

body swings forward and the right leg steps forward, this give a greater speed to the action. This is used for striking

c) Swimming - manipulative skill of kicking. 1. This ^{must go} ~~is done~~ with the legs. The 2. In working of muscles of the hip and legs is done ~~alternatively~~ ^{alternatively} by the posterior and anterior group

2. The respiration must be well take care off - head side ways for this action when counting to after three then again in the water towards the front.

Turning takes place by the neck muscles, Sternocleidomastoidian, rotation of the ~~head~~ ^{head}.

3. Arms ~~alternatively~~ ^{swing} in the water, do must be kept out of the water when doing it, then goes down and backward to push the water back.