# THESE ARE THE STROKES THE NAVY EMPHASIZES

Strokes which are emphasized in the Navy swimming program are the sidestroke, the elementary backstroke, and the breast stroke. If a man has to abandon ship in the middle of the Atlantic or Pacific Oceans, he doesn't need to be an expert in speed strokes because, obviously, he isn't going anywhere. His big job is to get away from the ship and keep afloat until rescued. The much-heralded crawl stroke is usually too tiring because of the over-arm recovery.
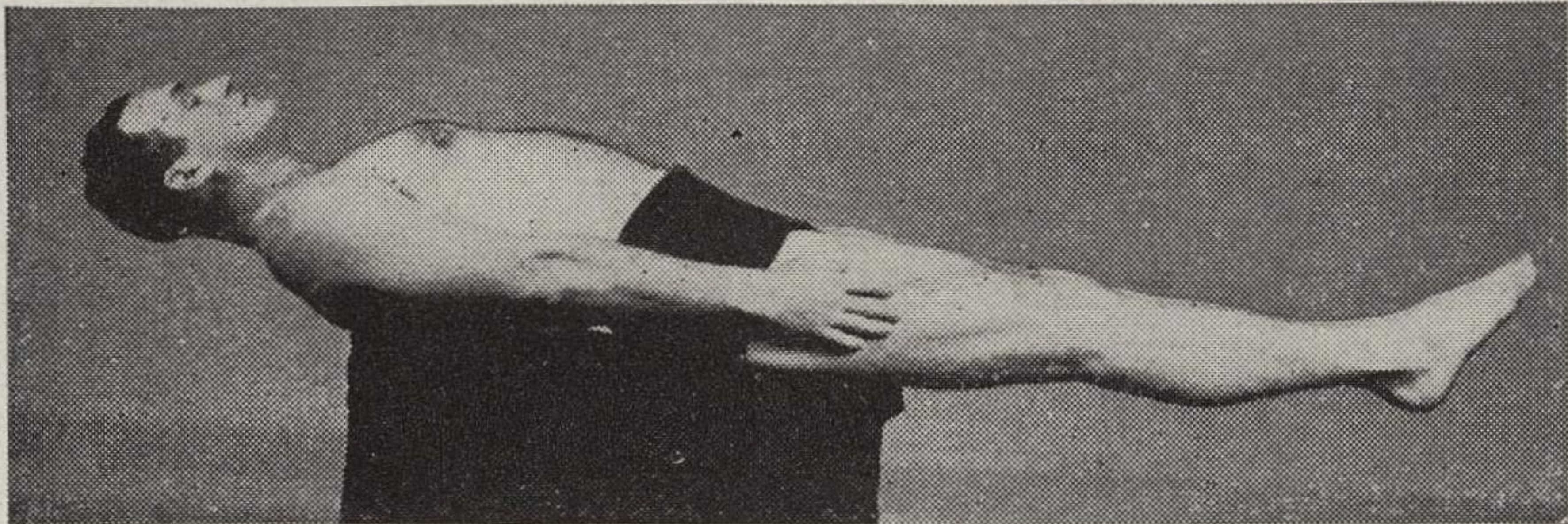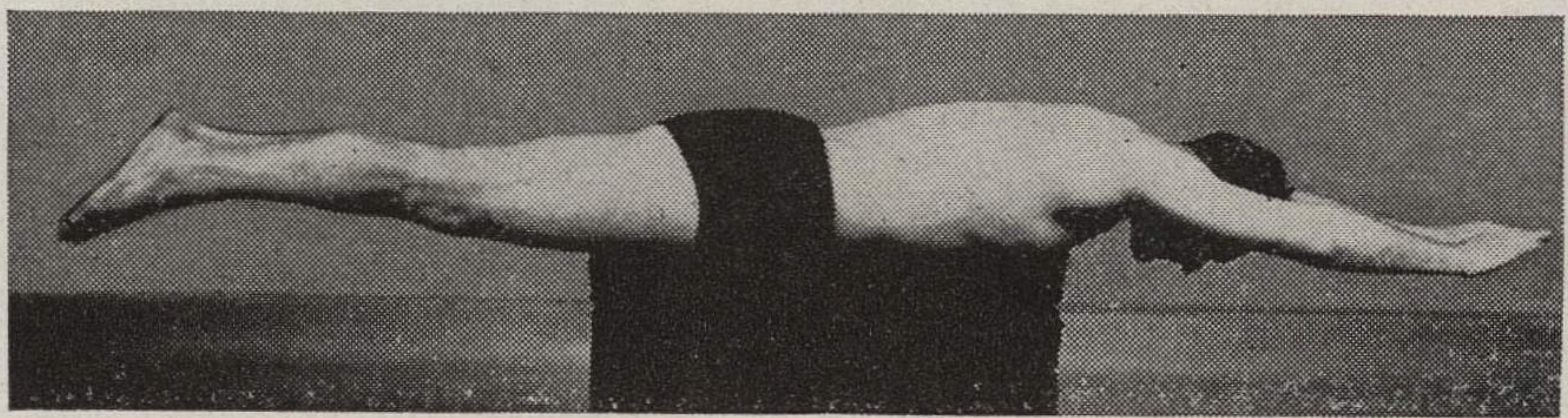
1. **The back stroke** starts with the legs extended, toes pointed, and arms extended with hands along thighs.
