



**Little finger enters water first, the arm is straight**



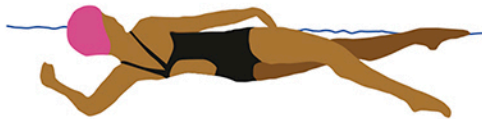
**When the arm is at shoulder level, the elbow bends, arm pulls sideways and body rolls**



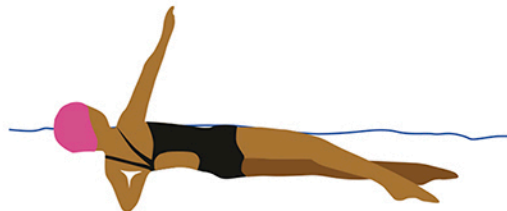
**Aim for a flat body position, with head back and eyes looking upwards**



**The arm and leg actions are continuous**



**Breathe out as one arm recovers and in as the other recovers**



**The recovering arm points straight up**