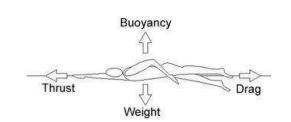
## **Front Crawl**

- **B** Body flat, eyes down
- L Flutter kick, ankles shown



- A Hand enters inside shoulder, Elbow up, slice not slap
- **B** Breathe to the side, ear in water. Trickle breathing out in water
- T Breathe when elbow exits water, one side only