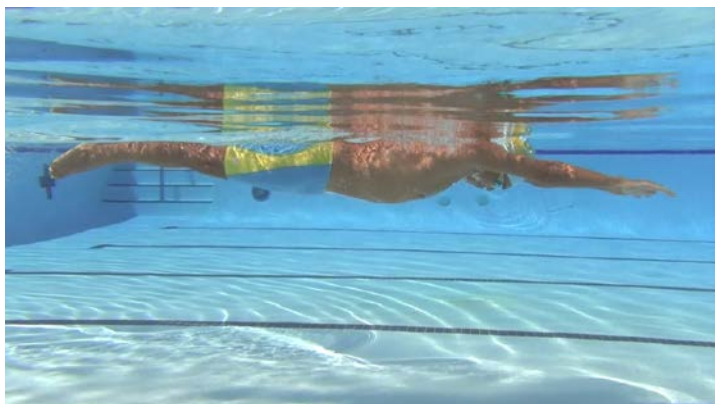


## Menu No.: 200MN-W1P1

#	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
12	25	300	Drill Practice	Stand up on the way and repeat. Check the points in each drill.
12	50	600	Drill Practice	On the way: Drill   Return: Backstroke (It is OK to stand up on the way for drills) Recreate the sensations you get from the drills with backstroke.
Total		1,000		
Drill			<a href="#">Prone Glide</a>	(1)Extend your elbow and use your hand as support. (2)Stretch your armpit. (3)Shift your weight to your chest. (4)Point the top of your head forward.
Drill			<a href="#">Kick with Both Feet Together</a>	(1)Flex the knees down by the thickness of the knees. (2)Relax your ankles. (3)Bring only your heels above the water surface.
Drill			<a href="#">Kick with Both Feet to Flutter Kick</a>	Keep the leg position.
Drill			<a href="#">Flutter Kick with Prone Position</a>	Keep kicking easily.
Drill			<a href="#">Back Float</a>	(1)Point the top of your head forward. (2)Keep the gap between your chin and neck. (3)Keep your arm by the body.
Drill			<a href="#">Supine Angled Body Position</a>	(1)Check the difference of the height for both shoulders. (2)Rotate your body using your face as support.

## D20010-Prone Glide

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[Video Example](#)

[Video Description](#)

### Overview

Extend your hands forward in the water, push off the bottom of the pool and glide.

### Check Point

- Extend your elbow and use your hand as support.
- Stretch your armpit.
- Shift your weight to your chest.
- Point the top of your head forward.
- Keep your arm extended.
- Put your feet together.
- Control your body core.

# **D20020-Kick with Both Feet Together**



[Video Example](#)

[Video Description](#)

## **Overview**

Start with the prone glide, then repeat flexing and extending of both knees together.

## **Check Point**

- Flex the knees down by the thickness of the knees.
- Relax your ankles.
- Bring only your heels above the water surface.
- Flex and extend each knee at 1 second intervals.

# D20030-Kick with Both Feet to Flutter Kick

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[Video Example](#)

[Video Description](#)

## Overview

Start with the prone glide, repeat flexion and extension of your knees together four times, then change to alternate leg flexing and extending your knees.

## Check Point

- Keep the leg position.

# D20040-Flutter Kick with Prone Position

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[Video Example](#)

[Video Description](#)

## Overview

Start with the prone glide, then alternate and repeat flexing and extending your knees.

## Check Point

- Keep kicking easily.

## D20050-Back Float

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[Video Example](#)

[Video Description](#)

### Overview

Push off the bottom of the pool while facing upward, then continue kicking.

### Check Point

- Point the top of your head forward.
- Keep the gap between your chin and neck.
- Keep your arm by the body.
- Keep humming except when inhaling.
- Look around.
- Relax your knee and quickly extend it.

## **D20060-Supine Angled Body Position**

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[Video Example](#)

[Video Description](#)

### **Overview**

Start with the back float and create an angled position by turning your body while kicking.

### **Check Point**

- Check the difference of the height for both shoulders.
- Rotate your body using your face as support.