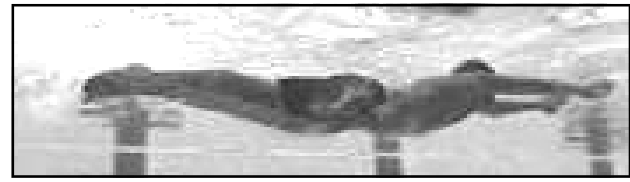


# Breaststroke Turn

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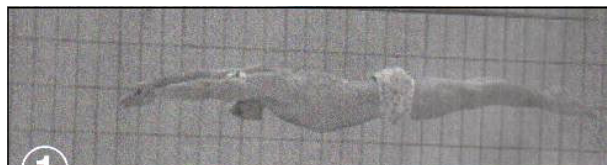
## Breaststroke Turn

Stretch last stroke ► glide ► touch: both hands ► draw legs up .. tight tuck ► twist ► *salute the sky* ► push off streamlined ► glide ► pull out ► one kick — break surface before insweep of stroke  
[www.nwaswimaths.com](http://www.nwaswimaths.com)

**B/R:** The Start .. The Turn .. FINA changes to B/R Rules .. from ASCTA *Swimming in Australia*, Sept / Oct '05

**SW7.4** (New Wording): During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. A single downward dolphin kick, followed by a breaststroke kick is permitted while wholly submerged, following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

**Implications:** .... Most swimmers will feel that combining the dolphin kick with the "power phase" of the arm stroke (pull out) will produce the greatest forward propulsion.



**1** Push off (turn) or dive start in a streamlined position.



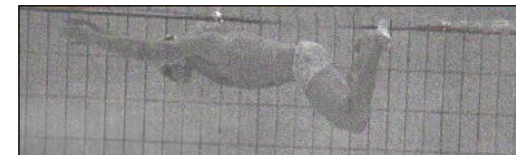
**2** Dolphin kick during the 'power phase' of the long-pull.



**3** Finish the long-pull with a streamlined body position.



**4** Recover the arms close to the body.



**5** Breaststroke kick as arms stretch toward the surface.



**6** Head breaks the surface as first armstroke begins.