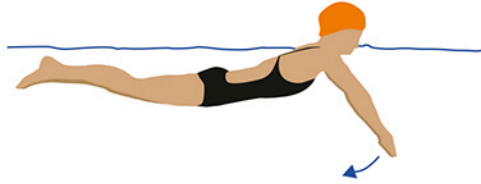




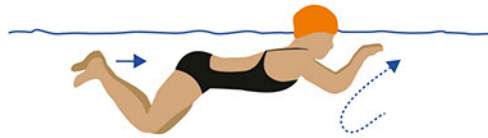
**Body is streamlined but at a small angle,
eyes look forward and down**



**Arms pull to side back and down,
hands stay in front of shoulders**



Breathe out and take a breath quickly



**As the arms complete their action,
the legs are drawn up**



**As arms push forward, legs drive back
with feet turned out**



**Some swimmers find it restful to hold a short
glide before the next stroke**