

BUTTERFLY

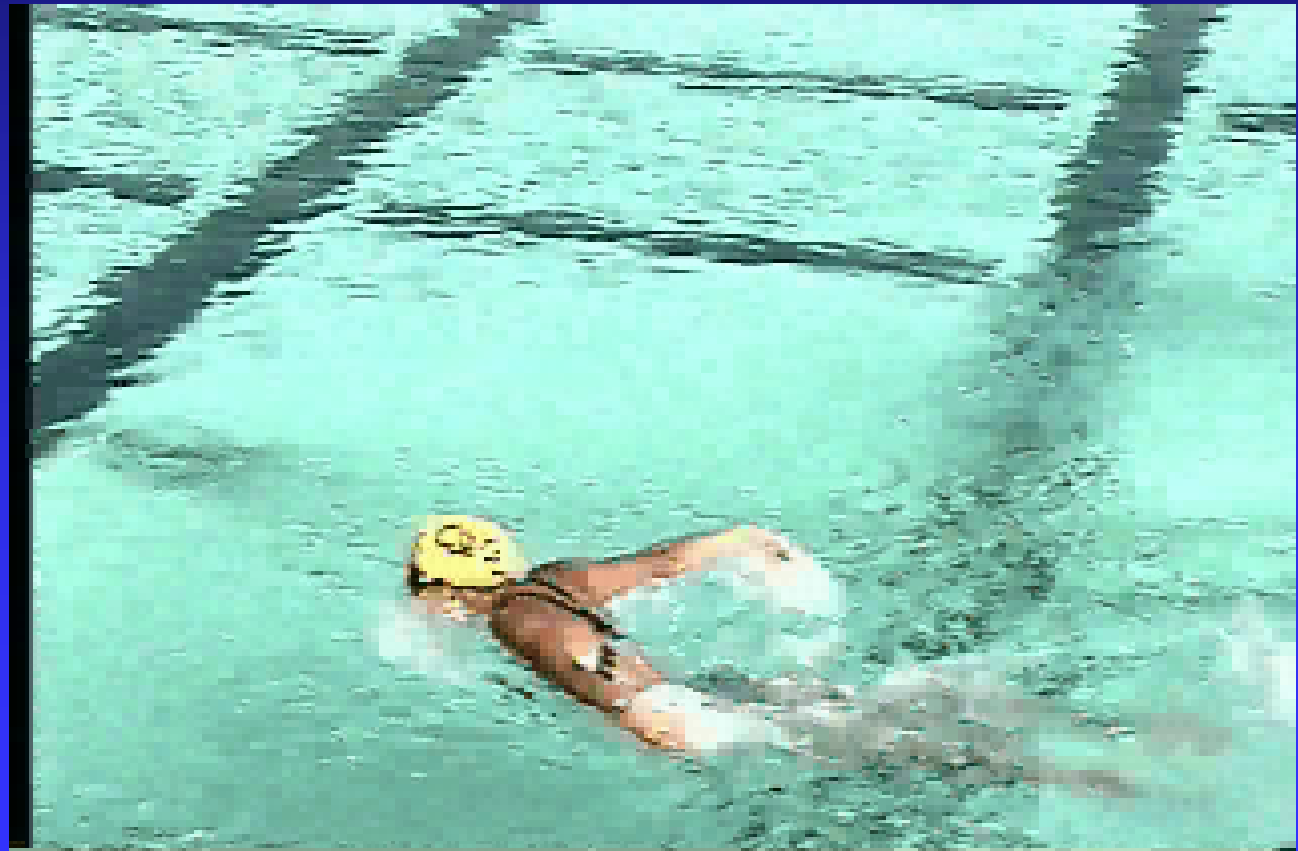
B Body Position

L Leg Action

A Arm Action

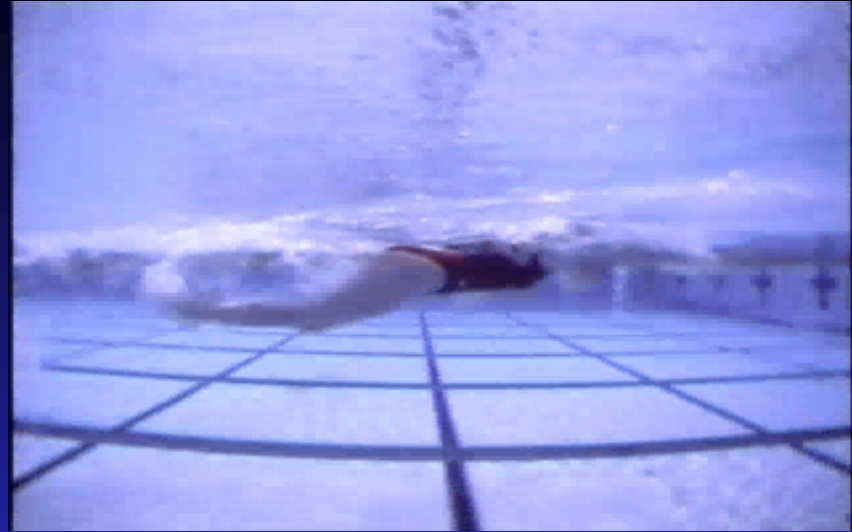
B Breathing

T Timing



BUTTERFLY

Body Position:



