
the complete guide to

swimming
butterfly

**learn, improve and fine-tune basic
butterfly stroke technique**

**fully illustrated with
practical exercises**

mark young

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butterfly

body position, legs, arms, breathing and timing

Butterfly stroke is the most recent stroke, developed in the 1950's, and it is the second fastest stroke to Front Crawl. The stroke evolved from Breaststroke as it



also contains a simultaneous leg action and simultaneous arm action. The stroke requires a great deal of upper body strength and can be very physically demanding; therefore it is a stroke that is swum competitively rather than recreationally.

Buoyancy is very important because the arms are recovered over the water the head is raised to breathe, therefore good floaters will achieve this far easier than poor floaters.

The timing and coordination of the stroke is usually a two beat cycle of leg kicks to one arm cycle.



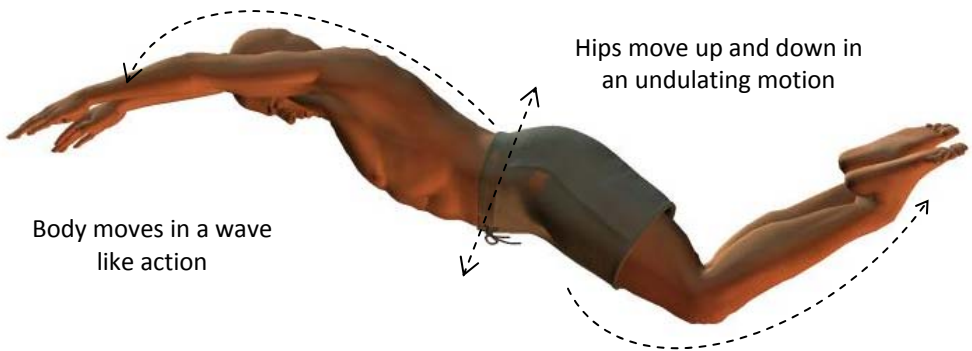
The undulating action of the body and the legs create great demands of the spine, therefore there are many alternative exercises and practices that can be used to make learning the stroke easier and less physical.

body position

The body position varies through the stroke cycle due to the continuous undulating action. The body should undulate from head to toe, producing a dolphin-type action.

Although undulation is unavoidable, the body position should be kept as horizontal as possible to keep frontal resistance to a minimum. Intermittent or alternative breathing will help to maintain this required body position.

The body should be face down (prone) with the crown of the head leading the action.

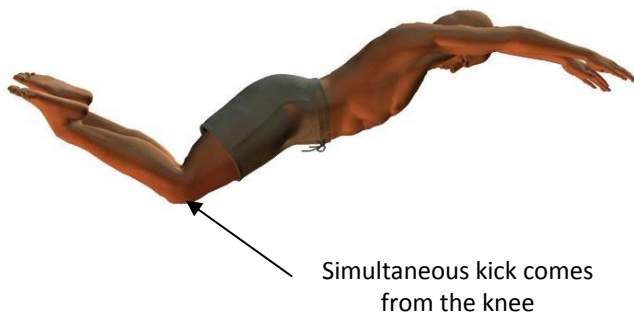


The shoulders should remain level throughout and the head should remain central and still, looking down until breathing is required.

Hips should be inline with the shoulders and should remain parallel to the direction of travel.

legs

The main functions of butterfly stroke leg action are to balance the arm action and help to provide some propulsion. This action then generates the undulating movement of the body position as the swimmer moves through the water.



The stroke exercises contained in the following part of this book form a reference section for each aspect of butterfly swimming stroke.

what are they?

Each specific exercise focuses on a certain aspect of the swimming stroke, for example the body position, the leg kick, the arms, the breathing or the timing and coordination, all separated into easy to learn stages. Each one contains a photograph of the exercise being performed, a graphical diagram and all the technique elements and key focus points that are relevant to that particular exercise.

how will they help?

