

Menu No.: 300MN-W1P1

#	m/y	Sub	Type	Details
4	25	100	Warm-up (Freestyle)	Relax the joint to swim easily (1)Wrists (2)Elbows (3)Shoulders (4)Neck
2	25	50	Drill Practice	Stand up on the way and repeat. Check the points in each drill.
2	50	100	Drill Practice	On the way: Drill   Return: Breaststroke (It is OK to stand up on the way for drills) Recreate the sensations you get from the drills with breaststroke.
Total		250		
Drill			<a href="#">Submerging Head</a>	Relax your neck and shoulders.
Drill			<a href="#">Body Dolphin</a>	(1)Raise your upper body before you dive. (2)Dive while stretching the armpits. (3)Prevent vertical movement. (4)Stabilize your face angle.

## **D30010-Submerging Head**

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[Video Example](#)

[Video Description](#)

### **Overview**

After you push the water and sink your head, relax your body and make your head float.

### **Check Point**

- Relax your neck and shoulders.

# D30020-Body Dolphin

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[Video Example](#)

[Video Description](#)

## Overview

From the prone glide, push the body forward and allow your body to sink, then relax the body and float.

## Check Point

- Raise your upper body before you dive.
- Dive while stretching the armpits.
- Prevent vertical movement.
- Stabilize your face angle.