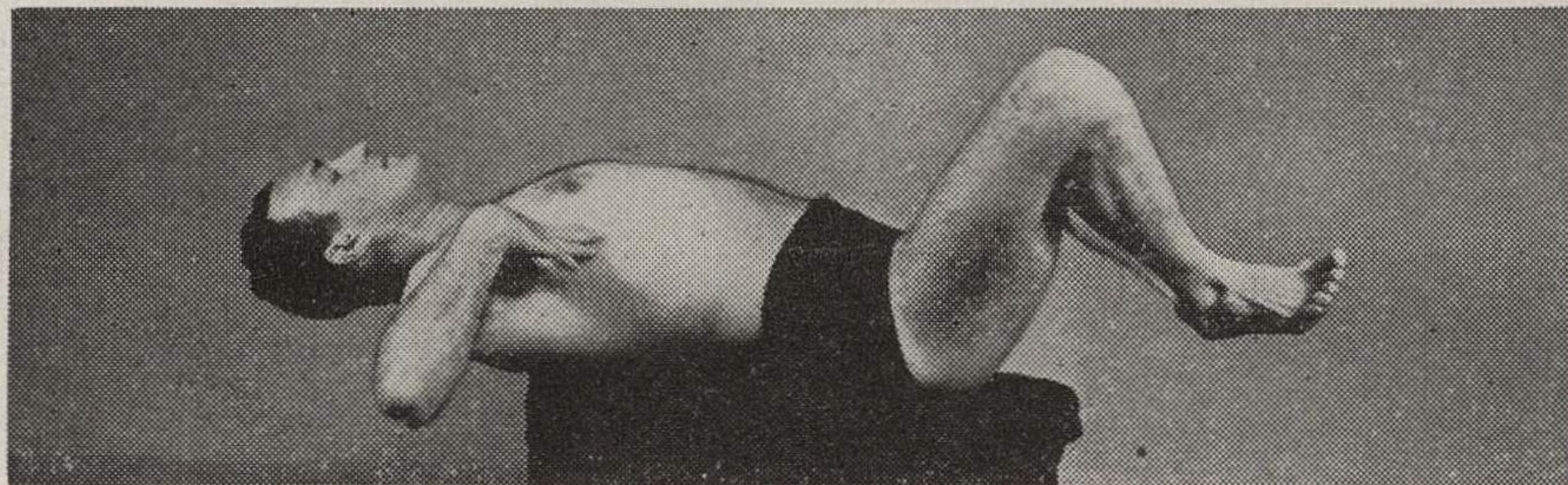
**2.** The legs have been drawn up and the arms drawn up to the shoulders.
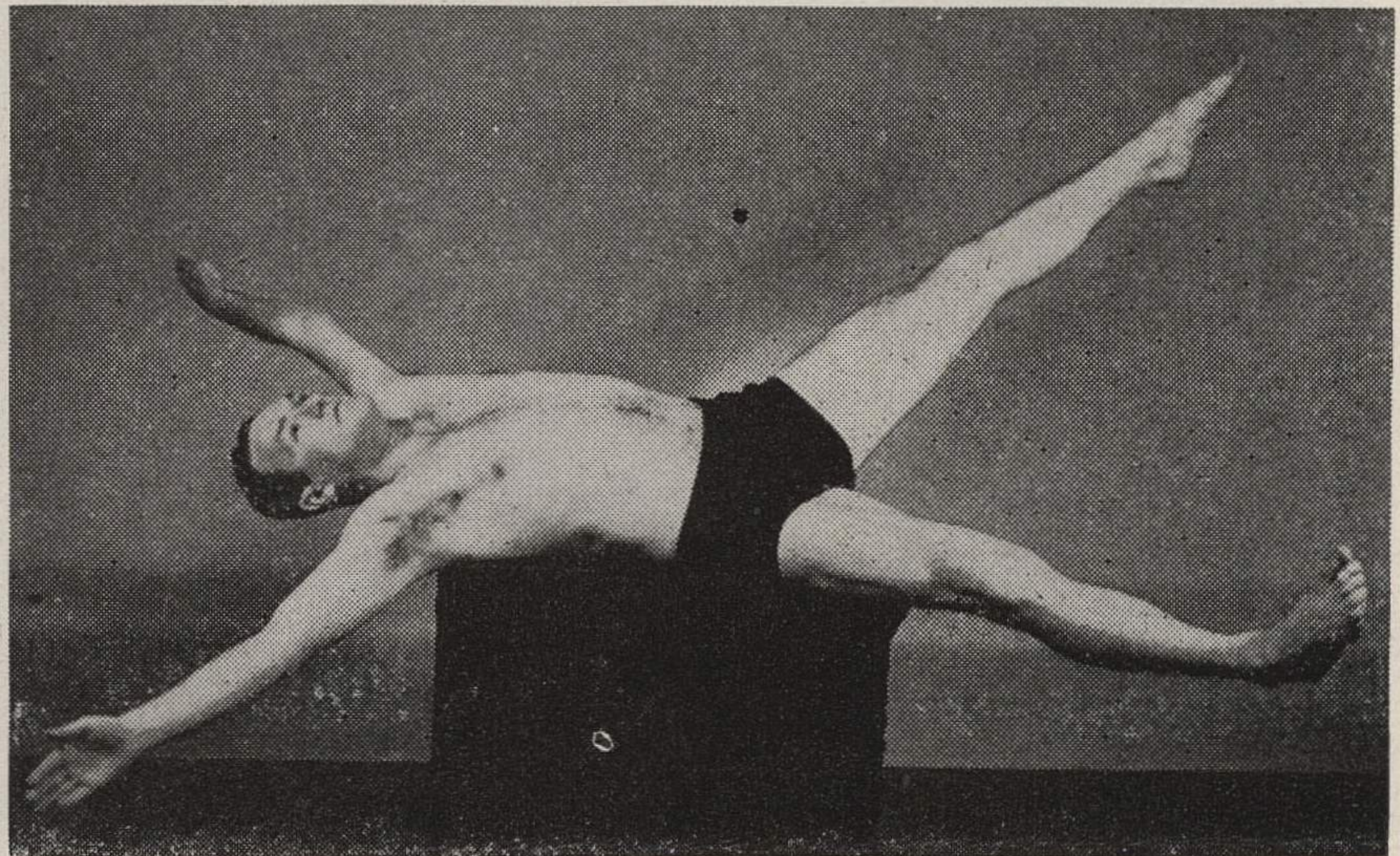
3. The legs have been extended and spread apart, with the arms extended outward from the shoulders. (Subject has been tilted slightly for better view.) Arms sweep down to sides and legs close together to complete stroke.

1. **The breast stroke** starts with the arms extended beyond the head, legs together and extended, head dropped down between upper arms, while exhalation takes place.
