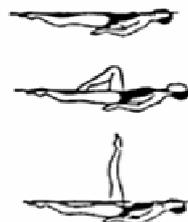


**APPENDIX III**

**BASIC MOVEMENTS**

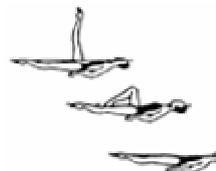
**1 TO ASSUME A BALLETT LEG**

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The knee is straightened, without movement of the thigh, to assume a **Ballet Leg Position**.



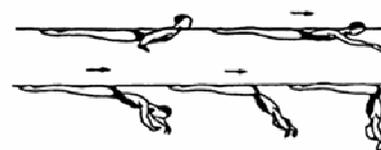
**2 TO LOWER A BALLETT LEG**

From a **Ballet Leg Position** the ballet leg is bent, without movement of the thigh, to a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



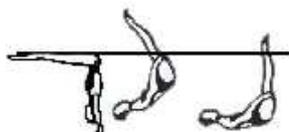
**3 TO ASSUME A FRONT PIKE POSITION**

From a **Front Layout Position** as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.



**4 A FRONT PIKE POSITION TO ASSUME A SUBMERGED BALLETT LEG DOUBLE POSITION**

From a **Front Pike Position**, maintaining this position, the body somersaults forward around a lateral axis so that the hips replace the head at one quarter point to assume a **Submerged Ballet Leg Double Position**. The Buttocks, legs and feet travel (move) downward until the hips occupy the position of the head at the beginning of this action.



**5 ARCH TO BACK LAYOUT FINISH ACTION**

From a **Surface Arch Position**, the hips, chest and face surface sequentially at the same point, with foot first movements to a **Back Layout Position**, until the head occupies the position of the hips at the beginning of this action.



**6 WALKOUTS**

These movements start in a **Split Position** unless otherwise specified in the figure description. The hips remain

stationary as one leg is lifted in an arc over the surface to meet the opposite leg.

a) **Walkout Front**

The Front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position** and with continuous movement, an *Arch to Back to Layout* is executed.



b) **Walkout Back**

The back leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Front Pike Position** and with continuous movement, the body straightens to a **Front Layout Position**. The head surfaces at the position occupied by the hips at the beginning of this action.



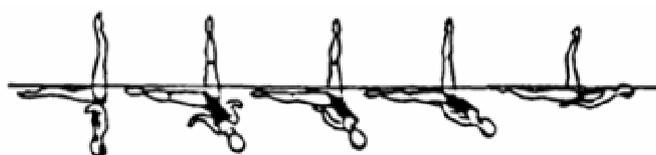
7 **CATALINA ROTATION**

From a **Ballet Leg Position** a rotation of the body is initiated. The head, shoulders and trunk begin the rotation at the surface while descending without lateral movement to a **Crane Position**. The angle between the legs remains 90° throughout the rotation. Unless otherwise specified, *Catalina Rotation* starts from a **Ballet Leg Position**.



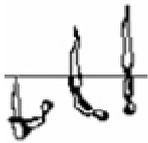
8 **CATALINA REVERSE ROTATION**

From a **Crane Position** the hips rotate as the trunk rises, without lateral movement, to assume a **Ballet Leg Position**. The angle between the legs remains 90° throughout the rotation.



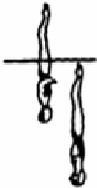
9 **THRUST**

From a Submerged **Back Pike Position**, with the legs perpendicular to the surface, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable.



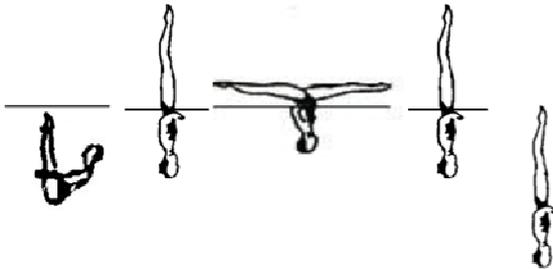
**10 VERTICAL DESCENT**

Maintaining a **Vertical Position**, the body descends along its longitudinal axis until toes are submerged.



