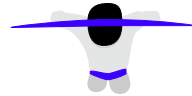
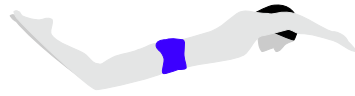
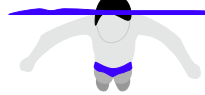
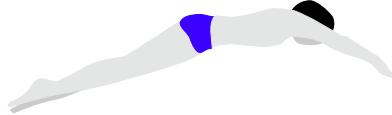


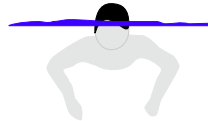
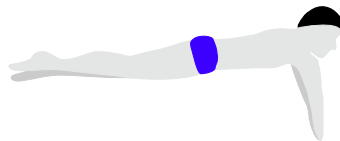
BUTTERFLY



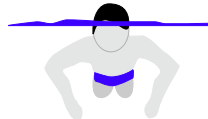
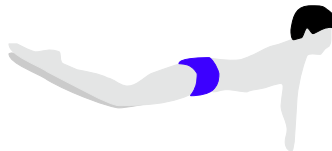
Hands enter in front, shoulder width apart.
Legs together throughout the stroke cycle.



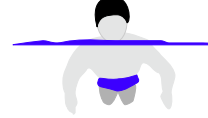
Hands pull down, lower legs push down, toes pointed.



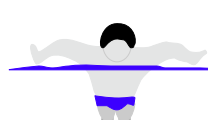
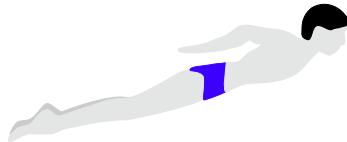
Legs push up, hips push down, hands move under the shoulders.



Legs continue upward movement, hips push down,
hands move in under body, chin starts to push forward.



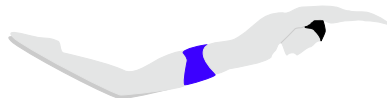
Legs begin downward movement, hands push back to thighs,
chin clears water.



Arms begin recovery over the water ,
Chin thrusts forward for inhalation.



Arms recover over the water, simultaneously, straight, wide and low.
Face drops into water before hands.



Hands enter in front, shoulder width apart.
Legs together throughout the stroke cycle.
To repeat action