

## 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.



## FREESTYLE

- |                         |  |
|-------------------------|--|
| 1. Travel               | Arms at side, eyes down neck long, tight core with a flat back - no puddles and a light kick   |
| 2. Travel with rotation | Travel position and rotate using the hip & keeping the core tight  |
| 3. Right arm/Left arm   | Keep one arm at the side, use other arm to anchor then shift the body over the hand. Breathe away  |
| 4. Human Paddle         | Underwater recovery, slide hands forward to a good anchor at I position  |
| 5. Catch-up             | Hold I position - Hands in front at shoulder width for a designated number of kicks - usually 3 or 6<br>Make sure each anchor and shift is done with power.  |
| 6. Clock drill          | Exit with a straight arm to a certain time on clock then bend elbow to enter. Elbow always comes<br>Through at 12 o'clock. Keep legs kicking fast and tight. |

### *Key Freestyle Terms:*

*Long Neck*

*Eyes down*

*Tight Core*

*Hip shift*

*Anchor & Shift*

*Power kick, Steady kick, Kick dominant*

*Feel like you are skating hip bone to hip bone*

*Natural arm swing*

*Front quadrant*

