

Figure – 101 BALLET LEG SINGLE
DIFFICULTY – 1.6

A Ballet Leg is assumed. The Ballet Leg is lowered.






					Total
NVT=	10.5	11.0	11.0	10.5	43
PV =	2.44	2.56	2.56	2.44	10

Figure – 301 BARRACUDA
DIFFICULTY – 1.8

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



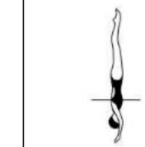
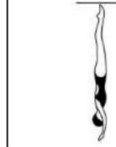
				Total
NVT=	7.0	31.0	13.0	51
PV =	1.37	6.08	2.55	10

Figure – 302 BLOSSOM
DIFFICULTY – 1.4

From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface of the water as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.




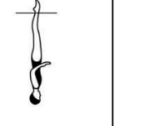
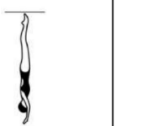
					Total
NVT=	10.0	11.0	5.0	5.0	31
PV =	3.23	3.55	1.61	1.61	10

Figure – 303 SOMERSAULT BACK PIKE
DIFFICULTY – 1.4

From a **Back Layout Position** with the trunk remaining parallel and close to the surface of the water, the legs are raised rapidly to assume a **Back Pike Position**. Without a pause the body somersaults backwards around a lateral axis until the feet and head simultaneously reach the surface of the water. A **Back Layout Position** is assumed.



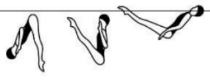

				Total
NVT=	14.0	13.0	5.0	32
PV =	4.38	4.06	1.56	10

Figure – 310 SOMERSAULT BACK TUCK
DIFFICULTY – 1.1

From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.





				Total
NVT=	3.0	5.0	3.0	11
PV =	2.73	4.55	2.73	10

Figure – 316 KIPNUS
DIFFICULTY – 1.4

From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.






					Total
NVT=	3.0	2.0	15.0	9.0	29
PV =	1.03	0.69	5.17	3.10	10

Figure – 323 SOMERSAULT FRONT PIKE
DIFFICULTY – 1.4

From a **Front Layout Position** a *Front Pike Position* is assumed. With continuous motion the body somersaults around a lateral axis so that the hips replace the head at each quarter point of the revolution until the head and buttocks return to the surface of the water. As the legs are raised to the surface of the water to assume a **Front Layout Position**, the head, back and buttocks travel along the surface of the water until the hips occupy the same position as the head at the beginning of this action.



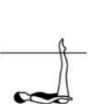




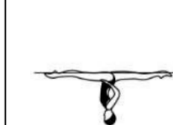


					Total
NVT=	6.0	8.0	8.0	6.0	28
PV =	2.14	2.86	2.86	2.14	10

Figure – 361 PRAWN
DIFFICULTY – 1.5

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. The legs are joined to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.

					Total
NVT=	6.0	20.0	5.0	5.0	36
PV =	1.67	5.56	1.39	1.39	10