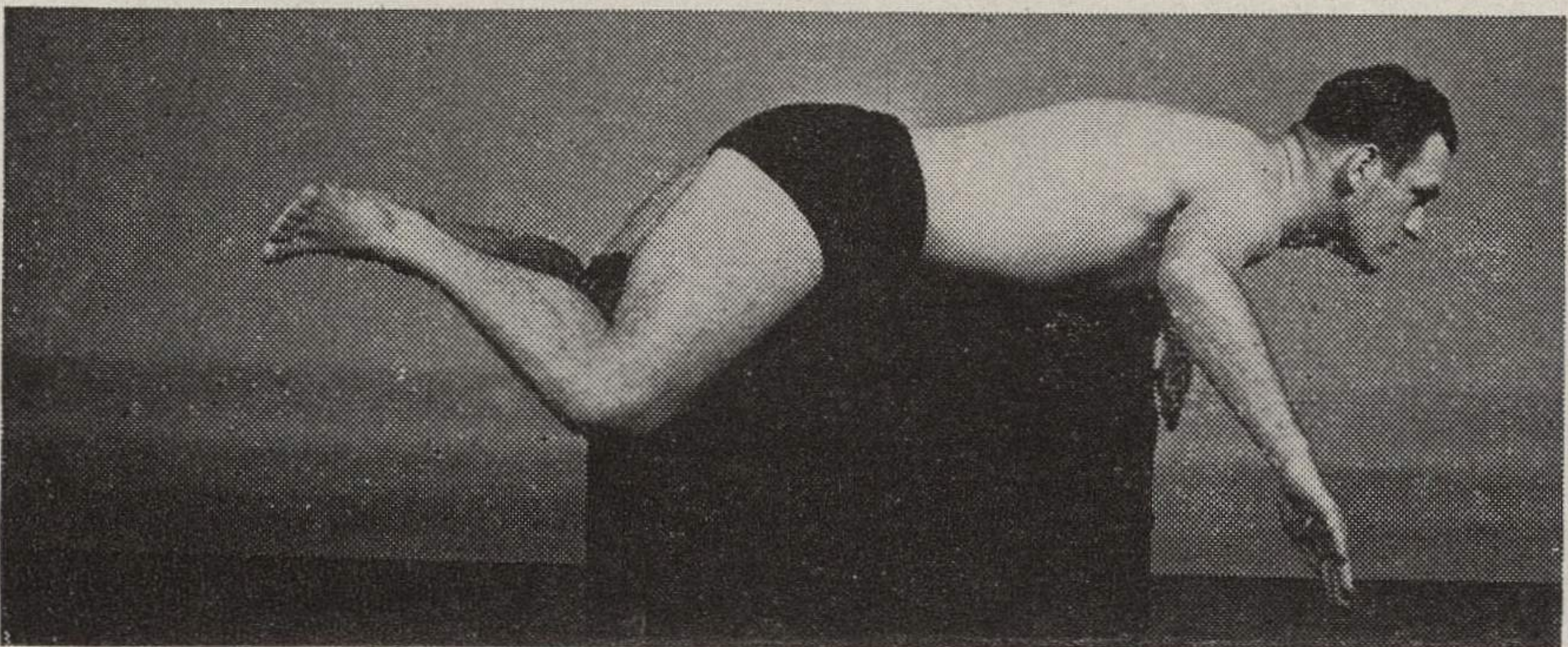
2. The arms have completed pull from extended position beyond head to shoulders and are beginning to start their recovery under the body; legs have been straight during the arm pull and are just beginning to draw up toward the waist.
