

## Menu No.: 105MN-W1P1

#	m/y	Sub	Type	Details
4	25	100	Warm-up	(1)(2)Focus on correct glide position (3)(4)Focus on correct switch position
4	25	100	Drill Practice	Stand up on the way and repeat. Check the points in each drill.
4	50	200	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		400		
Drill		<a href="#">Prone Glide</a>	(1)Extend the elbows and use the arms as support. (2)Stretch the armpits. (3)Shift your weight to your chest.	
Drill		<a href="#">Kick with Both Feet Together</a>	(1)Flex the knees down by the thickness of the knees. (2)Keep your ankles relaxed. (3)Let only the heel out of the water.	

# D10150-Prone Glide

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[Video Example](#)

[Video Description](#)

## Overview

Extend both arms to the front 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.
- Keep the position of the extended hands.
- Keep the feet together.
- Acquire the leaning and stability sensations.

# **D10310-Kick with Both Feet Together**

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[Video Example](#)

[Video Description](#)

## **Overview**

Start with Prone Glide, then repeat flexing and extending of both knees together.

## **Check Point**

- Flex the knees down by the thickness of the knees.
- Keep your ankles relaxed.
- Let only the heel out of the water.
- Flex and extend the knees with a one-second interval.
- Feel how easy it is to keep the leg position high.