



Stroke Development
The Five Dimensions
Live stream with John B. Waldman
President, Fluid Mechanics, Inc.



Dr. James "Doc" Counsilman



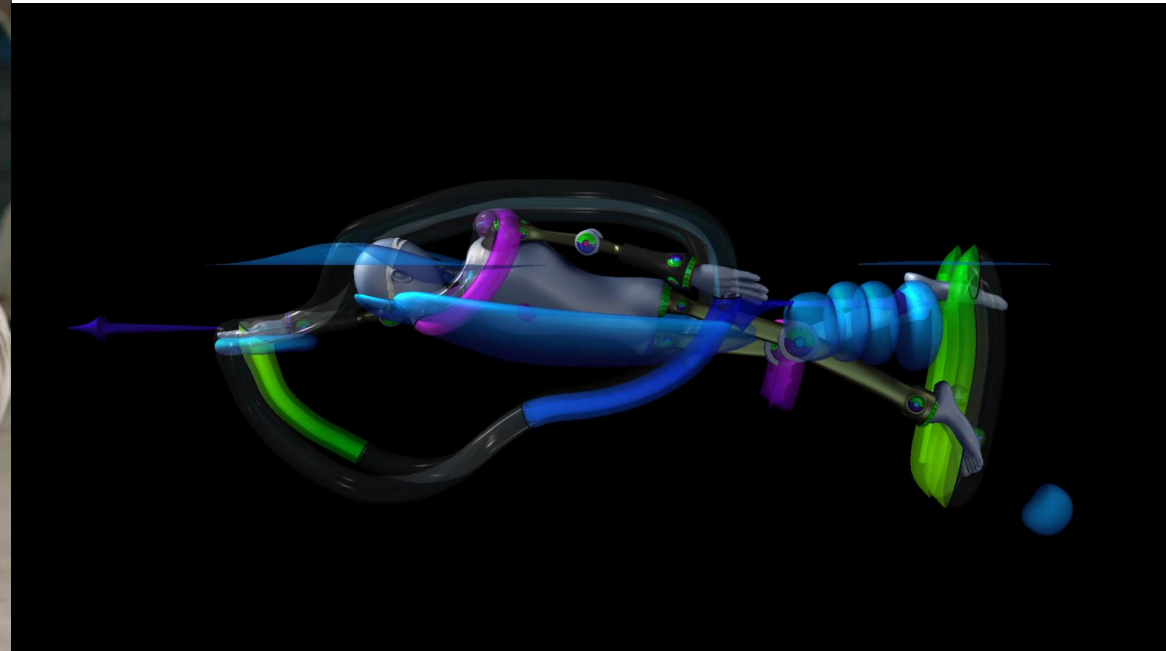
John B. Waldman



Mentoring




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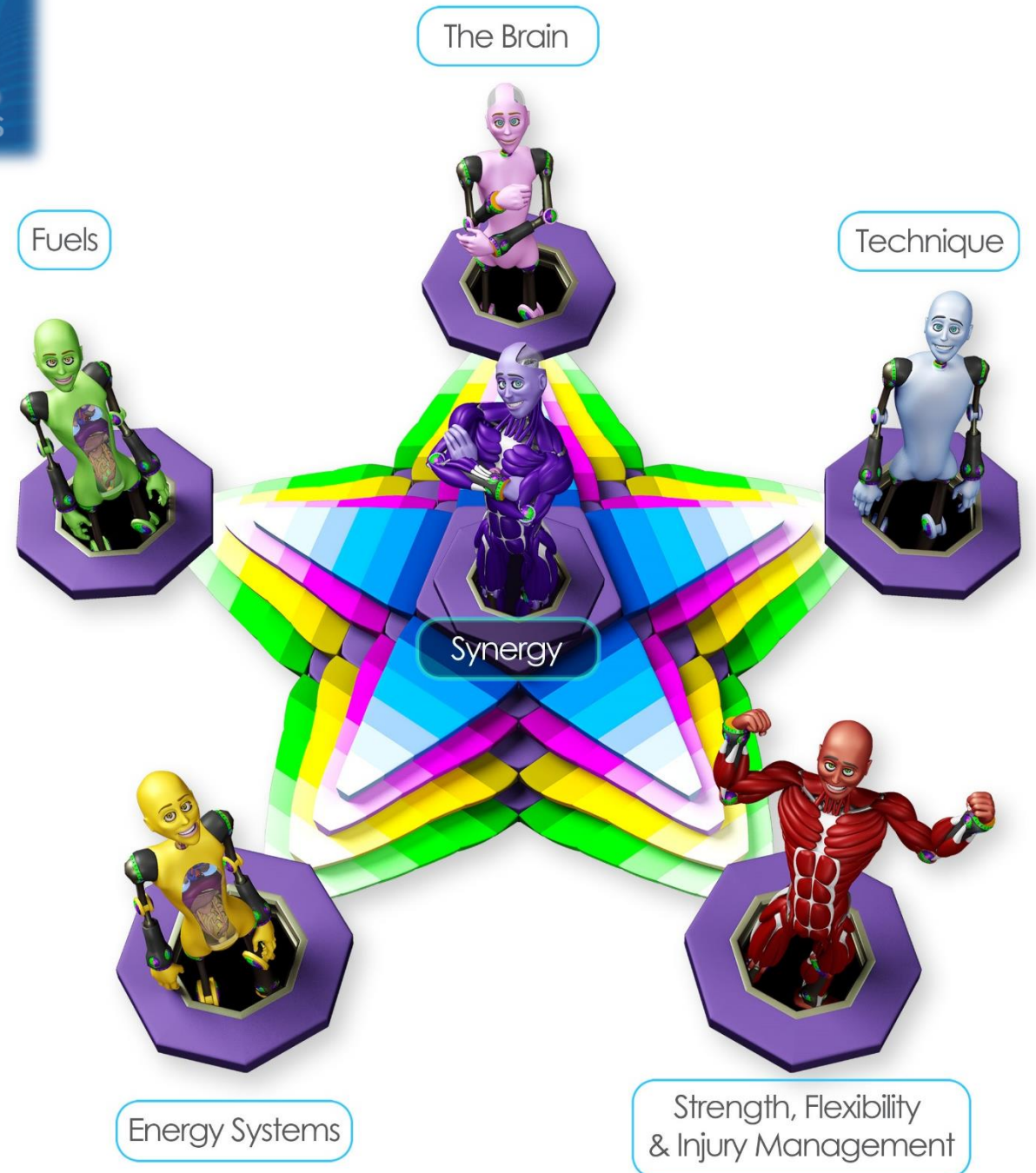
Introducing The FM Avatars



