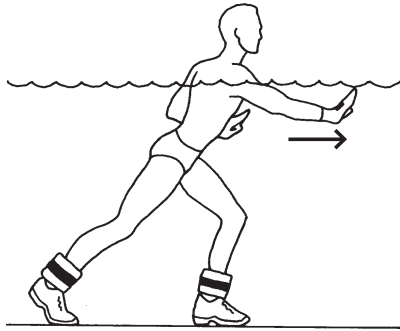


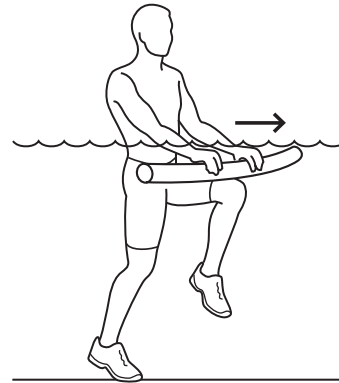
TERMINOLOGY

JOINT ACTIONS OF THE UPPER BODY

PUSH – When water is pushed away from the body.

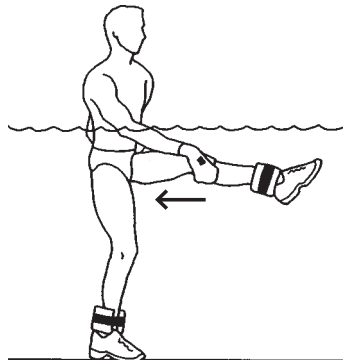


Example 1
LUNGE / Push – ALTERNATE

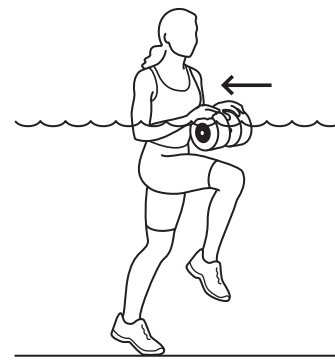


Example 2
KNEE HIGH JOG / Push Pull (with Noodle)

PULL – When water is pulled in toward the body.

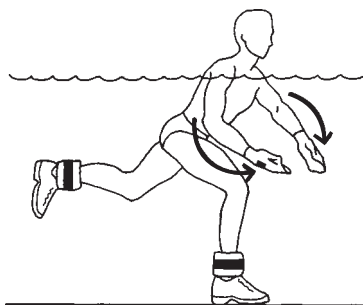


Example 1
FRONT KICK / Reach & Pull

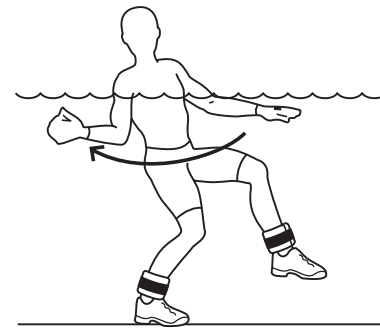


Example 2
KNEE HIGH JOG / Push Pull (with Noodle)

SWEEP – When arms move forward in the horizontal plane or diagonally.

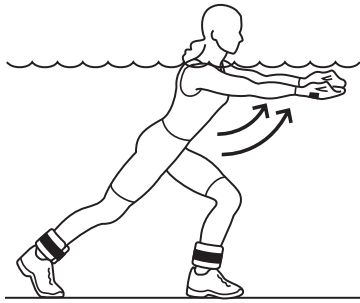


Example 1
ROCKING HORSE – RIGHT Leg / Sweep

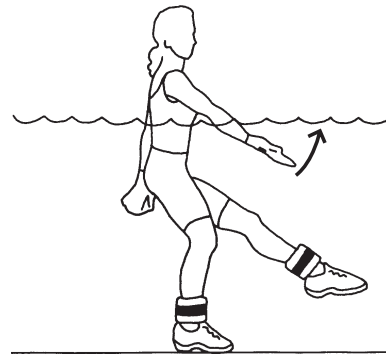


Example 2
ROCKING HORSE – LEFT leg /
Sweep Back – RIGHT

SCOOP – When arms move forward in the sagittal plane.

