



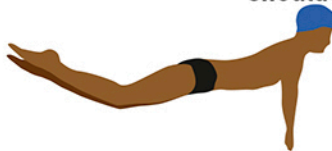
**Hands pull down, lower leg pushes down with toes pointed**



**Arms pull wide with the head looking forward**



**Legs push up, hips push down and hands move in under shoulders**



**Legs continue upward movement, hips push down, hands move in under body and head comes up out of water**



**Legs begin downward movement, hands push back at side of hips, and head clears water**



**Arms begin recovery over the water with the head thrust forward to breathe**



**Arms come over straight and wide with face down in water**



**Hands enter in front of shoulder to repeat action**