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THE CORNERSTONES OF ATHLETIC PERFORMANCE





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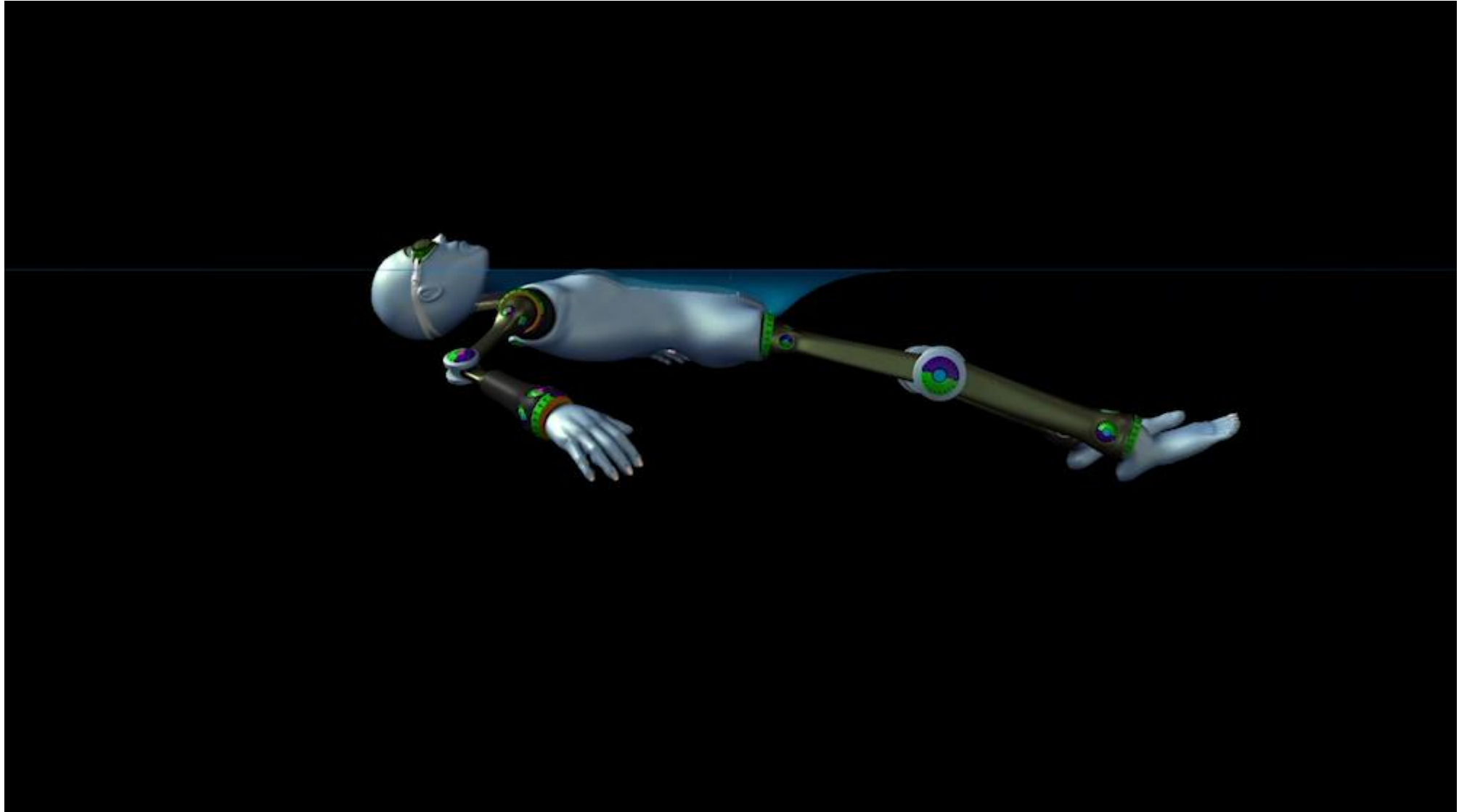