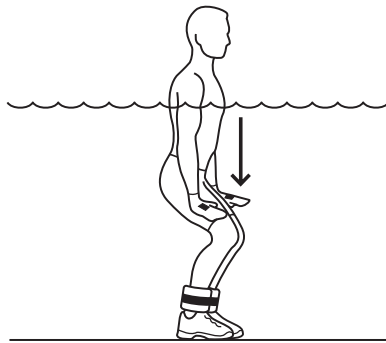


Example 1
LEG LIFT – RIGHT / Power Scoop & Press

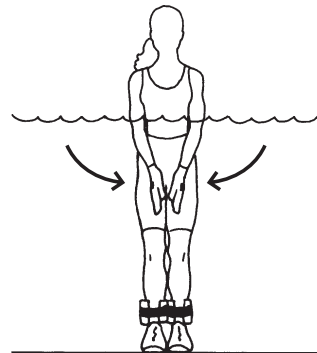


Example 2
FRONT KICK / Scoop – ALTERNATE

PRESS – When water is pressed down (vertical or multi-plane).

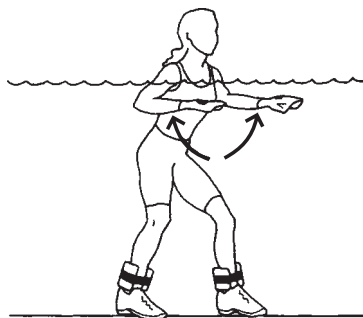


Example 1
PULSE in Place / Press

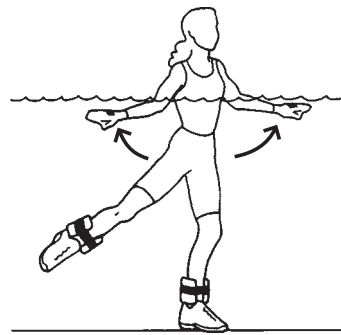


Example 2
SQUAT JACKS / Press

RAISE – When water is pushed up (vertical or multi-plane).

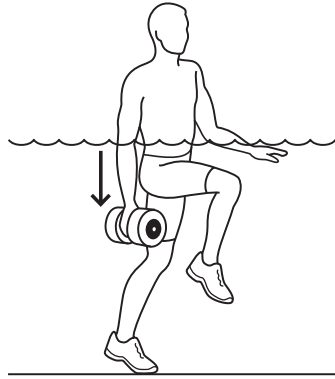


Example 1
SQUAT JACKS / Power Shoulder Raise

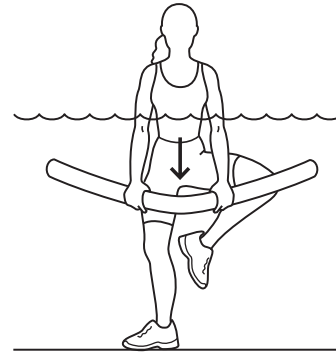


Example 2
LEG RAISE – RIGHT / Shoulder Raise

PLUNGE – When buoyancy equipment is pressed down in the water.



Example 1
KNEE HIGH JOG / Plunge – RIGHT
(with Hand Buoy)



Example 2
STRADDLE JOG / Plunge – FRONT
(with Noodle)

HAND & WRIST POSITIONS

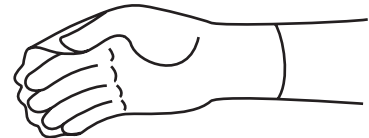
SLICE – When hands streamline through the water with fingers extended and the wrist is held firm.



FIST – When hands are held in a fist position.



CUP – When hands are used to “scoop” the water with the broad surface of the palm and the wrist is held firm.



WEB – When the hands move through the water with the fingers spread apart and the wrist is held firm (maximum surface area).

