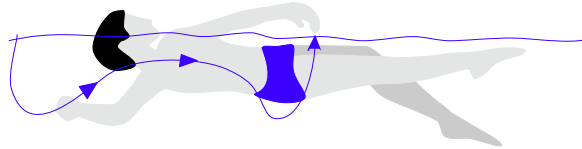
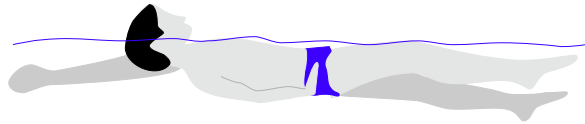


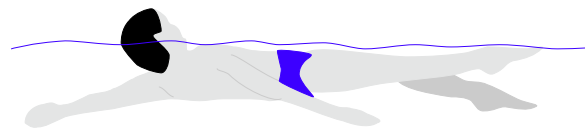
Little finger enters water first, inline with the shoulder & straight.



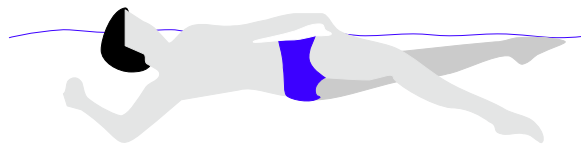
When the arm is at shoulder level the elbow bends, sweeps, to aid body roll, and pushes towards thigh.



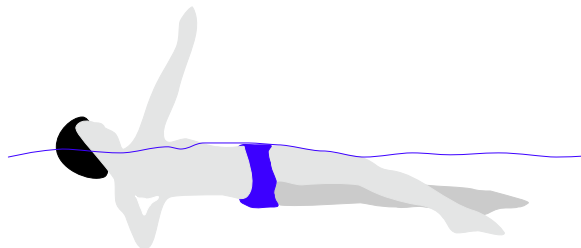
Flat body position, head remains still, cautioned in the water, eyes looking up and slightly backwards.



The arms and leg action are continuous, with the feet making the water "bubble".



Breathe out as one arm recovers and in as the other recovers.



The recovery arm points straight up.