**DEVELOPING HIGH-PERFORMANCE STROKES
IS LIKE CONSTRUCTING A WELL-BUILT HOUSE**

A CLEAR UNDERSTANDING OF HOW WATER WORKS HELPS BUILD A SOLID FOUNDATION



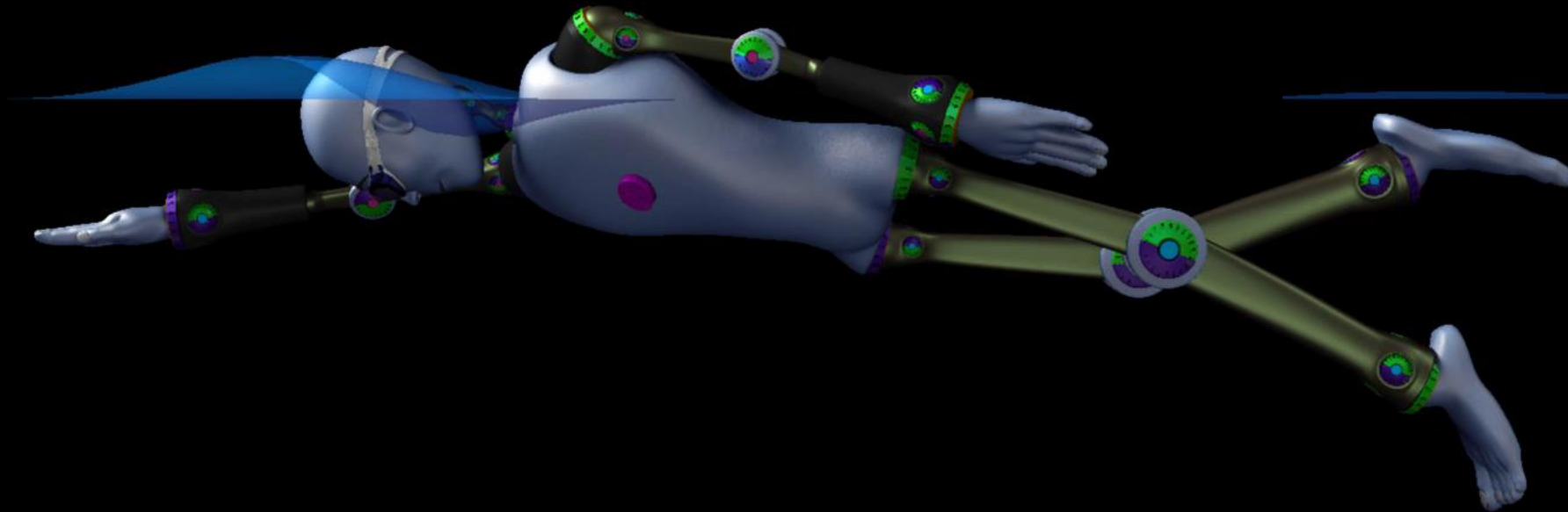
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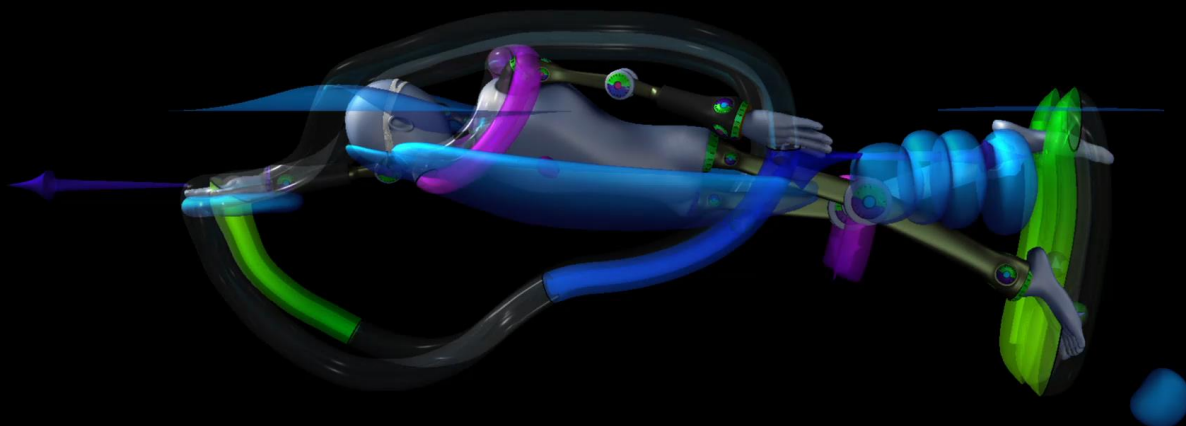
ESTABLISH A STRONG FRAMEWORK BY INSTALLING THE 6 PRIMARY STABILIZERS



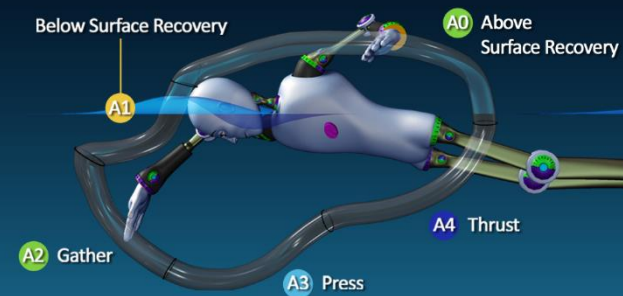
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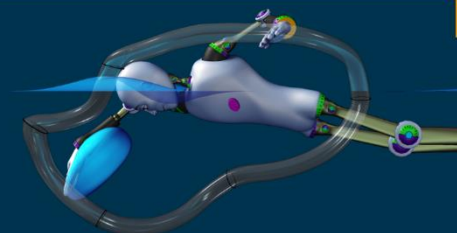
DIMENSIONS



