

The Right Fin Kick

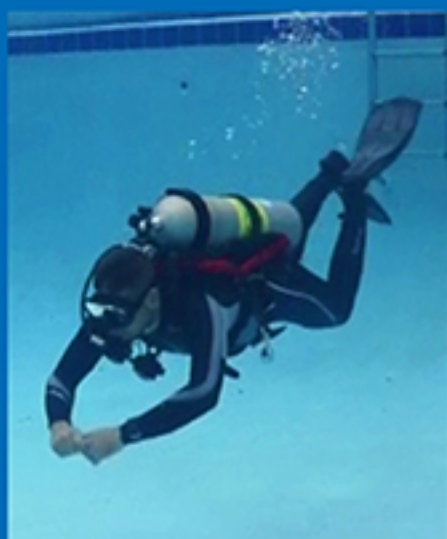
It's as easy as
1 2 3



FLUTTER KICK

1

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



REMEMBER:

**3 simple steps
when choosing
your fin kick**

