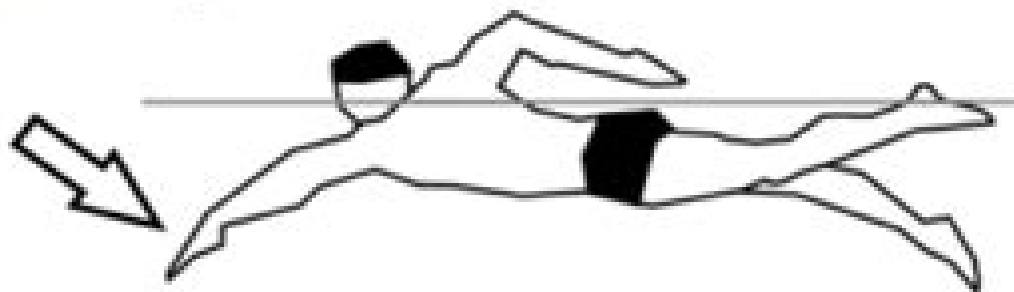


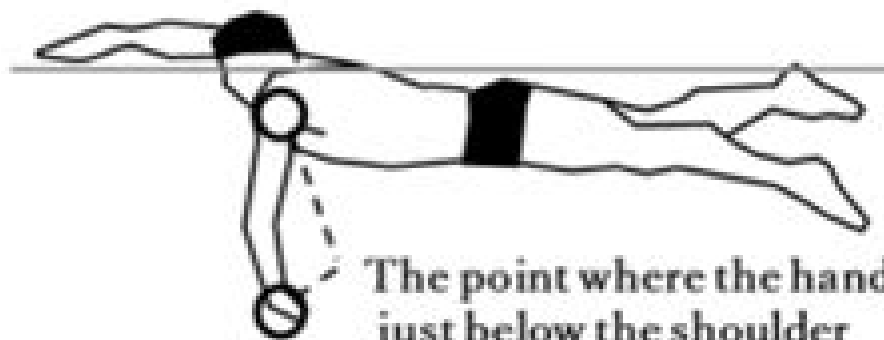
The point where the hand entered the water

Glide



The point where the hand begins to move in the opposite direction of the propulsion direction

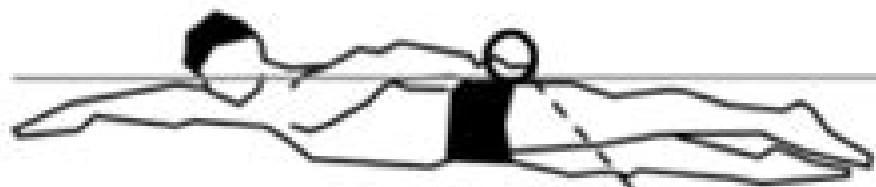
Pull



The point where the hand passes just below the shoulder

Push

Recovery



The Basic Swimming Guide

Mark Young



The Basic Swimming Guide:

The Complete Guide to Simple Swimming Mark Young,2010-11 From terrified to terrific Simple Swimming is the book to help boost swimming ability For the complete beginner this book helps the terrified to understand and appreciate the water and for the established swimmer to adjust and correct the four basic swimming strokes The 82 fully illustrated exercises contained in this book can help any beginner to learn and practice and any swimmer to eliminate bad habits and fine tune their swimming Mark Young is a well established swimming instructor with over twenty years experience of teaching thousands of adults and children to swim He has taken nervous frightened children and adults with a fear of water and made them happy and confident swimmers He has also turned many of average ability into advanced swimmers This book draws on his experiences and countless successes to put together this simplistic methodical approach to swimming

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