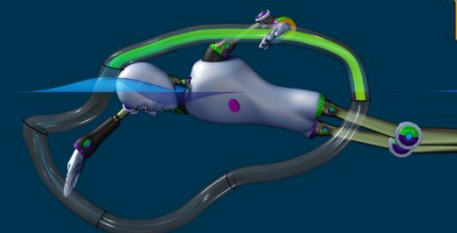
Dimension 1 Structure



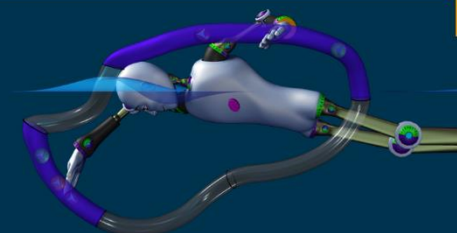
Dimension 2 Hydro Dynamics



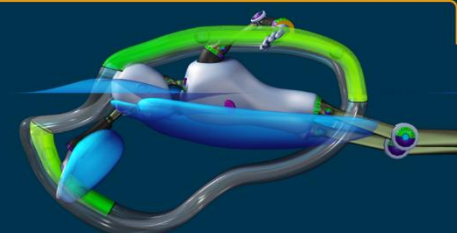
Dimension 3 Force



Dimension 4 Timing



