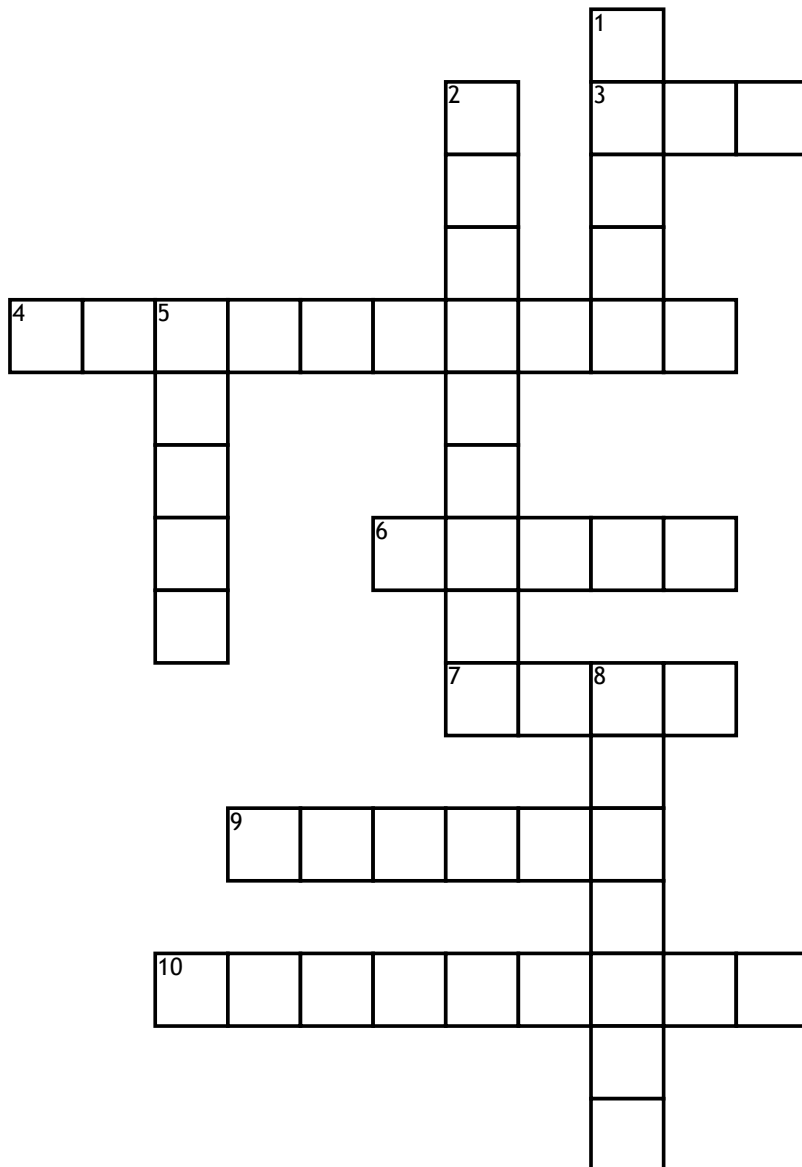


Butterfly



Across

3. Butterfly head position directly relates to _____ position

4. The pull in butterfly should _____ underwater

6. After a breath the head should enter the water before these.

7. Have _____ hands on entry.

9. Like all strokes the butterfly catch acts as an _____.

10. Use this across your hips in a self-check drill for butterfly kick

Down

1. This part of our body presses down at the entry.

2. The pull pattern in butterfly resembles this.

5. Our head should _____ forward in butterfly

8. You should move more this way than up and down in butterfly.