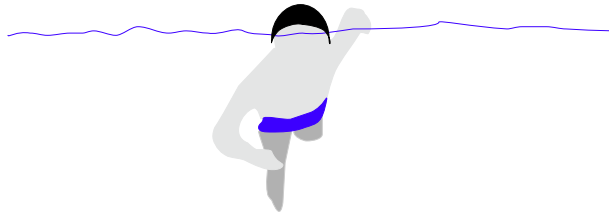
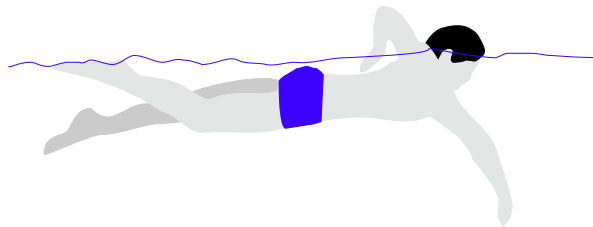


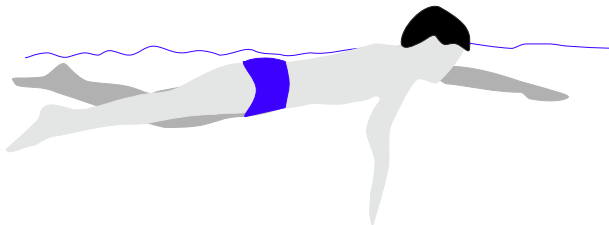
Body flat, eyes looking forward and down.  
Exhalation taking place.



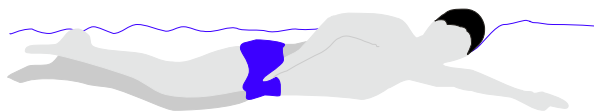
Hand enters the water just inside the shoulder line,  
Arm pulls down and back to thigh, Body rolls.



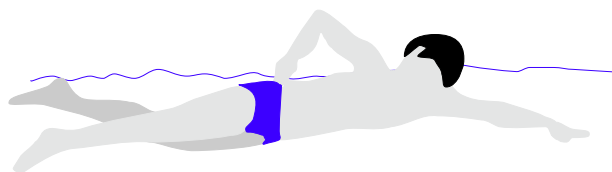
Arm recovers in an easy, relaxed action  
with the elbow higher than the hand



On the breathing stroke, as hand pushes back,  
the head starts to turn for inhalation.



Keeping ear in water, inhalation is taken.



Inhalation should be in rhythm with the arm recovery.