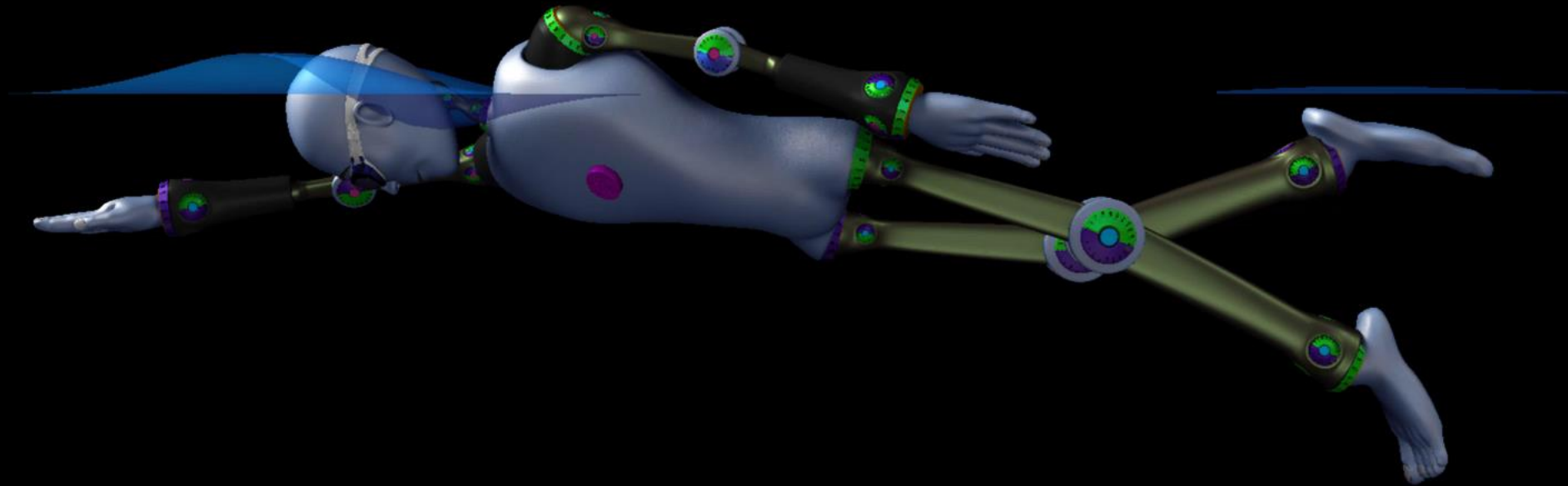
Dimension 5 Blending



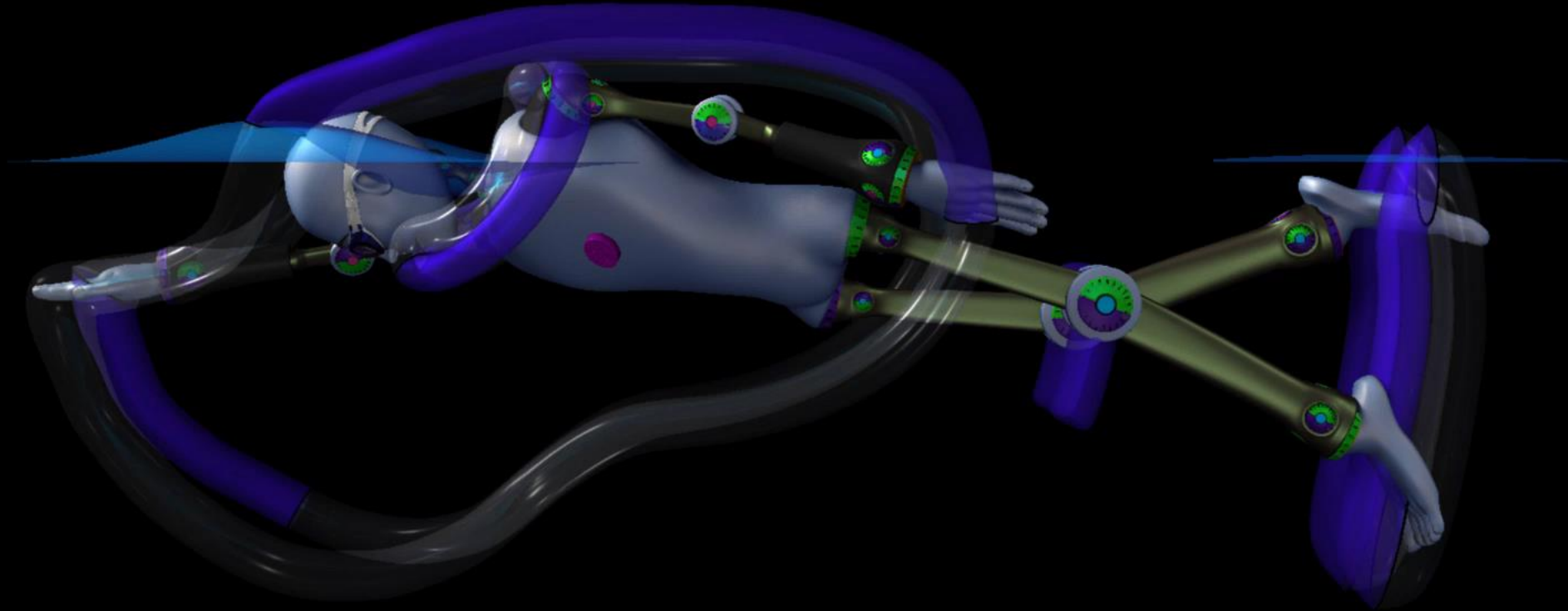
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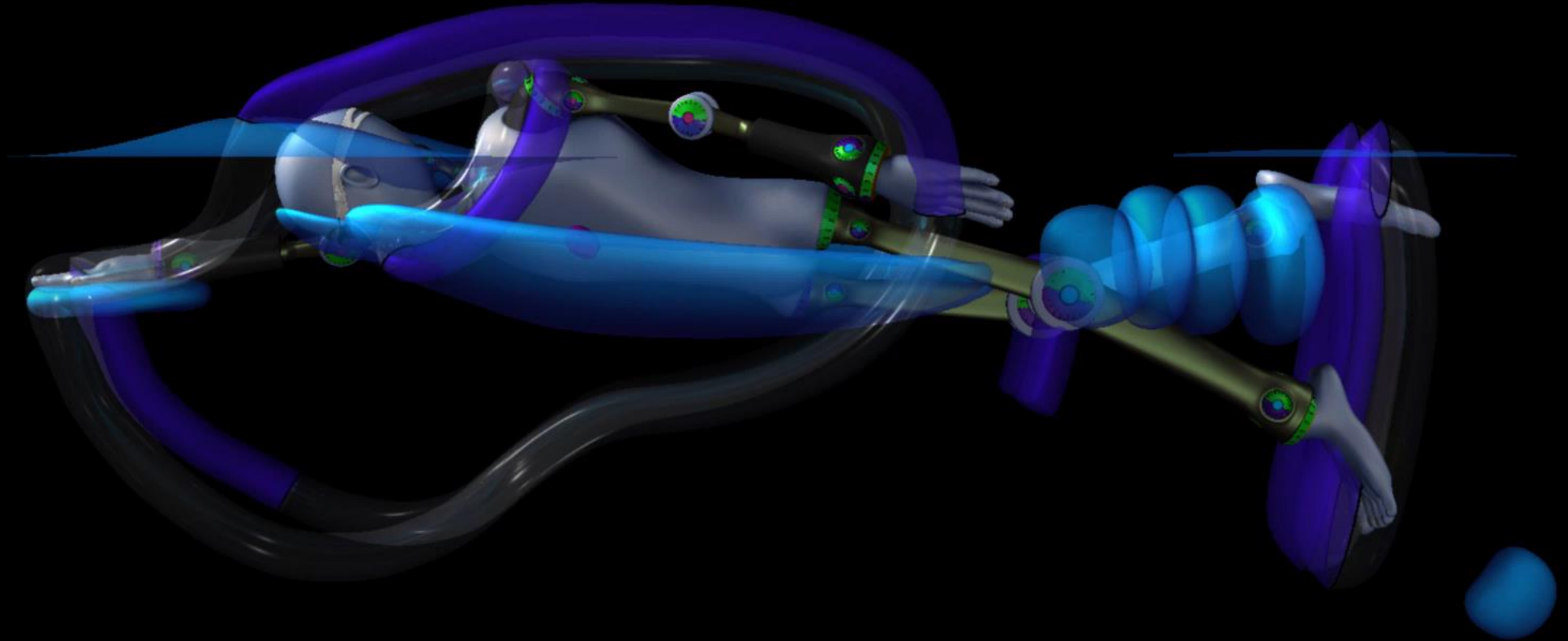
MOTION PATTERN