**11 ROCKET SPLIT**

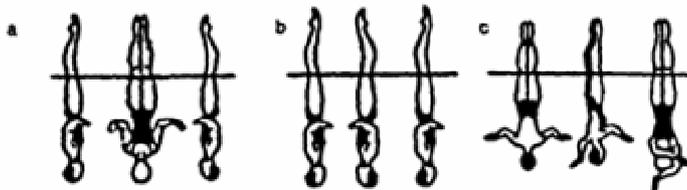
A *thrust* is executed to a **Vertical Position**, maintaining maximum height the legs are split rapidly to assume an **Airborne Split Position** and rejoin to a **Vertical Position**, followed by a *Vertical Descent*. The *Vertical Descent* is executed at the same tempo as a *Thrust*.



**12 TWISTS**

A *Twist* is a rotation at a sustained height. The body remains on its longitudinal axis throughout the rotation. Unless otherwise stated, when performed in a **Vertical Position**, a *Twist* is completed with a *Vertical Descent*.

- a - *Half Twist*: a *Twist* of 180°
- b - *Full Twist*: a *Twist* of 360°
- c - *Twirl*: a rapid *Twist* of 180°

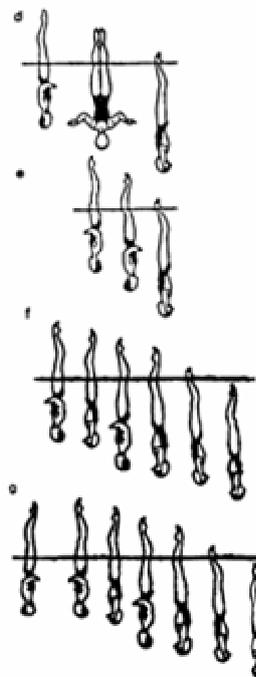


### 13 SPINS

A *Spin* is a rotation in a **Vertical Position**. The body remains on its longitudinal axis throughout the rotation. Unless otherwise stated, *Spins* are executed in a uniform motion.

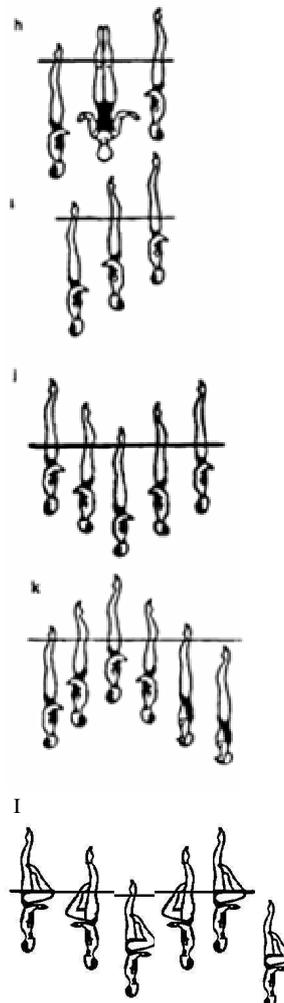
A *descending Spin* must start at the height of the vertical and be completed as the heel(s) reach(es) the surface. Unless otherwise specified, a *descending Spin* is finished with a *Vertical Descent* which is executed at the same tempo as the *Spin*.

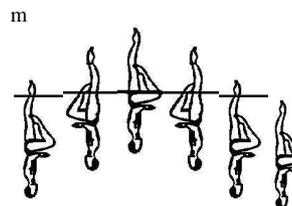
- d) *180° Spin*: a *descending Spin* with a rotation of 180°
- e) *360° Spin*: a *descending Spin* with a rotation of 360°
- f) *Continuous Spin*: a *descending Spin* with a rapid rotation of: 720° (2), 1080° (3), or 1440° (4) which is completed as the heels reach the surface and continues through submergence.
- g) *Twist Spin*: a *Half Twist* is executed, and without a pause, is followed by a *Continuous Spin* of 720° (2).