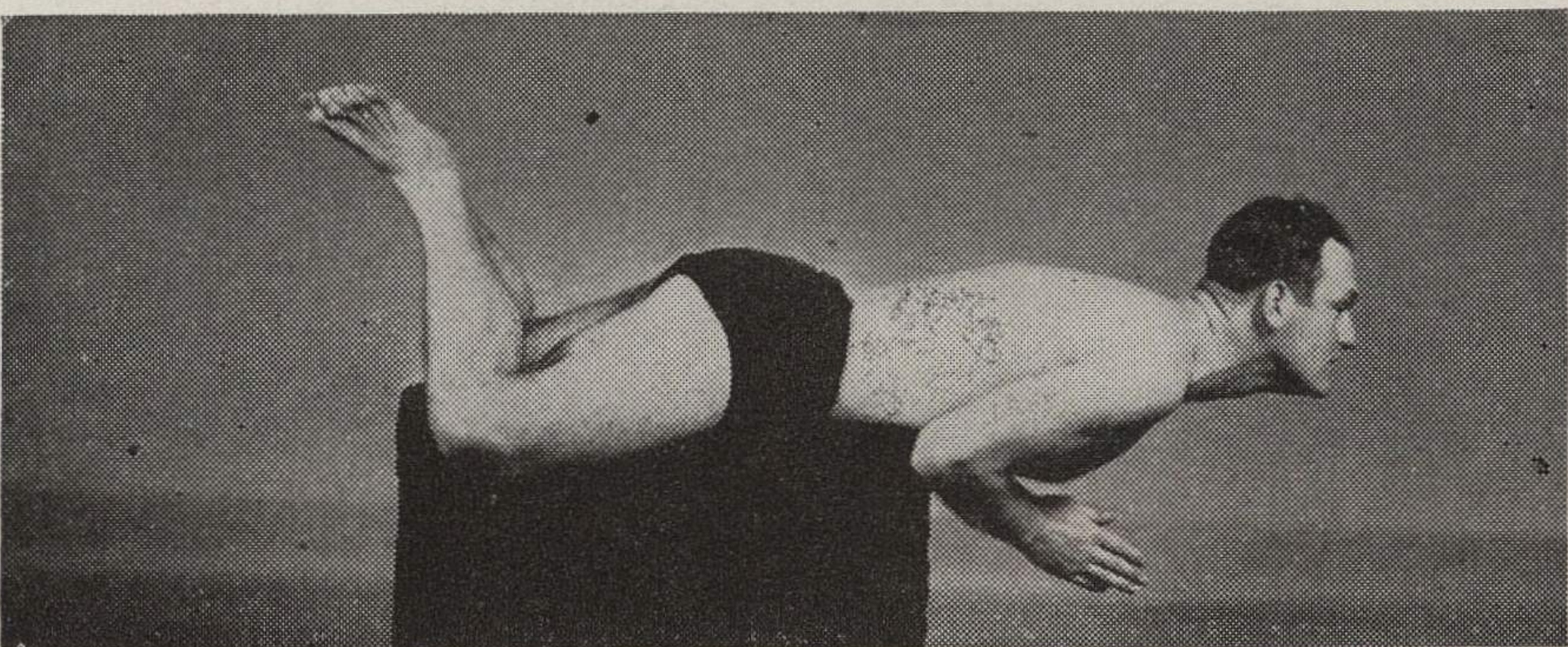
3. The arms and hands have recovered to the chest while the legs have completed their drawing movement and are now ready to spread apart and "squeeze" the water. Last step is glide in position No. 1.