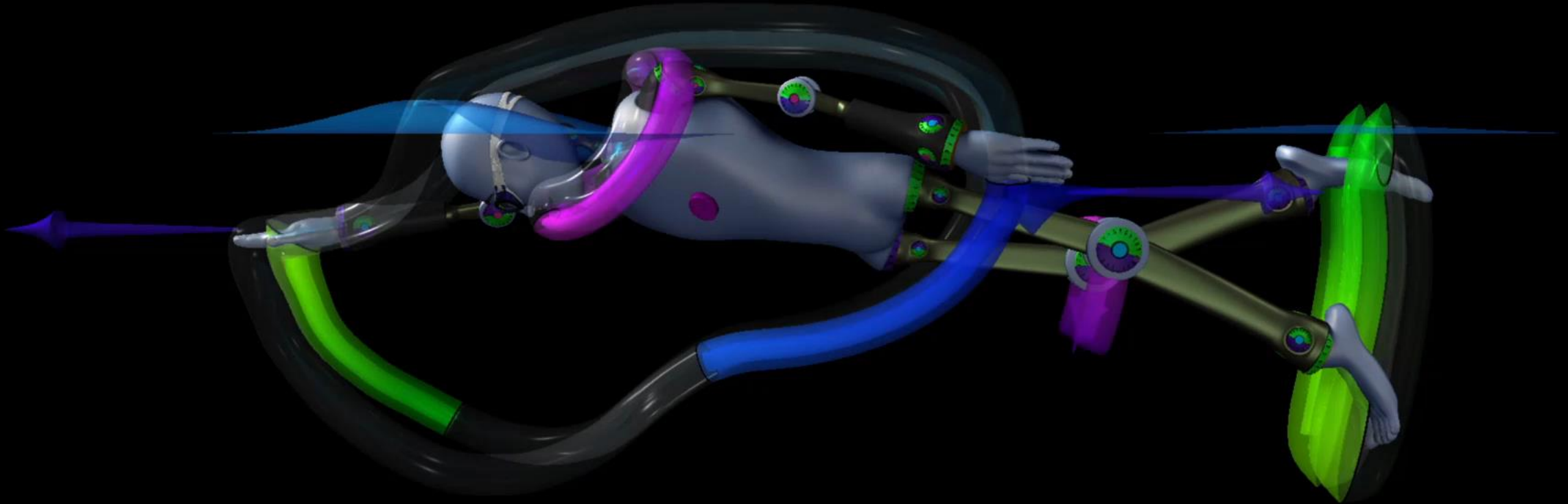
DIMENSION 1 PATHWAY



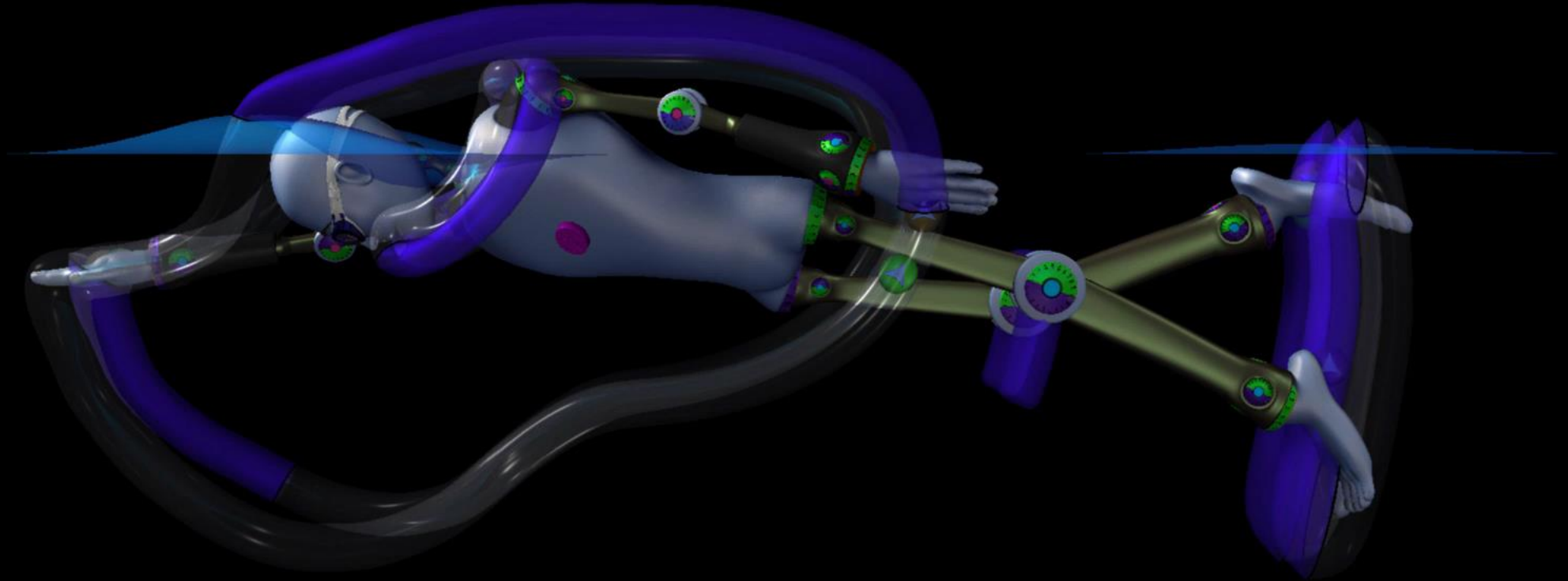
DIMENSION 2 HYDRO DYNAMICS



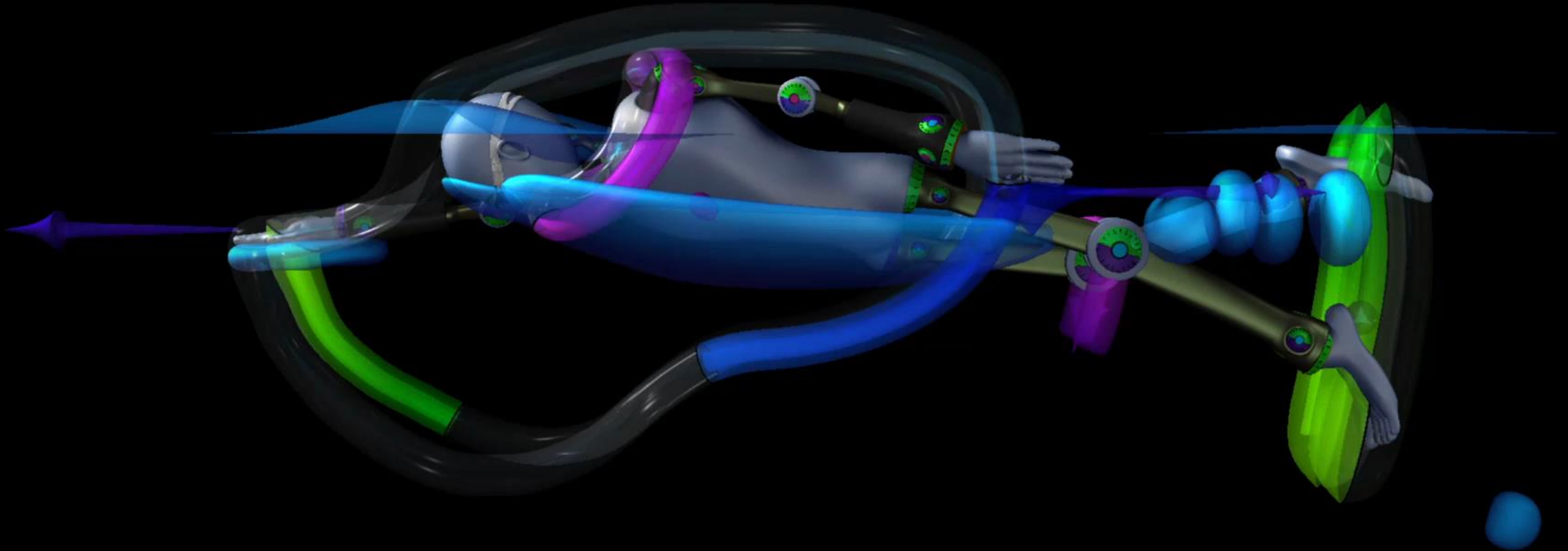
DIMENSION 3 FORCE



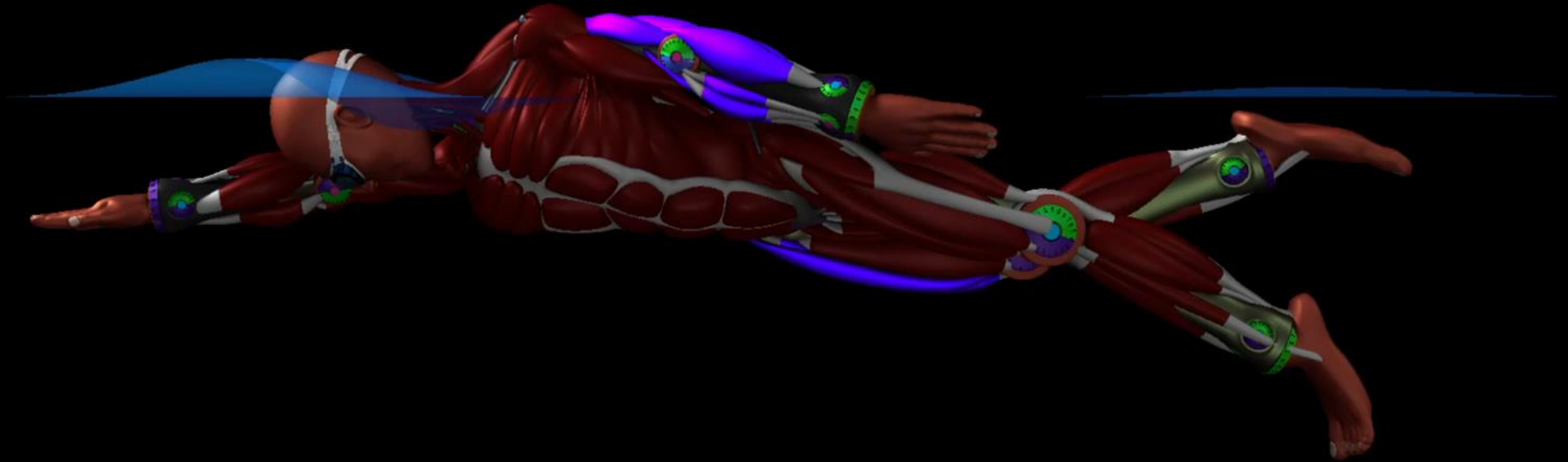
