

1. Mental Adjustment



Jumping: headcontrol while experiencing buoyancy



Exhalation with cheek control

2. Sagittal Rotation Control



Bicycling in side lying and swing around the sagittal axis



Sitting with weight transfer and trunk elongation

3. Transversal Rotation Control



A phase of the forward recovery to stand up



Swing forward – backward around the transverse axis

4. Longitudinal Rotation Control



Log roll preparation: reaching with an arm



Cross a leg: the other leg extends reactively

5 Combined Rotation Control



„falling“ forward and rotate to supine at the same time



Catching the railing and stand up at the same time

6. Upthrust / Mental Inversion



floating up to the surface

7. Balance in Stillness



Keeping midline symmetry, using a metacentric disturbance

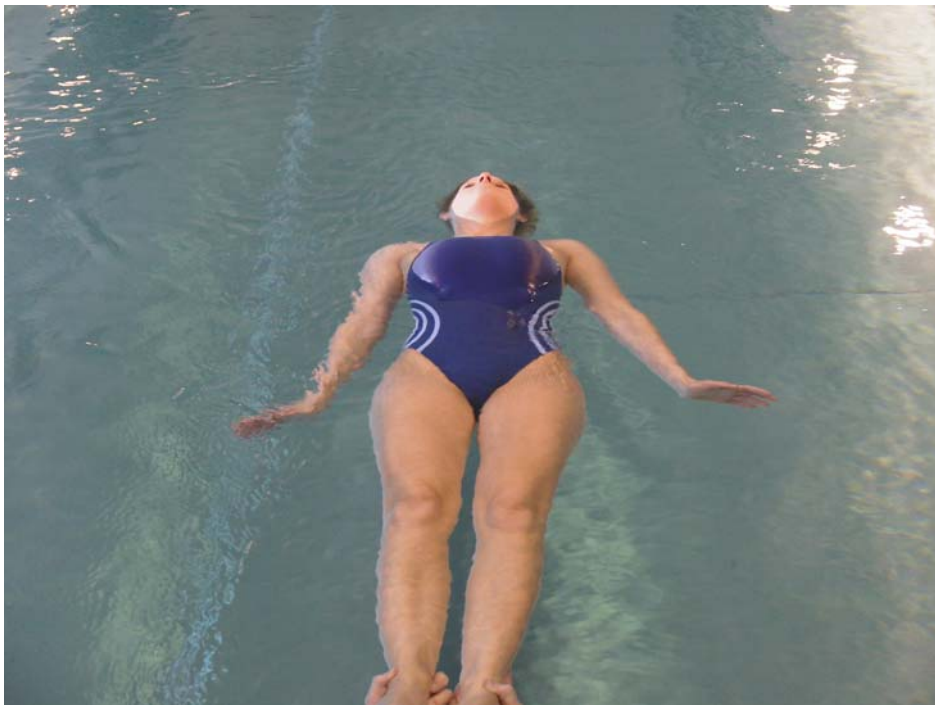


keeping aligned stance, therapist makes turbulence

8. Turbulent Gliding



9. Simple Progression



10.Halliwick Basic Swimming Movement

