

Tranquility & Turbulence Deep

Presented by
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Tranquility vs Turbulence

- Release and Respond to Buoyancy
- Create Resistance and Turbulence
- Sequential Joint Movement
- Muscular Effort and Propulsive Force
- Open, Extend, Lengthen and Create Space
- Engage Explosive Strength and Power

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The Language of T & T

- Create balance and harmony — the blending of two contrasting training techniques *yin yang*
- Create a complete experience — physical, emotional and spiritual
- Create an individual experience — open to individual expression and creative interpretation

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The Benefits of T & T

- Calm the mind with dynamic ease
- Relieve tension and release aggression
- Develop physical grace with vitality
- Strengthen union between body, mind & spirit
- Discover *your* personal power!

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The Deep Difference

- Buoyancy creates instability
 - Results in an unstable working environment
 - Challenges balance and coordination
 - Exaggerates action/reaction effect
 - Alters perception of exercise intensity
- Water is 360° resistance
 - Increases overload for skeletal muscles
 - Enhances muscle recruitment and synergy
 - Recruits core musculature

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T & T Deep Choreography

- *Natural Warm Up Patterns*
- CV – Lever Variations
- *Fluidity & Folding*
- CV – Flexing & Extending
- *Spiraling & Lengthening*
- CV – Off Axis Opposition
- *Figure 8 Series*
- CV – Power & Propulsion
- *Expressing the Six Elements*

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Natural Warm Up Patterns

Natural Lower Body
Organic Lengthening

- Bilateral Shoulder Rotations
- Single Arm Sweep-In
- Dolphin Undulate—Sagittal
- Single Arm Sweep-Out



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Turbulence 1

Cardio
Lever Variations

- SHUFFLE
- LEG SCISSORS
- TUCK X-COUNTRY SKI
- COSSACK KICKS

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Fluidity & Folding

Off Axis / Rotation
Folding & Unfolding

- Hip Cross-Step Up/Down
- Diagonal Tuck
Extend Pike Down
- Windmills
- Straddle / Hip Rotation S/S



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Turbulence 2

Cardio
Flexing & Extending

- INSTEP SWEEPS
- TOE TOUCHES
- HOLD—SINGLE HIP PUMP
- Diagonal SHOOT THROUGHGS

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Spiraling & Lengthening

Spiraling
Lengthening
Opening

- Bilateral Hip Spirals - Internal
- Namaste Hands Figure 8
- Bilateral Hip Spirals - External
- Double Leg Hip Spirals



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Turbulence 3

Cardio
Off-Axis Opposition

- 45° Prone STRADDLE JOG
- COSSACK KICKS
- 45° Supine STRADDLE JOG
- TUCK JACKS

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Figure 8 Series

Stabilization
Pivot
Off-Axis

- Single Arm Sweep-In
- Pivot Figure 8 / Bicycles
- Single Arm Sweep-Out
- Pike and Roll



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Turbulence 4

Cardio
Power and Propulsion

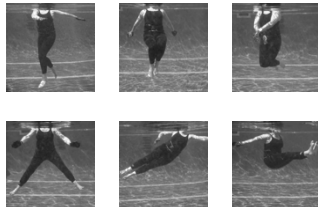
- STRADDLE JOG
- Power X-COUNTRY SKI
- GLUTE LIFTS
- Power TUCK JACKS

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Expressing the Six Elements

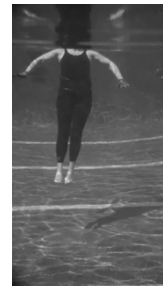
Cool Down Series

- Sweep
- Undulate
- Figure 8
- Spiral
- Lengthen
- Pivot



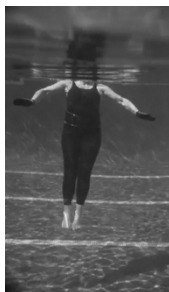
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Element 1 — Sweep



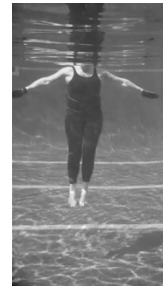
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Element 2 — Undulate



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Element 3 — Figure 8



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Element 4 — Spiral



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Element 5 — Lengthen



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Element 6 — Pivot



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