DIMENSION 4 TIMING



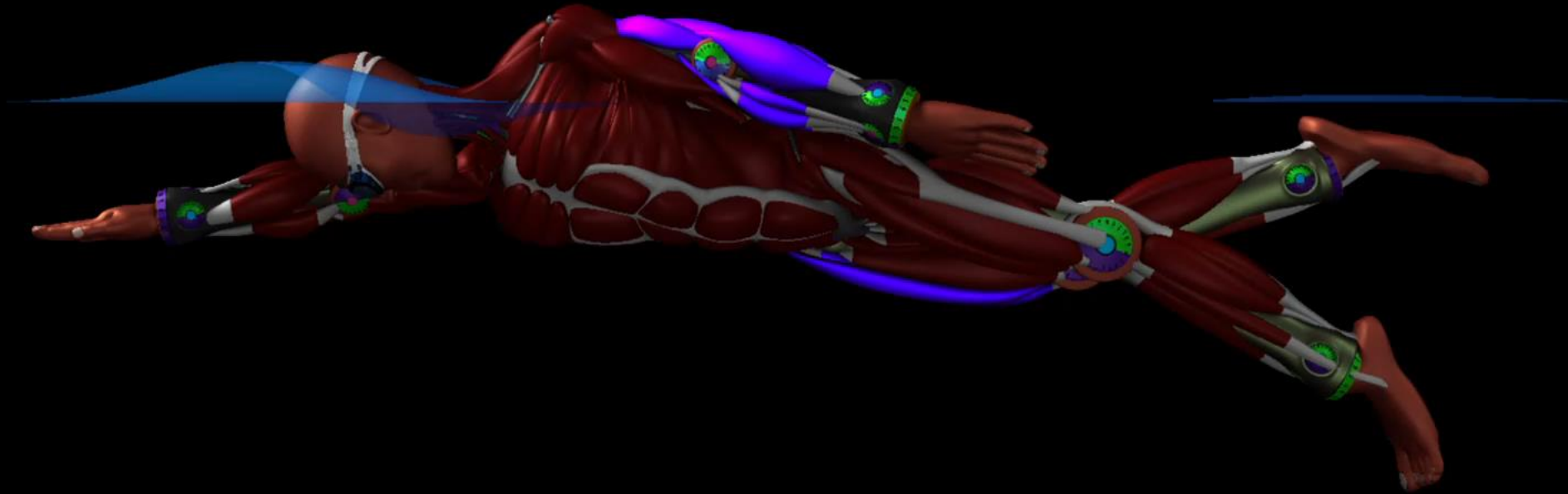
DIMENSION 5 BLENDING



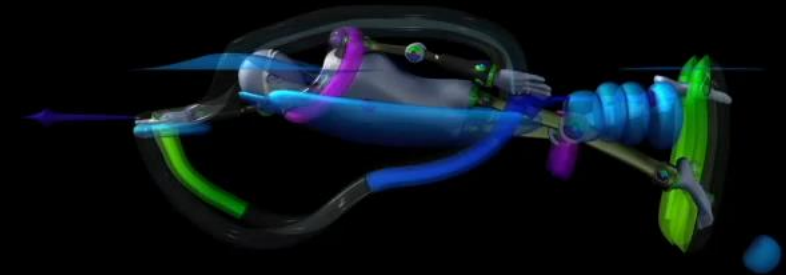
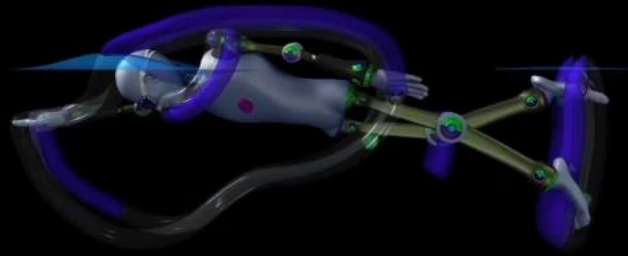
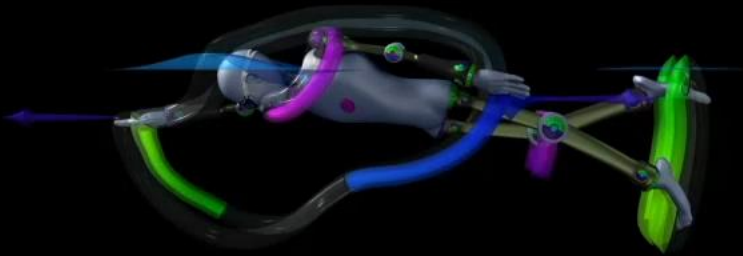
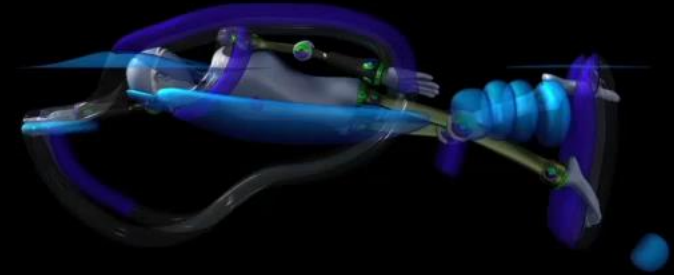
