment on the immersed body. Additional buoyancy will affect equilibrium. The extra buoyancy can mean that the weight of the submerged body is now not equal to the weight of the fluid displaced, and the body will tilt or turn. The instructor must carefully evaluate the buoyancy factor. Too much buoyancy will cause the body to shift away from vertical, struggling to find a place of equilibrium. If the instructor is demanding a vertical working position, this person will be forever fighting with center of gravity and center of buoyancy. This is another reason why it is crucial for the instructor to carefully evaluate the type and placement of buoyancy on the deep water participant.
- **Buoyancy assessment.** The instructor must carefully evaluate every person for appropriate buoyancy level. This means having a selection of buoyancy adjustments available, and spending time fitting equipment before the workout begins
- **Effect on movement vocabulary.** A floatation belt that is constantly forcing the body away from neutral will make it harder for the participant to successfully complete the moves

Instructors need to understand the following principles for deep water:

- Dynamic stabilization in the postural muscle groups to maintain a vertical working position and achieve neutral postural alignment in deep water
- The relationship between center of gravity and center of buoyancy as the immersed body tries to find a position of equilibrium
- The importance of evaluating individual buoyancy in deep water, and appropriately determining and fitting necessary flotation equipment to provide optimal support

SPECIAL FEATURES OF DEEP 124

Movement tempo – this workout is specifically designed to cope with music at 124 bpm. That is the #1 challenge. The music speed makes you have to use more energy and chase the movement.

Advanced balancing – we take the base moves and add simple, but challenging extras. For example, any deep water move performed without using the arms is way more difficult.

Move pause principle – by playing with rhythm we can add another level of challenge. Instead of constant alternating movement, we add a pause for 1 or more counts.



Water Tempo: Designing choreography for deep-water requires a good understanding of water tempo moves. You need to teach an appropriate rate of speed to allow for slower reaction time and full range of motion in water choreography. Deep-water moves have no contact with the pool bottom, so they flow very differently from shallow water equivalents. Alternating deep-water movement patterns (like skiing) only change direction by following a rhythmic pattern in the music, and/or joint range of motion. The instructor must allow for this in designing the choreography. How fast should an exercise be performed? I use a system whereby short lever moves (like jogging) are performed much faster than long lever moves (like skiing). In a routine, 24 jogs would take the same amount of time as 12 cross-country skis. The jogs move to the beat of the music; the skis move at half time.

THE DEEP 124 CHOREOGRAPHY

It is assumed that participants already know deep water movement vocabulary, and can show good technique. Then the focus can be on new variations to enhance the challenge and provide a “new” workout

1. Jog with many upper body limbering movements like arm waves, shoulder rolls, sweeps
2. Insist on good body alignment & body control for stationary exercises
3. Insist on good body alignment & body control for all traveling exercises
4. For this particular workout you do demand that participants move to the music. It is an integral part of the challenge
5. Use repetition reduction to increase the challenge
6. Periodically remove the use of the arms as ‘training wheels’ so that the core and leg patterns have to take on all the work
7. Use asymmetrical movement patterns to further challenge good movement execution
8. Demand high energy traveling to tempo
9. Demand speed over distance, as well as doing faster exercises
10. Maximize frontal resistance for increased challenge
11. Add rotational movements – a rotating ski is harder than a regular ski
12. Add turns – random changes of direction on a signal; specific ¼ turns; specific ½ turns; specific full turns.
13. Use advanced transitions, where the core needs to show its ability to control the movement
14. Use off-axis movement.....tilts and leans, as long as alignment is not compromised
15. Make full use of the power intensity variable – strong, determined, dynamic
16. Make full use of the elevation intensity principle – downward forces to send the body up
17. Use pathways that will allow each person to maintain their intensity level
18. Use partner challenges to increase workload for each person
19. Use upper body to pull lower body through the water
20. Use 3 levels of speed to provide increase and decrease in challenge
21. Use 3 levels of power to provide increase and decrease in challenge
22. Use pauses in movement combinations – 1, 2, 3, hold, 1, 2, 3, hold
23. Use travel and stop to provide more challenge
24. There should be no down time in this workout. It’s non-stop activity

THE DVD NOW TAKES YOU THROUGH EIGHT CHOREOGRAPHED TRACKS, SHOWING DECK SKILLS & IN WATER DEMONSTRATION:

Deep 124 CHOREOGRAPHY NOTES

MUSIC: SILVERSNEAKERS 7 LATIN by MUSCLE MIXES MUSIC

COMPONENT	MOVEMENT MOTIF/COMBINATIONS
<p>TRACK ONE 5:24 mins</p>	<p>Jog to 124 bpm – check posture (must be able to stay in one place and show body control) Jog with alternating hand press down, 8 counts Jog with alternating shoulder rolls (singles backwards), 8 counts Jog and elevate and depress shoulders, 8 counts Jog with both arms straight at sides of body – flutter fingers (palms back), 8 counts Jog wide, jog narrow. Cue “out out, in in” Repeat for 8 sets Repeat all this jogging series again</p> <p>Flutter kick in place with arm waves, 8 counts Flutter kick in place, arms down at sides – flutter fingers (palms forward), 8 counts Flutter kick in place with arm waves, 8 counts Flutter kick in place and play maracas, 8 counts (end with arms out at sides) Flutter kick, reach R arm across to left hand, and then do a 180 degree slicing sweep back to open arms. Repeat with L arm reaching across to right hand. Do this reach and slicing sweep 8 times. Star flutter kick and shimmy shoulders, 8 counts Flutter kick in place with arm waves, 8 counts Scull, slightly bend knees, legs together, and do hip isolations</p> <p>Repeat everything from the beginning</p>
<p>TRACK TWO 6:10 mins</p>	<p>(A) ½ time straddle jog in place with rib isolations (tick, tock) (B) Inner thigh lifts with sculling hands. Then 3 inner thigh lifts and hold leg lifted. The lifted leg then does extend & flex at the knee 4 times. Cue “1, 2, 3 & hold; out in, out in, out in, out in” Repeat for four sets. Repeat (A) (C) ½ time knee high jog (use large ROM) with bow & arrow arms (has shoulder rotations) (D) Three jogs and hold + vertical hip rolls 3 times and end with knee in center. Hands are sculling. Cue “1, 2, 3 & hold; roll, roll, roll, center.” Repeat for 4 sets. (E) Flutter kick for the transition – add clapping hands underwater (F) Bent leg cross-country ski in place at 124 bpm. Travel the ski at 124 bpm Repeat (E) Then repeat whole routine – A, B, C, D, E, F, E</p>
<p>TRACK THREE 6:00 mins</p>	<p>(A) Cross-country ski with a hold. Cue “ski tuck, ski tuck, ski tuck, hold.” Count 1 & 2 & 3 & hold. Repeat for 8 sets. Arms are held up on the hold. Repeat this move with travel on the ski, and hold in place. (B) Rotating ski 8 times; tuck and do 8 spinal rotations Repeat B for four sets (C) End B in a tucked position and click fingers with hands above the water – 8 counts (D) Combination of: ½ time straddle run forwards for 8 Tuck and double press hands at sides of body for 8 Sit kicks backwards – hands above water and clicking fingers, for 8 Do 4 sets of (D) Then repeat A, B, C, D</p>

<p>TRACK FOUR 4:53 mins</p>	<p>(A) Running at 124 bpm with directional changes (B) Combination of: tuck star flutter x 4 tuck with 4 arm pulls forward using thumbs up breast-stroke 8 V kicks Star flutter travel backwards for 8 counts (C) Running with straddle legs, and alternating back of the hand sweeps Repeat (B) (D) Cossack kicks for 8 counts (E) Scissor legs/jack legs.....alternate rapidly, with matching arms Repeat A, B, C, D, E</p>
<p>TRACK FIVE 4:54 mins</p>	<p>(A) Cross-over step & turn. Do 4 cross-over steps; ½ turn on #5 & star flutter for 3 counts. Repeat (A) for 4 sets (B) Crab run laterally R, with arms above water doing a tick-tock wave (or windshield wipers) Tuck legs, R hand on hip, use L arm to pull body back to the Left. Repeat (B) to the R again Then repeat (A) Then repeat (B) but go to the Left (C) Four point legs = ski, tuck, jack, tuck, ski, tuck, jack, tuck.....continuous for 8 sets The repeat A, B, C Finish with flutter kick and hands rising overhead with Latin style</p>
<p>TRACK SIX 5:40 mins</p>	<p>(A) Running forwards, with both hands on abdomen. Then impede the run by sweeping arms from side-to-side across the body (B) Front kicks in place, with double arm flicks out in front (back of hand lead) (C) Baby front kicks, small and fast Repeat A, B, C (D) Tucked – open and close knees, arms scull (E) Single arabesque hold – arm gesture is a wrap over head and extend arm out to side. Alternate. (F) Single Cossack kicks, gradually lowering legs to a regular jog (G) Single leg jog: 8 R leg, 8 L leg, 8 R leg, 8 L leg (hands are on hips) Repeat A, B, C, D, E, F, G</p>
<p>TRACK SEVEN 6:11 mins</p>	<p>Intro of 32 counts – jog in place (A) Aqua bicycle leaning to one side, 8 counts, with one hand on hip, and the other doing a ‘giving’ hand gesture (palm up). Bicycle the other way, using other arm. Repeat (A) (B) Side-to-side mermaids..... 16 of these (C) Tuck & hold.....pelvic circles with hips & spine; hands scull: 16 of these (D) Bent leg cross-country ski with power pops (elevation). Long set of 32 reps! (E) Flutter kick & make a ¼ turn every 4 counts. Every 4 counts the arms also change: arms overhead, arms out in front, arms open to sides, arms across chest (total of 16 counts) Repeat (E) for four sets Then repeat A, B, C, D, E, three more times!</p>
<p>TRACK EIGHT 4:23 mins</p>	<p>Intro of 32 counts – jog in place and prep for XC ski (A) Ski, ski, ski, ½ turn – then hold in ski position for 4 counts, using arm waves Repeat (A) for four sets (B) Flutter kick in place – arms open. Then left hand reaches across body to the opposite hand, followed by a full 180 degree arm sweep with the back of the hand, back to starting position. Cue “reach to the opposite hand as if you were putting a glove on” Repeat (B) for four sets (C) Deep jack, 2nd jack and then ½ turn. Cue “jack out, jack in, jack out, ½ turn” Repeat (C) for four sets (D) Take 8 counts to bring body to a held tucked position, then lean (rotate) knees side to side 24 times, reaching both hands to the opposite side from the knees (E) Holding the tuck, travel forwards with 4 thumbs up arm sweeps. Travel backwards with 4</p>

reverse arms sweeps. Repeat forward and backward again. (F) Holding the tuck, place both arms straight down at sides. Then “flutter” arms rapidly for a bracing exercise. This will be a count of 16. Now repeat A, B, C, D, E, F all through again.....ending with the bracing tuck
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TOTAL TIME CHOREOGRAPHED = 44 MINUTES