

Breaststroke

B – Body streamlined but at small angle. Eyes look forward and down

L – Symmetrical kick. Knees up, legs drive back with feet turned out (frog kick)



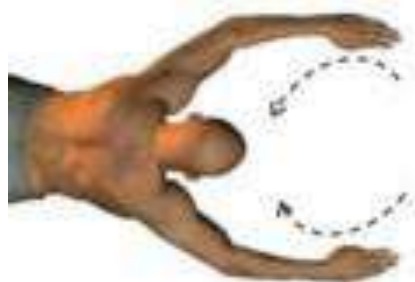
A – Symmetrical. Arms extend in front of body, pull to side and down. Hands stay in front of shoulders.

B – Breathe in as arms pull back & down. Breathe out in water on glide

T – Reach-Pull-Kick-Glide



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