An *ascending Spin* begins with the water level at the heels unless otherwise specified. A vertical upward *Spin* is executed until a water level is established between the knees and hips. An *ascending Spin* is finished with a *Vertical Descent*.

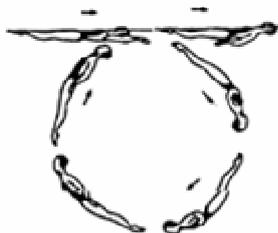
- h) *Spin Up 180°*: an *ascending Spin* with a rotation of 180°
- i) *Spin UP 360°*: an *ascending Spin* with a rotation of 360°
- j) *Combined Spin*: a *descending Spin* of at least 360°, followed without a pause by an equal *ascending Spin* in the same direction. The *ascending Spin* reaches the same height where the *descending Spin* started.
- k) *Reverse Combined Spin*: an *ascending Spin* of at least 360°, followed without a pause by an equal *descending Spin* in the same direction.
- l) *Bent Knee Combined Spin*: a *descending Spin* in a **Bent Knee Vertical Position** of at least 360°, followed without a pause by an equal *ascending Spin* in the same direction. The *ascending Spin* reaches the same height where the *descending Spin* started.
- m) *Reverse Bent Knee Combined Spin*: an *ascending Spin* in a **Bent Knee Vertical Position** of at least 360°, followed without a pause by an equal *descending Spin* in the same direction.





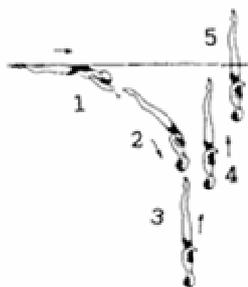
### 14 DOLPHIN

A *Dolphin* (and all its modifications) is started in a **Back Layout Position**. The body follows the circumference of a circle which has a diameter of approximately 2,5 meters, depending on the height of the swimmer. The head, hips and feet leave the surface sequentially to assume a Dolphin Arch as the body moves around the circle with head, hips and feet following the imaginary line of the circumference. Movement continues until the body straightens as it surfaces to a **Back Layout Position**, with head, hips and feet breaking the surface at the same point.



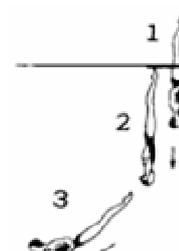
### 15 DOLPHIN TO VERTICAL

The head reaches the quarter point of the circle, and with continuous motion, the body straightens as it continues downward to assume **Vertical Position**. The toes arrive at the quarter point of the circle as they reach the vertical line. Maintaining **Vertical Position**, the body ascends along its longitudinal axis, until a water level is established between the ankles and hips.



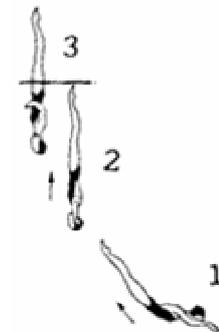
### 16 VERTICAL DESCENT TO DOLPHIN CIRCLE

A *Vertical Descent* is executed until the hips reach the quarter point of the circle, and with continuous motion, the head leads the body back onto the circumference of a circle into a Dolphin Arch, and the *Dolphin* continues.



### 17 DOLPHIN FOOT FIRST TO VERTICAL

The toes reach the three quarter point of the circle, and with continuous motion, the body straightens to **Vertical Position** as it rises along its longitudinal axis until a water level is established between the ankles and hips.



### 18 VERTICAL DESCENT TO DOLPHIN FOOT FIRST CIRCLE

A *Vertical Descent* is executed until the toes reach the three quarter point of the circle. The toes lead the body back onto the circumference of the circle into a Dolphin Arch as the *Dolphin* foot first continues.

