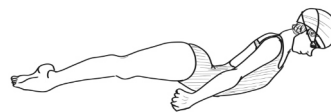


Undulation: Fly Kick



Hips roll and drive the body motion

The hips should constantly move, using the stomach to flex and press, to pull and push. If looking at a person kicking from the side it should resemble a sine wave or like a fluttering flag in the wind constantly moving. The kick should provide the body motion and the bulk of the power for the rest of the swim.

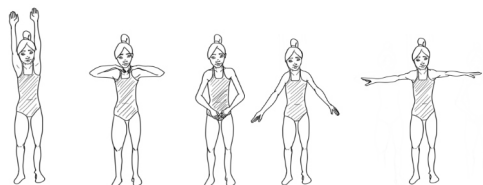


Press the chest, then press the hips

Practice pushing the chest forward and pulling the hips backwards, then reverse it.

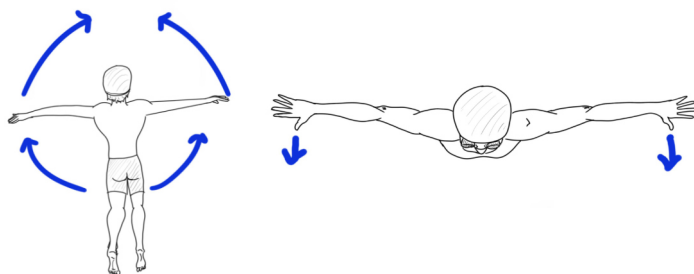
Stand on deck, pausing at first, then transitioning to a constant body roll.

Arms: Straight and wide



Motion first, sweep around

Practice the arm motion, like a choreography, like a dance move, do slow sweeping arms to the sides and up while standing. Aim the thumbs in the same direction as the belly button while the arms start low, swing wide through airplane, and clap the back of the hands above the shoulders in position 11.



Drag thumbs in water, then get over it

Begin with the arm movement, not "swimming." Glide, do no kick, and sweep arms around the body with head aiming down. Drag the thumbs through the water like drawing a large circle with both hands.

When arm motion is comfortable, and without straining shoulders, twisting elbows, or bending awkwardly introduce the kick.

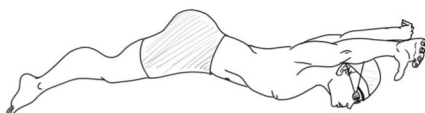
Rhythm and Flow: hips drive the arms



Breathe every other

Avoid breathing on the first stroke.

Pull hands underwater keeping close to under the body line without sweeping too far wide. Very powerful pull.



Arms in 11, Hips up

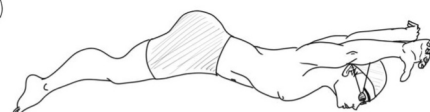
When the arms finish a stroke, returning to position 11, the hips or butt should lift up. Hips should rise as the chest presses arms forward into a long reach. Connect the hips to the flow of the arms so that they always rise reaching forward into position 11.



Breathe early

Take the breath at the beginning of the arm pull.

When the arms tug towards the belly lift head out of water forward for a quick breath before arms recover



Recover, have face in

As arms sweep wide and return to position 11 the face should finish the breath, and return to neutral position looking down with the whole face.

When not breathing, hold still as body undulates.

Follow this formula for your lessons: Activity, Activity, Challenge

Fly Kick with Fins:

Demonstrate the motion on deck first.

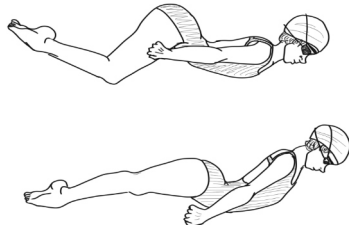
Streamline like normal, then put hands in soldier. Do fly kick with arms at the side, starting with the chest and rolling through the feet.

Bigger body motion is better for beginners. Let the hips pop up and down.

Let the knees bend and snap.

Start short distances, build up to 25/50 as comfort grows and breathing occurs.

Fly Kick:



Remove the fins and do short or longer distances of fly kick.

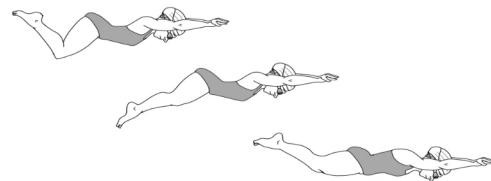
Demonstrate first, and then allow many opportunities to practice.

Some will be naturally flowing.

Encourage movement starting at the chest and rolling through the toes.

Ensure legs remain moving at the same time, together, as one movement.

SL with Fly Kick:



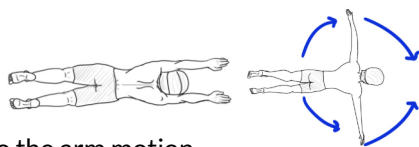
Walk around the deck with feet flexed the whole time, waddling like a penguin.

Lay on back and open and close legs with feet flexed as if legs are scissors.

Slap the inside of foot with foot held above water 5 times.

Tap, Tap, Push: use inside of foot to push a toy across the deck. Tap = light touch.

SL + 1 Fly arm:



Do the arm motion.

There is no kicking. This is allowing the arms to move in the butterfly arm stroke pattern, the dance, the move.

Push down under the body, then go wide, locking the elbows and aiming thumbs to the bottom. Sweep to position 11.

SL + 2 Fly, No K



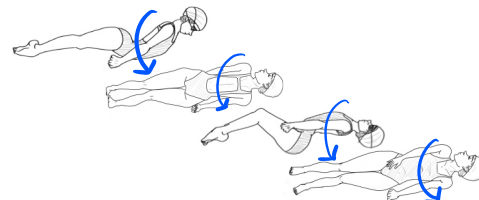
Focus on the arm motion.

Sweep wide through airplane. Keep thumbs aimed down; same direction as belly button until they get to 11.

Breathe at the beginning of pull. Head down as arms go around.

Add single kick at airplane going to 11.

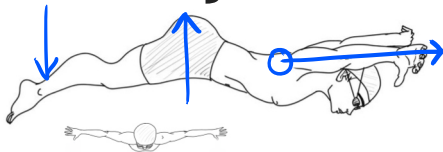
Around the world



Streamline. Do 4 fly kicks on every side.

- 4 fly kicks on belly.
- Rotate, 4 fly kicks on side.
- Rotate, 4 fly kicks on back.
- Rotate, 4 fly kicks on other side.
- Rotate, 4 fly kicks on belly.
- Repeat.

SL + 1 Fly + 1 Kick:



Delay the kick until the arms travel to airplane position.

Initiate the kick while throwing the arms to position 11.

Encourage strong body movement.

Hips should push up as arms reach to 11.

SL + 2 Fly



Streamline with butterfly kicks.

Keep kicking and do two fly arm strokes.

No breathing on the first stroke.

Must breathe on the second stroke.

Focus on arms straight as they go around and over the water.

Encourage hands in 11, hips go up.

Sprinkle Fly

Put fins on and sprinkle in some butterfly.

4 x 25: 2 strokes of fly then free the rest of the 25.

2 x 25: 2 strokes of fly, then fly kick the rest of the way.

3 x SL + 1 Fly stroke + 1 BR stroke

Challenge:
Push off the wall hinged at the waist, only hips remain above the water. Whoever gets the farthest wins.