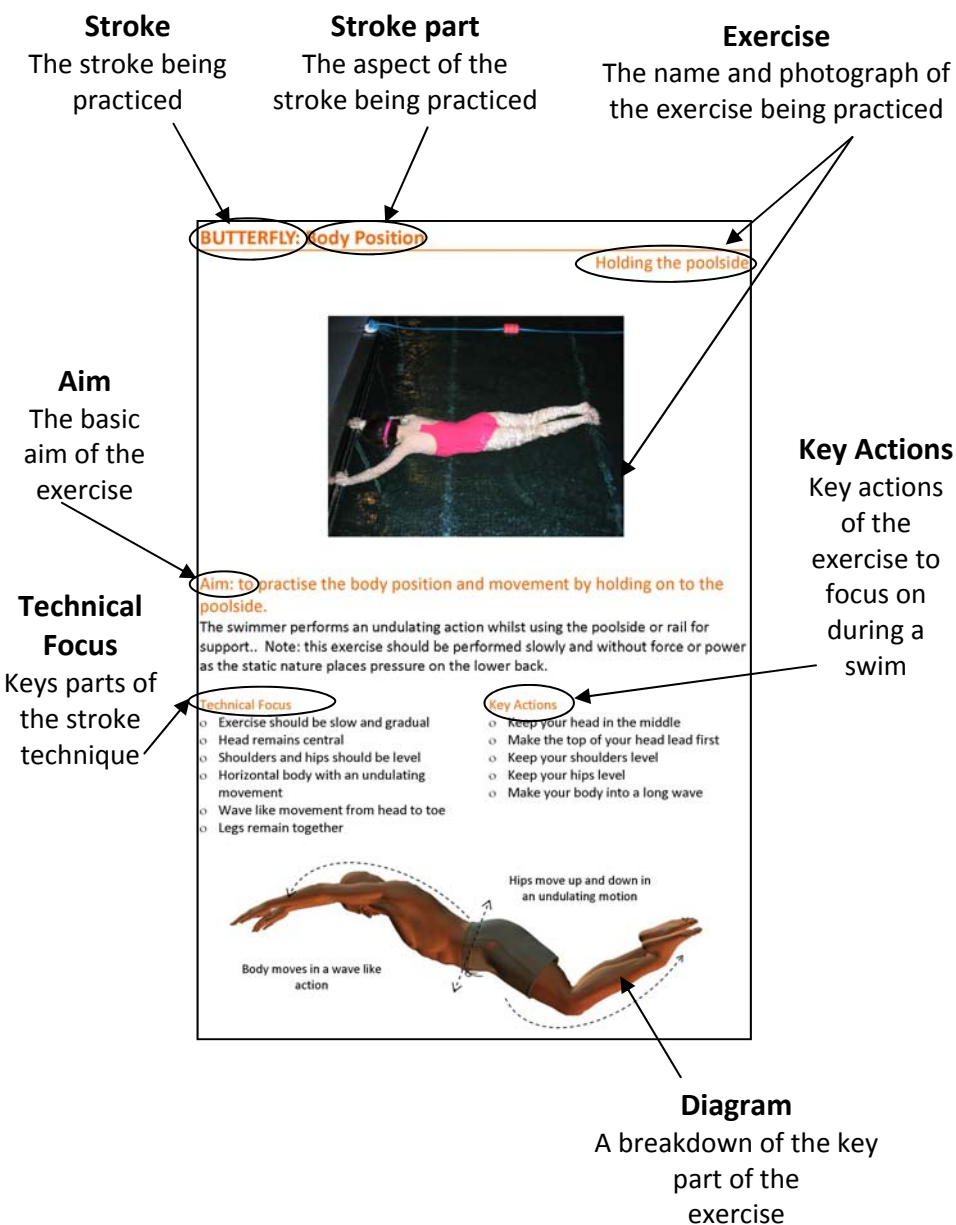
They break down your swimming stroke into its core elements and then force you to focus on that certain area. For example if you are performing a leg kick exercise, the leg kick is isolated and therefore your focus and concentration is only on the legs. The technical information and key focus points then fix your concentration on the most important elements of the leg kick. The result: a more efficient and technically correct leg kick. The same then goes for exercises for the arms, breathing, timing and coordination and so on.

will they improve your swimming strokes?

Yes, definitely! These practical exercises not only isolate certain areas but can highlight your bad habits. Once you've worked through each element of the stroke and practiced the exercises a few times, you will slowly eliminate your bad habits. The result: a more efficient and technically correct swimming stroke, swum with less effort!

how to use this section

The page layout for each exercise follows the same format, keeping all relevant information on one page. The aims, technical focuses and key points are all listed with a photograph and graphical diagram of the exercise.



BUTTERFLY: Legs

Prone holding a float with both hands



Aim: to develop the leg kick using a float for support.

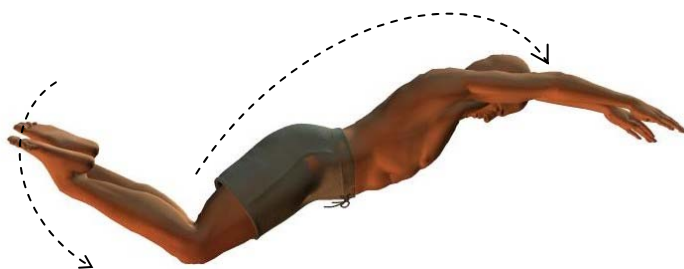
This practice allows the advanced swimmer to develop leg kick strength and stamina as the float isolates the legs.

Technical Focus

- o Simultaneous legs action
- o Knees bend and kick in downbeat to provide propulsion
- o Legs accelerate on downbeat
- o Toes are pointed
- o Hips initiate undulating movement

Key Actions

- o Kick with both legs at the same time
- o Kick downwards powerfully
- o Keep your legs together
- o Create a wave-like action through your body
- o Kick like a mermaid



Powerful leg kick provides propulsion and help the body to undulate

The Complete Guide to Swimming Butterfly is the perfect quick-fix for anyone wanting an easy to follow, concise and simplistic guide book. For the complete beginner, this book helps to learn and understand the basic stroke, and for the established swimmer to adjust and improve. The 16 fully illustrated exercises contained in this book cover all aspects of the stroke and can help any beginner to learn and practice, and any swimmer to eliminate bad habits and fine-tune their butterfly.

“A simple, yet highly detailed guide to helping anyone learn, improve and enhance their butterfly technique in easy simplistic steps”

Mark Young – author

Mark Young is a well established swimming instructor with over twenty years experience of teaching thousands of adults and children to swim. He has taught countless beginners from scratch and turned many of average ability into advanced swimmers. This book draws on his experiences and countless successes to put together this simplistic methodical approach to mastering butterfly swimming technique.