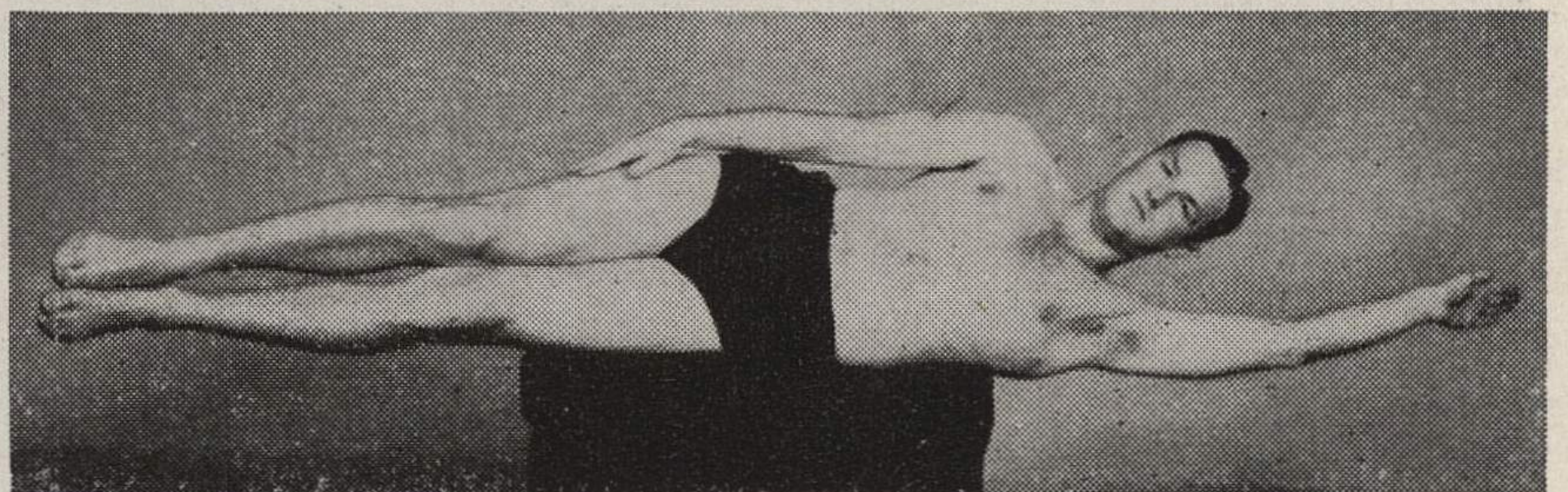
1. **The side stroke** starts with one arm extended beyond head. The top or "trailing arm" is extended with hands on thigh, legs extended and together.
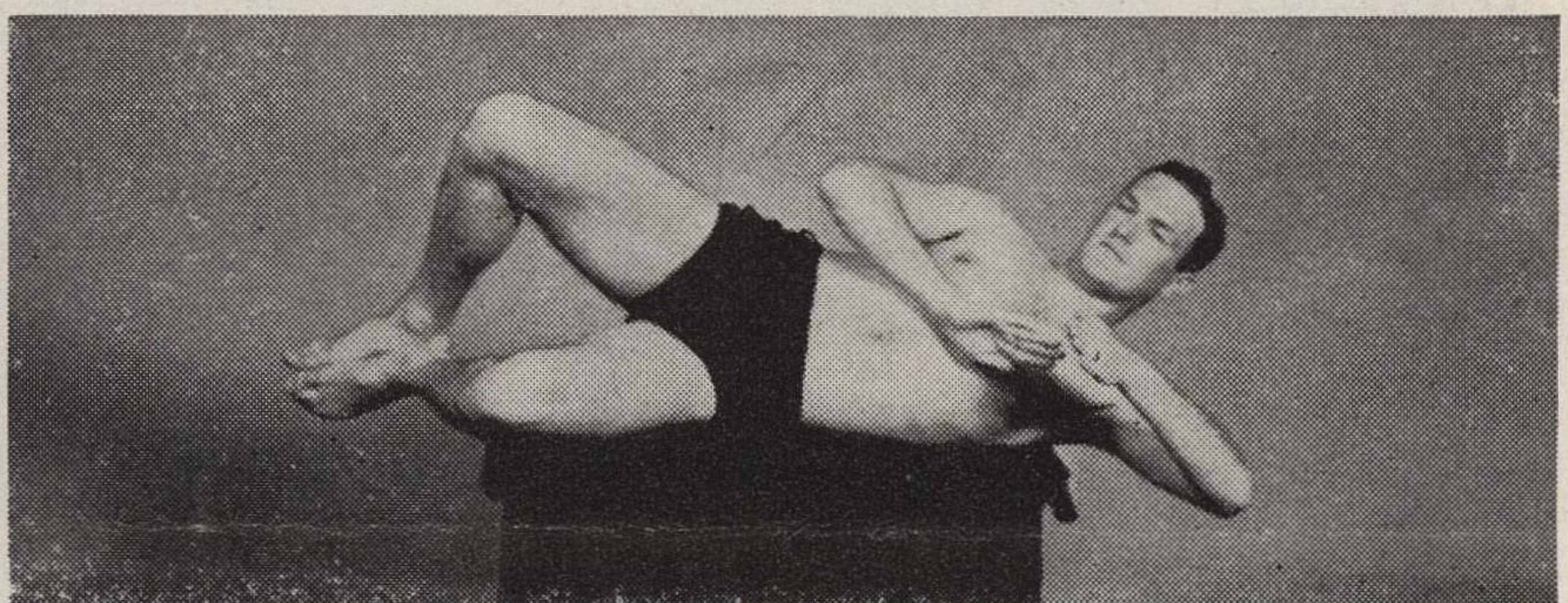
2. The legs have been drawn up to start an inverted scissors; under arm has pulled to chest and top arm recovered to the chest.
