

Text in bold corresponds to the masters technical elements

2x1-8 standing up out of the water

1 dive

5-8 underwater preparation for body boost

1 body boost

2 raise up both arms in V

3 ¼ rotation to the right, lower arms on the side, left arm leading, head rested on the left shoulder

5 lower left arm to paddle, prepare right arm next to shoulder, elbow bent

6-8 stay

1 rise up right arm in vertical

2 lower down right arm, fist next to shoulder, elbow bent

3 rise up right arm in vertical

4 stay

5 lower down right arm, straight with rounded movement to the surface of the water on the side

6-8 side flutter kick

1 right arm straight goes to front of the pool - passing by water level to reach front layout position

3 feet are at the surface (front layout position marked)

5-7 front pike position

1 Fishtail position left leg

3 Vertical position

4 hold

5 "mini split" with right leg straight, left leg bent

6-8 hold

1 vertical bent knee (left leg straight)

2 "mini split" (right leg straight)

3 vertical bent knee (left leg straight)

4 vertical

5 bent hips (front pike) to slash water with feet

6-8 tuck rotation to prepare egg beat

1 egg beater facing the opposite of deck entry

3-4 hold

5 external rotation left shoulder with ⅛ rotation to left

6 external rotation right shoulder with ⅛ rotation to left to face pool side

7-8 prepare both hands underwater

1-2 lift both arms in V

3 lower both arms by bending elbows + ¼ rotation to the right to face opposite side of entry deck

5-8 hold, both hands under water paddling

1-2 kick right arm first, head to left side

3-4 pull with ¼ rotation and head down

5-8 ¼ rotation with kick -> back layout position

1-8 back layout position

1 right ballet leg (lift with knee bent)

3 surface bent knee position with a hips push

5 kip

6-8 stay

1 vertical

3-5 lower both leg in split position

6-8 stay in split position

1-5 close the front leg to surface arch position

6-8 unroll body to surface arch position

1 breath in back layout position (torpedo)

5 right ballet leg (lift with knee bent)

6 straighten leg on the side with knee bent, body is rotating to the left side

7 right arm ready underwater

1 right arm vertical, body still the side

3 lower right arm with elbow bent, body comes vertical, head to the right

5 body rotates to the right, facing the entry deck

7 body boost preparation

1 body boost

3 down

5 back tuck

7-8 kip

1-4 vertical bent knee position

5-8+1-4 spin 180° while legs are joined to a Vertical Position

5-6 stay at ankles

7-8 submerge ankles

1 back tuck

3 underwater ready to kick on back layout position

5 kick on back layout position head to right

7 head back to center

1-4 back layout position marked

5 back layout bent knee position right

6 ballet leg right

7 back layout bent knee position right

8 back layout position

1 back layout bent knee position left

2 ballet leg left

3 left flamingo

5 tuck position - legs parallel to surface

7 kip

1 fishtail

3 slash the water by lowering upper leg firmly to the water, lower leg might bent

5 back tuck

7 breath egg-beater facing the opposite direction as deck entry

1 head turns left

3 body turns left to face same direction as head

5 prepare right hand below surface

7 lift right arm 45°

8 lower right arm with elbow bent

1 lift right arm 45°

3 lower right arm elbow bent only hands above surface

5 body turns to face the hand, boost prepa

7 body boost head facing ceiling, right arm vertical (back is bent)

1 underwater

3-8+1-4 back bike position to prepare barracuda

5-7 barracuda bent knee

1-4 vertical descent with bent knee maintained

5-8 back tuck

1 breath facing pool side

3 right arm vertical, head facing ceiling