



Dolphin Kicks

- I emphasize the leg action because I think most people can relate to the legs a lot easier than understanding the
- traditional body-driven kick model.
- ☐ The extension is the most important. Kick through. The toes should end up well in front of the body.
- ☐ Hips and body definitely move, but the leg action is what moves the water.
- ☐ The knees bend like you're about to kick a ball and then the legs extend and follow-through in front of the body.
- ☐ Describing the body movement:
- - As the knees bend and kick sets up, the upper body bends toward the knees. The hands/arms pitch forward.
- Hands and knees move towards each other.
- - As the legs extend, the upper body stretches toward the direction you're traveling. That stretch pushes the
- chest out and creates that chest movement that everyone sees.
- ☐ The upper body movement supports the leg movement that is the primary propulsive force.
- ☐ Be careful not to over-do the hip motion. Moving the hips back too much can cut off how much the legs extend in
- front of the body. It can also lead to low back stress.
- ☐ The goal isn't to move your hips maximally. The goal is to move water off your feet.
- ☐ The hip movement helps you move forward. Doesn't lead to more powerful kick.
- ☐ The hips will move in a controlled, tense movement.

