

# The Mirror Test

## Freestyle and Breaststroke

	<h3>The Mirror Test</h3> <p><i>All that matters is that you can look in your mirror and</i> <b>HONESTLY</b> <i>tell the person you see there ..</i> <i>you've done your best</i></p> <p><a href="http://www.nwaswimaths.com">www.nwaswimaths.com</a></p>	<h3>Freestyle</h3> <ul style="list-style-type: none"><li>Fingers ►</li><li>Wrist ►</li><li>Elbow ►</li><li>Shoulder</li><li>No splash entry</li><li>Long Strokes</li><li>“High” Elbow throughout</li></ul> 
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