

# Swimming - the easy way

1. Enter the water and extend your arm, rolling your shoulder forward and keeping your arm parallel to your body.

2. Bend your hand, angle your forearm down, and keep your elbow up.

3. Begin the major effort of pulling your body forward through the water. Keep your elbow up and use the surface of your hand and forearm to catch the water.

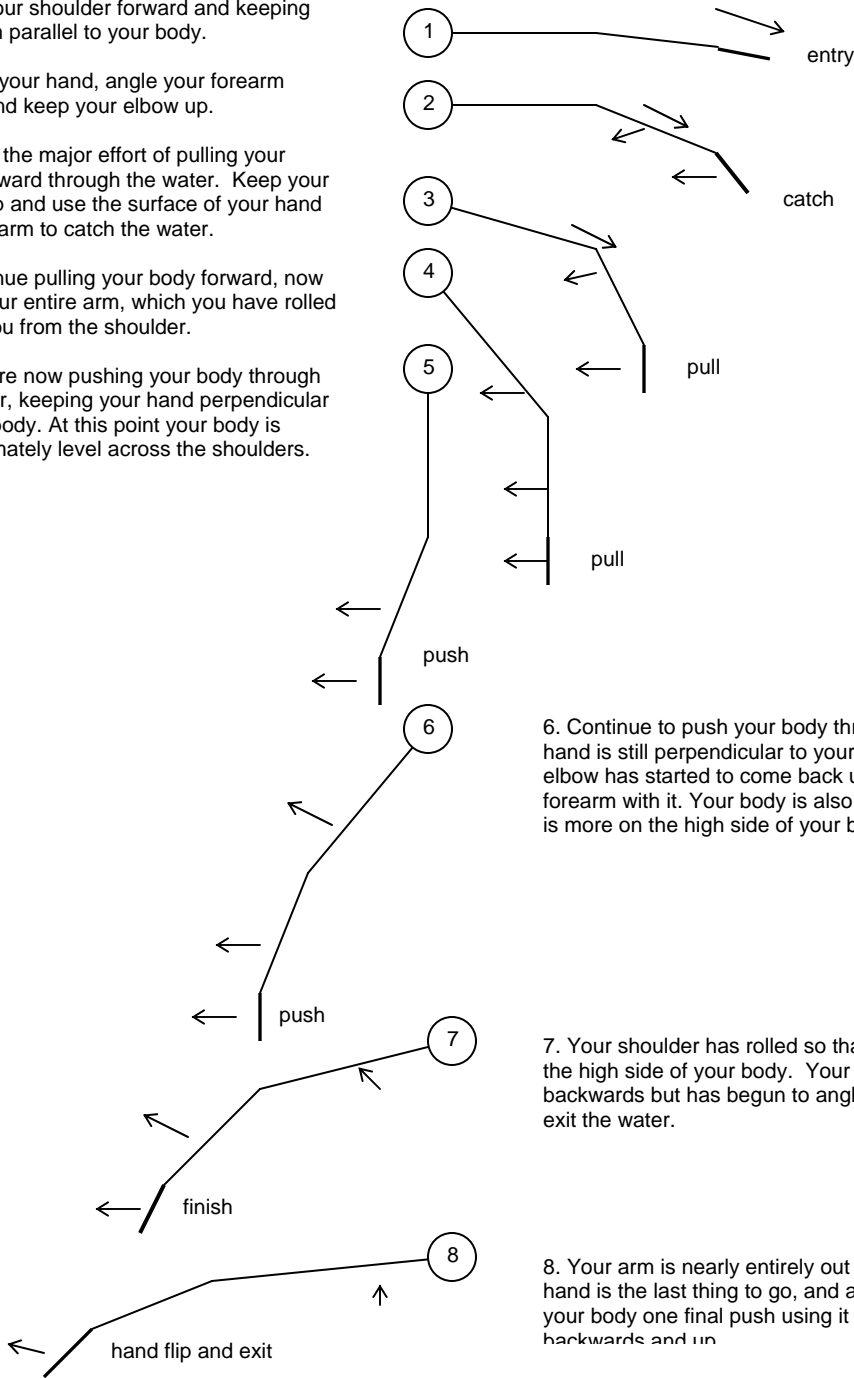
4. Continue pulling your body forward, now using your entire arm, which you have rolled under you from the shoulder.

5. You are now pushing your body through the water, keeping your hand perpendicular to your body. At this point your body is approximately level across the shoulders.

6. Continue to push your body through the water. Your hand is still perpendicular to your body. Meanwhile, your elbow has started to come back up, bringing your forearm with it. Your body is also rolling so that this arm is more on the high side of your body.

7. Your shoulder has rolled so that this arm is now on the high side of your body. Your hand continues to push backwards but has begun to angle upwards, preparing to exit the water.

8. Your arm is nearly entirely out of the water. Your hand is the last thing to go, and as it exits you can give your body one final push using it to move water - backwards and up.



Each 'stick' at the left represents a side view of a swimmer's upper arm, forearm, and hand as they swim from left to right across the page.

Direction of swimming →