

Menu No.: 100MN-W1P1

#	m/y	Sub	Type	Details
4	25	100	Warm-up	Relax the joint to swim easily (1)Wrists (2)Elbows (3)Shoulders (4)Neck
4	25	100	Drill Practice	Stand up on the way and repeat (Move forward only in the Core Body Glide drill.) 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			Jellyfish	(1)Point down fingers. (2)Relax joints.
Drill			Leaning Forward	(1)Align your body from head to feet. (2)Keep the upper arms close to the body.
Drill			Jump	(1)Relax and quickly extend the legs. (2)Push the bottom of the pool down.
Drill			Core Body Glide	(1)Lean into water. (2)Keep space between chin and neck. (3)Keep your feet together.

D10110-Jellyfish



[Video Example](#)

[Video Description](#)

Overview

Lower your hands and feet, and relax them.

Check Point

- Point the fingers down.
- Keep your feet on the bottom of the pool.
- Relax the joints.
- Hold your breath.

D10120-Leaning Forward



[Video Example](#)

[Video Description](#)

Overview

Place your hands in front of the thighs, and fall forward while you keep your back straight.

Check Point

- Align your body from head to feet.
- Keep the upper arms close to the body.
- Raise your heels while leaning forward.
- Experience your center of gravity moving forward.
- Feel your body being supported.

D10130-Jump



[Video Example](#)

[Video Description](#)

Overview

Jump upward.

Check Point

- Relax and quickly extend the legs.
- Push the bottom of the pool down.
- Feel the sensation of acceleration.

D10140-Core Body Glide



[Video Example](#)

[Video Description](#)

Overview

Place your hands in front of the thighs, push off the bottom of the pool and glide.

Check Point

- Lean into water.
- Make the body straight.
- Push the floor diagonally backward.
- Keep space between chin and neck.
- Keep your feet together.
- Experience the leaning sensation and feel stability.