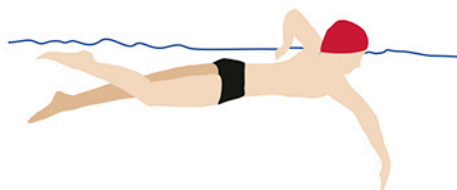




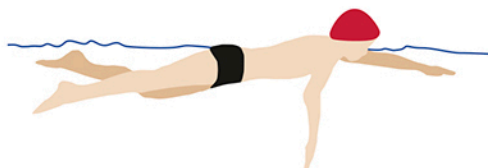
**Body flat, eyes look forward and down**



**Hand enters the water just inside shoulder line.  
Arm pulls down and back with elbow bent, body rolls**



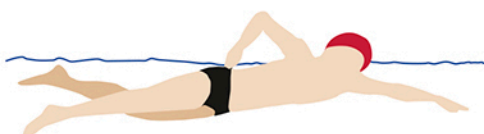
**Arm recovery is an easy, relaxed action with the elbow  
higher than the hand**



**Arm pushes back, head starts to turn  
ready for breathing**



**Head turns to side, breathe out and in quickly**



**The face turns back into the water as soon  
as the breath is taken**