Aquatic I.T. – Pyramid   Choreography Notes   Mark Grevelding

Suggested Music: 132-135 BPM titles such as Mash Up Mania 3, available at
www.fitmotivation.com or www.yesfitnessmusic.com

Pyramid One

Jacks	16	8	4	2	1
Anchored Jack	16	8	4	2	1
Skis (R & L)	16 sets	8 sets	4 sets	2 sets	1 set
Hop (F & B)	16 sets	8 sets	4 sets	2 sets	1 set

Jack Drill – Arm patterns, travel, tempo, impact options, elevate & propel

Pyramid Two

½ WT Front Karate kick	16	8	4	2	1
½ WT Side Karate kick	16	8	4	2	1
Rear lunge	16	8	4	2	1
Twist & center bounce	16	8	4	2	1

Ski Drill - Arm patterns, travel, tempo, impact options, elevate & propel

Pyramid Three

Jack & Corner Kick	16	8	4	2	1
Ski 3 & Bounce	16	8	4	2	1
Triple Kick & Bounce	16	8	4	2	1
Ski-Mogul	16	8	4	2	1

Kick Drill - Arm patterns, travel, tempo, impact options, elevate & propel

Pyramid Four

Leap	4	2	1
Pendulum	8	4	2
Skate	8	4	2
Leg curl	8	4	2

Pendulum & Skate drill – Arm patterns, travel, tempo, impact options, elevate & propel

Pyramid Five

Rockinghorse	16	8	4	2	1
Jazz/Swing kick	16	8	4	2	1
Wide Jog	32	16	8	4	2
Swim arm Jog	32	16	8	4	2

Jog drill – Travel, Arm patterns, Tempo options

Aquatic I.T. – Pyramid   Class Room Notes   Mark Grevelding

INSTRUCTIONAL STYLES   The way you teach the base moves and their variations

Layer Technique - Changes are gradually superimposed: moves are replaced with other moves one at a time in the pattern.

Linear – Movements are taught individually with form cues and modifications for intensity alteration, with no predictable pattern.

Add-On – Movements are first taught individually with linear or pyramid instruction and then are added together to form a predictable pattern.

Pure Patterned Repetition – The combination is taught in its entirety without breakdown.

Pyramid Choreography – When teaching with pyramid choreography, the amount of repetitions are either increased or decreased depending on the desired outcome. Repetitions typically stay increased if you are teaching to a more de-conditioned participant base. Repetitions are decreased if your desired outcome is to increase the intensity of the workout.

Benefits of Pyramid Choreography
- Participants enjoy a much greater familiarity and comfort level for executing the moves when repetition reduction is used.
- Pyramiding provides a method for increasing or decreasing intensity depending on fitness level of students.
- Pyramiding is helpful when instructing challenging combinations that require a methodical breakdown before achieving the final pattern.

Note: Pyramiding does require attention to formatting and numerical cueing

Newton's Law of Inertia
- **Total Body Inertia-** requires more effort to start, stop, or change movement.
- **Water's Inertia-** requires more muscular effort to move against water's inertia.
- **Limb Inertia-** requires effort to overcome inertia to move limbs.

All three types of inertia interact to create CHANGES in the workout. Pyramid Choreography features changes utilizing total body inertia and limb inertia with those changes occurring more frequently as you reduce repetitions, thus increasing the intensity of the workout.

Using the Law of Inertia, demonstrate ways to increase in intensity for the following base move:
16 Kicks
#1
#2
#3
#4
#5

Grevelding/Aquatic Pyramids   www.fitmotivation.com   markgrev@gmail.com

MUSICAL STRUCTURE
Pyramid Choreography neatly fits into the structure of music. The structure provided by music and Pyramid Choreography make this one of the easiest methods of delivering base moves.

Identify the music counts in each of the base moves/variations below?

Pyramid One
Jacks   16 _____   8 _____   4 _____   2 _____   1 _____
Anchored Jack   16 _____   8 _____   4 _____   2 _____   1 _____
Skis (R & L)   16 sets ____ 8 sets ____ 4 sets ____ 2 sets ____ 1 set ____
Hop F & B   16 sets ____ 8 sets ____ 4 sets ____ 2 sets ____ 1 set ____

Pyramid Four
Leap   4 _____ 2 _____ 1 _____
Pendulum   4 _____ 2 _____ 1 _____
Skate   4 _____ 2 _____ 1 _____
Leg curl   4 _____ 2 _____ 1 _____

PYRAMID PRACTICE
Select Four Base Moves to instruct with **Pyramid Style** (repetition reduction) – 8,4,2,1 - and list in the order you would teach them, demonstrating smooth transitions
Move #1:

Move #2:

Move #3:

Move #4:

Select Four MORE Base Moves to instruct with **Pyramid Style**
Move #1:

Move #2:

Move #3:

Move #4:

Bibliography/References
1. Aquatic Exercise Association, Aquatic Fitness Professional Manual – sixth edition (2010)
2. Aquatic Exercise Association, Creating Cardio & Strength Programs course Handout (2005)
3. Aquatic Exercise Association, Class Construction: Aquatic Programming and leadership Course Handout, (2009)

Grevelding/Aquatic Pyramids   www.fitmotivation.com   markgrev@gmail.com