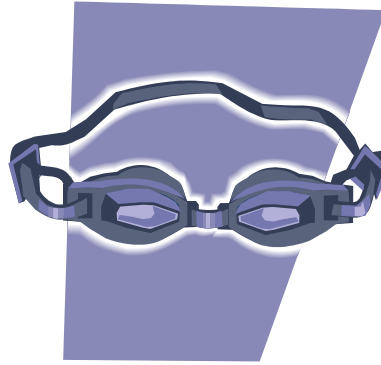


## Basic rules

1. Head down hips up.
2. Hips before hands.
3. Feel with your finger tips.
4. All strokes move from slow to fast.



## BREASTROKE

1. Body position kick with press:
  - a. Hands at side:
  - b. Hands at I:
2. Feet Up Head Up - Feet Around Head Down
3. Tiny Hands w/free kick
4. Breast pull w/dolphin:
5. 4, 3, 2 kicks:1 full stroke:

Breastroke kick pressing forward at the finish of the kick.

Breastroke kick try to bring heels to hands.

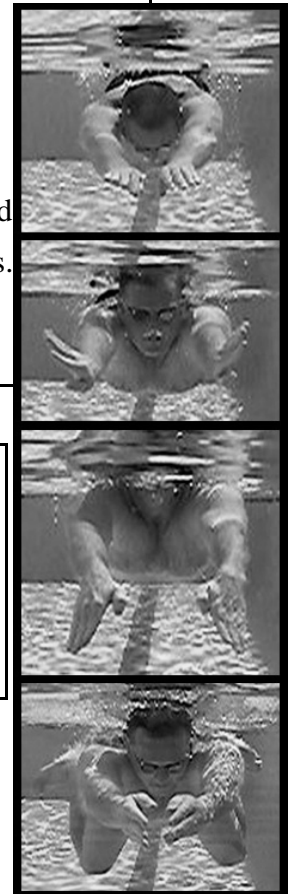
Breastroke kick - use a board, noodle or just hands at I.

Practice timing - bring the feet up when taking a breath & shoot everything forward during the kick snapping around

I to Y then small triangle shoot. Do without moving elbows.

Work on timing/rhythm of hips and shoot forward.

Go to I position every time.



### *Key Breaststroke Terms:*

*Long Neck*

*Heels up/apart*

*Up - Around - Together*

*FUHU - FAHD*

*Pull - Breathe - Kick - Arrow*

*I - Y - Triangle*

## BREASTROKE PULLDOWNS

1. Tight Streamline: "Apples, Peaches, Pumpkin Pie"
2. Pulldown past the hips and put hands on thighs.
3. Hold for "Are my favorite things to eat."
4. Kick into streamline to surface.