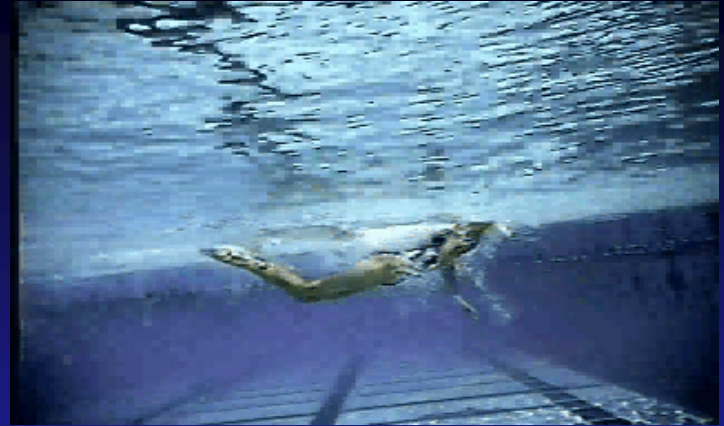
Prone, face down with the crown of the head leading

Horizontal with an undulation, wave-like movement from head to toe

Shoulders are kept level

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Leg Action:



The legs work close together, the ankles are relaxed to allow the toes to point & turn in

The leg action starts at the hips, the legs move up & down with a slight bend at the knee, the feet make little splash but kick up to the surface

The legs are straight as they start the upbeat and bend slightly as they approach the surface

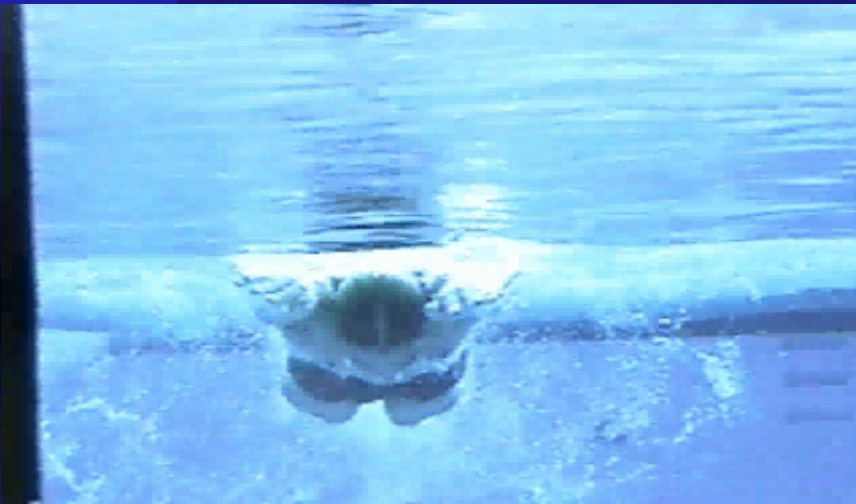
The legs straighten as they kick back down vigorously

The movement is continuous

There are usually two downbeats during a stroke cycle

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Arm Action:



DOWNSWEEP: From the catch there is a short downsweep, the elbows bend and remain high in relation to the hands

ENTRY: Hands pitched half outwards to permit a thumb first entry

OUTSWEEP: From an extended position the hands, still pitched outwards, sweep out and slightly downwards to catch



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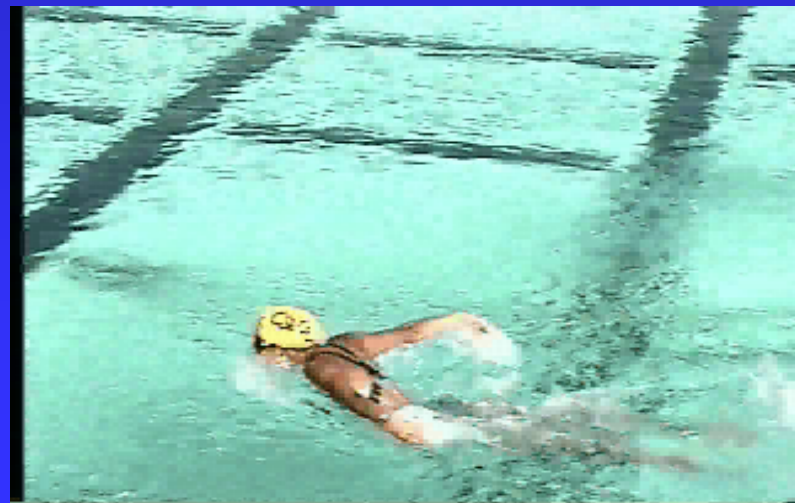
Arm Action:



RECOVERY: The arms may be straight or slightly bent hands leaving the water little finger uppermost
The arms clear the water just above the surface, the hands change pitch to permit a thumb first entry

INSWEEP: Hands pitch inwards and often almost meet under the body
Elbows bend to about 90° at the end of the insweep

UPSWEEP: Hands pitch partly outwards again, elbows straighten, movement accelerates through to the thighs where the arms will be almost straight



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Breathing:



TIMING: There are usually two leg kicks to each arm cycle, the first as the arms enter and the second during the upsweep of the arms. A breath may be taken every arm stroke or alternate cycles

A breath is usually taken to the front by pushing the chin forwards, the breath is taken as the arms complete the upsweep, the head is lowered quickly to allow the recovery of the arms, some breath may trickle out with a final explosion just before the next inbreath