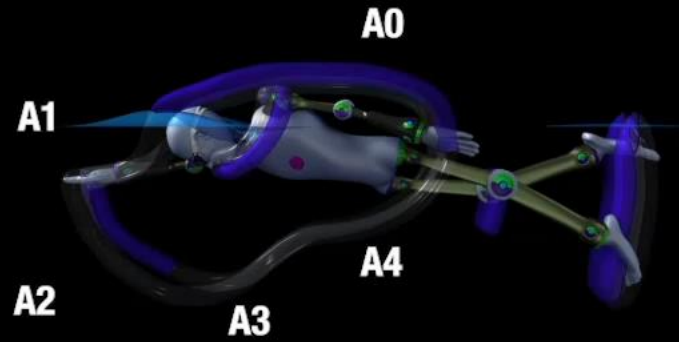
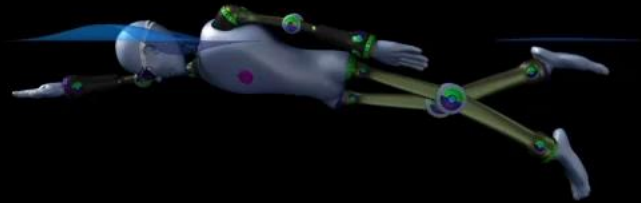
MAJOR MUSCLE CONTRACTION



MUSCLE ZOOM



MULTI-DIMENSIONAL VIEW



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Questions ?