

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.



BUTTERFLY

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|------------------------------|---|
| 1. Travel with press: | Body dolphin - relax legs, press chest & roll hips to move forward. |
| a. Hands at side: | Body dolphin with hands at side. Make sure chest not head |
| b. Hands at I: | Body dolphin with arms at I. Tight body roll with arms staying at the surface. |
| 2. Stone skipper: | 3 body dolphins w/hands at I, anchor hands, bring hips to hands & launch body over the surface. |
| 3. Recovery: | 3 body dolphins with hands at side when hips go down on 3rd kick recover hands with body |
| 4. Stone skipper + recovery: | Do both drills together - focus on using body dolphin |
| 5. 3 kicks:1 full stroke: | 3 kicks at I position then 1 full stroke. |
| 6. Right arm/Left arm: | Keep other arm at side, keep body position parallel to bottom, and focus on body dolphin. |

Key Butterfly Terms:

Long Neck

Feathers

Silent fly

Thumb to thigh-pinky out

Hips to hands

Press and roll

Use body

Pop hips



