

Menu No.: 110MN-W1P1

#	m/y	Sub	Type	Details
4	50	200	Warm-up	Relax the joint to swim easily (1)Wrists (2)Elbows (3)Shoulders (4)Neck
12	25	300	Drill Practice	Stand up on the way and repeat. Check the points in each drill.
6	50	300	Drill Practice	On the way: Drill Return: Freestyle (It is OK to stand up on the way for drills) Recreate the sensations you get from the drills with freestyle.
Total		800	If you still have time and energy, swim 25 m or 50 m repeatedly. Before you start swimming, pick a checkpoint, then swim and assess whether you did it correctly after swimming.	
Drill			Prone Glide	(1)Extend the elbows and use the arms as support. (2)Stretch the armpits. (3)Shift your weight to your chest. (4)Point the top of the head forward.
Drill			Glide with Angled Body Position	(1)Look down. (2)Lower the extended hand. (3)Move the upper shoulder above of the water surface.
Drill			Flutter Kick with Angled Body Position	(1)Change the direction of the extended hand from the direction in which the body moves. (2)Use the extended hand as support.
Drill			Maintaining the Switch Position	(1)Extend your hand underwater correctly. (2)Maintain the angled body position. (3)Maintain the hand entry position.
Drill			Chicken Wing Recovery 1- Bringing the Elbow Forward	(1)Open your armpit by stretching it forward. (2)Stabilize the body position in the water.
Drill			Chicken Wing Recovery 2- Hanging the Forearm	(1)Submerge your forearm. (2)Move the elbow forward until it passes the ear.

D11010-Prone Glide



[Video Example](#)

[Video Description](#)

Overview

Extend both arms forward in the water, push off the bottom of the pool as you lean forward and glide.

Check Point

- Extend the elbows and use the arms as support.
- Stretch the armpits.
- Shift your weight to your chest.
- Point the top of the head forward.
- Maintain the position of the extended hands.
- Keep the feet together.

D11020-Glide with Angled Body Position



[Video Example](#)

[Video Description](#)

Overview

Form an angled body position with one hand extended forward, then push off the bottom of the pool and glide.

Check Point

- Look down.
- Lower the extended hand.
- Move the upper shoulder above of the water surface.
- Keep the upper arm of the rear hand against the body.
- Shift your weight to your chest by stretching the armpit.

D11030-Flutter Kick with Angled Body Position



[Video Example](#)

[Video Description](#)

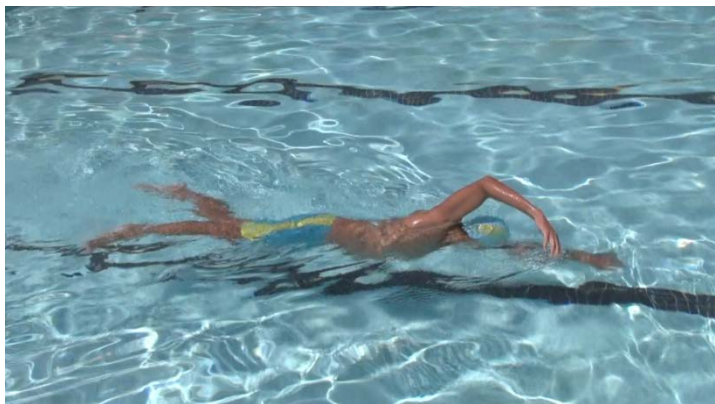
Overview

Start with the angled body position, and maintain it while kicking.

Check Point

- Change the direction of the extended hand from the direction in which the body moves.
- Use the extended hand as support.

D11040-Maintaining the Switch Position



[Video Example](#)

[Video Description](#)

Overview

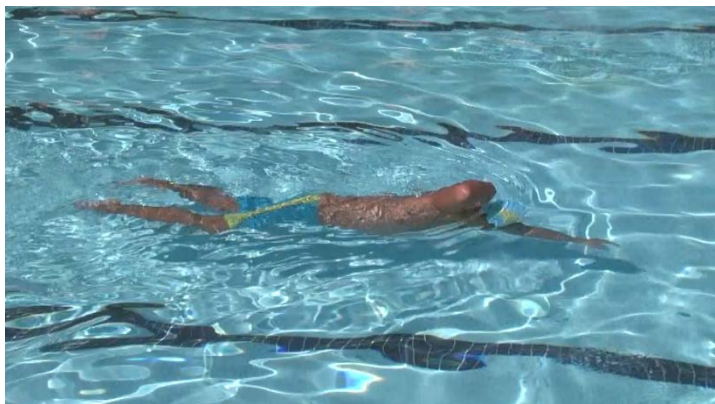
Start with the switch position, then maintain it while kicking.

Check Point

- Extend your hand underwater correctly.
- Maintain the angled body position.
- Maintain the hand entry position.

D11050-Chicken Wing Recovery

1-Bringing the Elbow Forward



[Video Example](#)

[Video Description](#)

Overview

From the angled body position with kicking, touch the upper shoulder and bring the elbow forward by stretching the armpit.

Check Point

- Open your armpit by stretching it forward.
- Stabilize the body position in the water.

D11060-Chicken Wing Recovery

2-Hanging the Forearm



[Video Example](#)

[Video Description](#)

Overview

From the angled body position with kicking, touch the upper shoulder and bring the elbow forward, then hang the forearm and keep the switch position.

Check Point

- Submerge your forearm.
- Move the elbow forward until it passes the ear.