

GENERAL SCULLS

<ul style="list-style-type: none"> • scull with firm wrist • use hand and forearm as one unit <ul style="list-style-type: none"> ○ i.e., hand and forearm as an oar • sculling pattern is like a bow or “∞” sign 	
TOP SCULL	<ul style="list-style-type: none"> • extend arms in front • keep arms straight • keep hands 6 inches below water surface • push water outward about 12” with palms at 45° • turn palms and push water inward • head is in water, lift to breathe as necessary
MIDDLE SCULL	<ul style="list-style-type: none"> • extend arms in front • bend elbows to 90° (hands and forearms are vertical) • keep elbows in front of shoulders • push water out and in while keeping elbows near water surface
BOTTOM SCULL #1	<ul style="list-style-type: none"> • extend arms at sides • scull just past hips (where you would finish your freestyle stroke)
BOTTOM SCULL #2	<ul style="list-style-type: none"> • extend arms at sides • keep elbows at sides • slide hands and forearms up and in (diagonally) towards belly button • push out and back to straight arm (as if finishing off a freestyle stroke)
SQUIGGLY LINES	<ul style="list-style-type: none"> • extend arms in front • scull at least 8 times, push water out and in as you slowly move arms down your body to just past hips • recover arms close to body (similar to a breaststroke pullout)
WHIRLPOOL SCULL	<ul style="list-style-type: none"> • sit in “v” position (head and feet out of water) • scull with hands and forearms at sides • whirlpools should form on water surface, directly above sculling action