



Picture 1 – Set position

Key Features:

- The 3 V's are easy to remember:  
Front leg vertical  
Shoulders to hands vertical  
Eyes looking straight down
- Back leg at 90°
- Dominant leg at back should push off from the balls of foot.



Picture 2 – Transition back to front

Key Features:

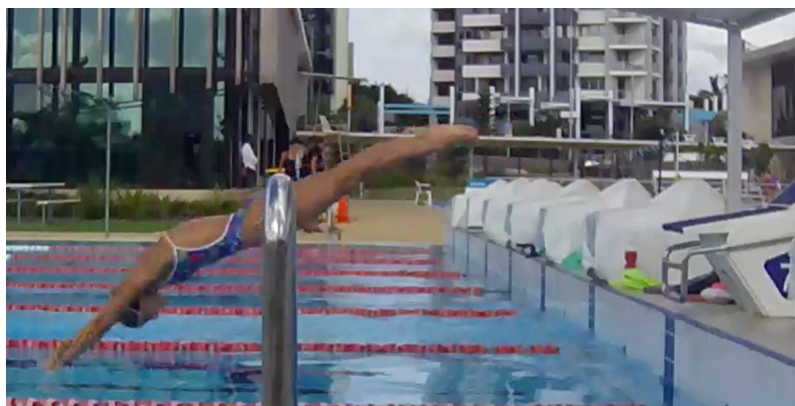
- Front leg at 90 degrees
- Upper body parallel to water
- Head neutral or slightly forward



Picture 3 - Flight

Key Features:

- Trunk parallel to water surface
- Body should be at full/near to extension/streamline



Picture 4 - Entry

Key Features:

- Core/Trunk tightness essential
- Hands and feet together on entry
- Angle of entry should be ~45 degrees.
- Body travels through the same entry hole