

The Right
Fin Kick
It's as easy as
123





FLUTTER KICK

The "standard" kick, highly efficient if done correctly - Kick from hips, keep knees straight



THE MODIFIED FLUTTER

2



Helps keep fins away from coral and silt -Kick from knees, holding fins high

FROG KICK

3

Another good kick around coral and silt - Alternate with flutter kick to prevent cramping



3 simple steps when choosing your fin kick

REMEMBER:

your fin kick

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