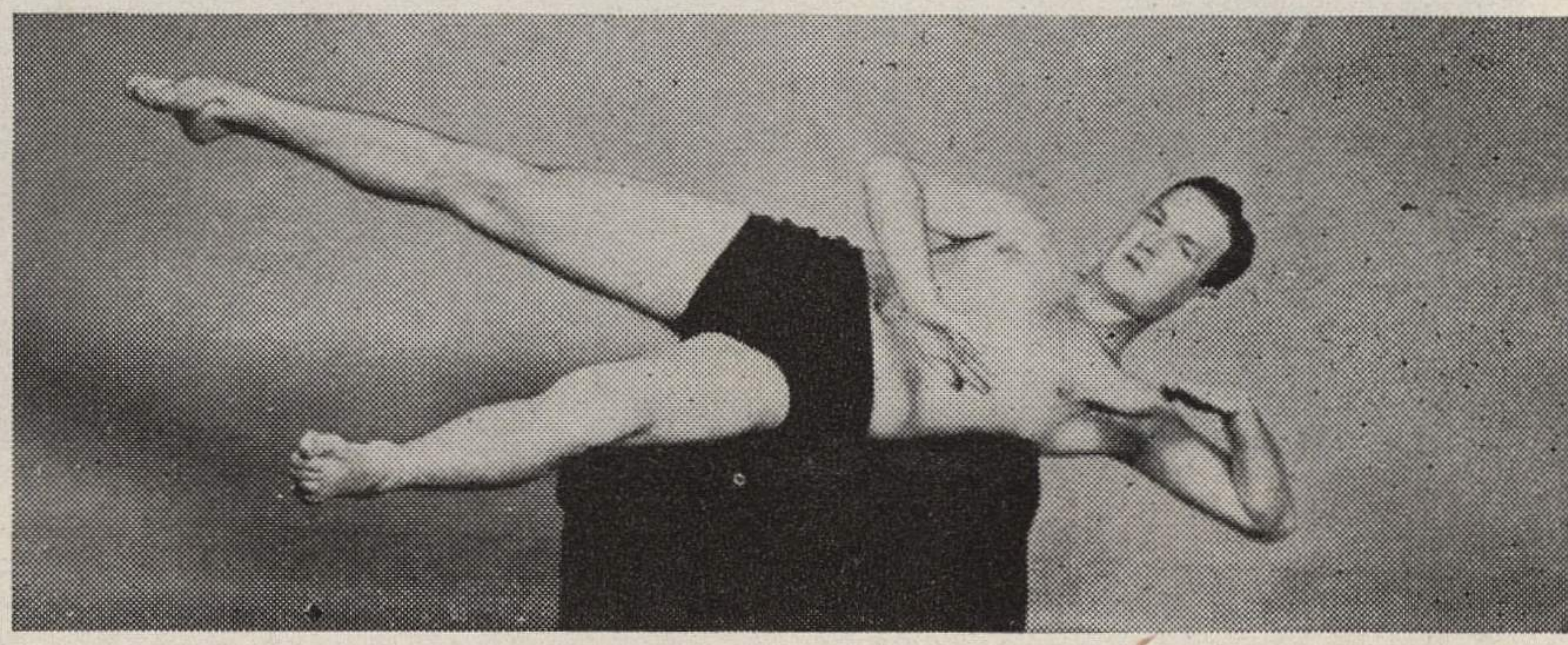
3. The legs have been separated and extended with the bottom leg forward and the top leg backward. The top arm has started to push water and the under arm begins to recover. Next comes glide, as in position No. 1.