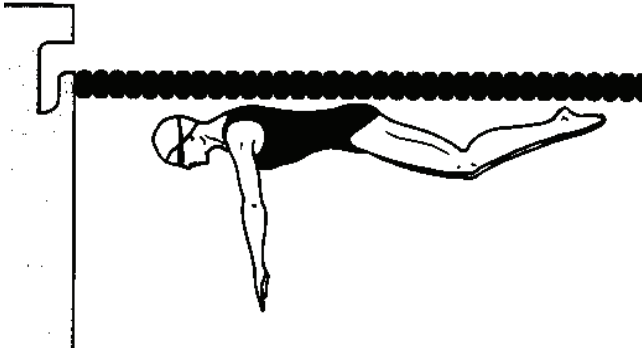
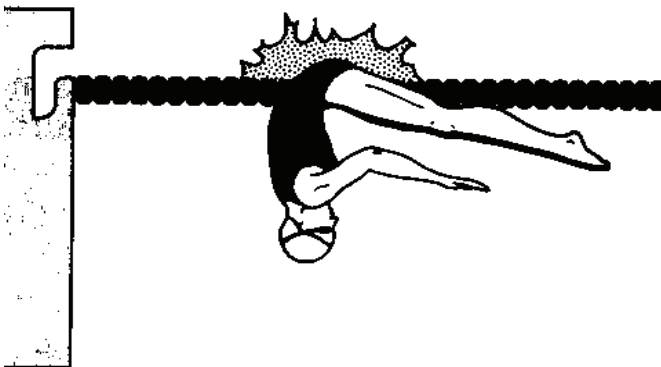


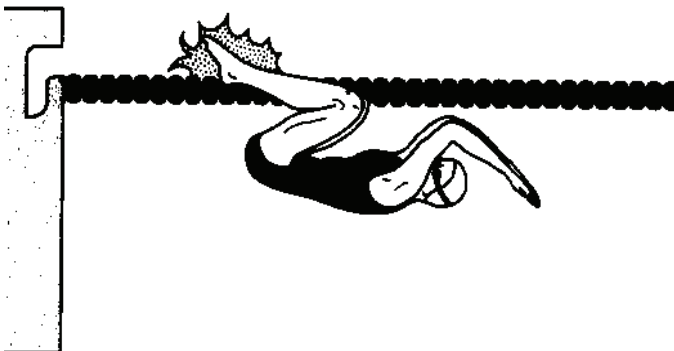
# *The Freestyle Tumble turn*



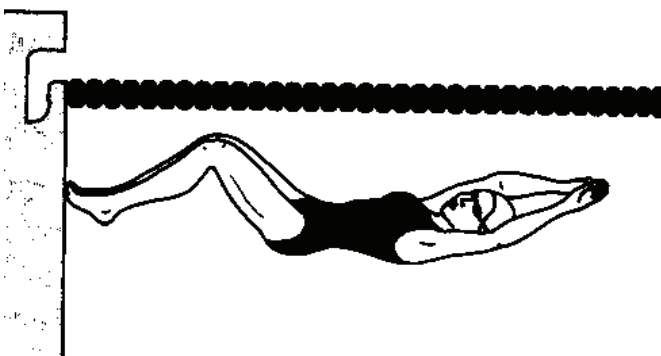
Tuck your chin into your chest and do a small dolphin kick while finishing your arm pull with your hands ending at your sides.



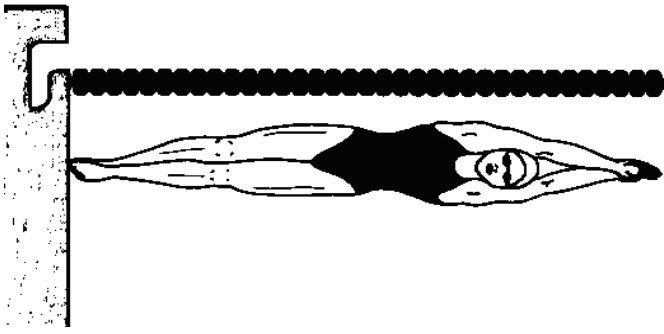
Keep your arms close to your sides, palms facing to the bottom of the pool.



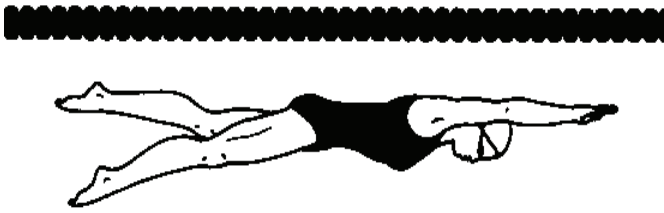
Go into a tuck position and use your arms to stabilise your somersault. As you complete the half somersault, let your elbows release from the sides of your body, bring your hands together, straighten your arms, and point them in the direction you just came from.



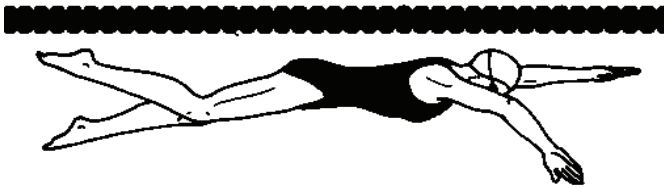
Align your arms overhead before your feet touch the wall. On touching the wall your toes should be pointing up towards the surface and your knees and hips flexed to appropriately 90-degrees.



As soon as your feet touch the wall straighten your legs, which will thrust you off of the wall. Although the push off is made mostly on the back, you should rotate to the side as you push off.



During the push off rotate until your stomach is facing the pool bottom; once you are in this position begin two to three dolphin or flutter kicks.



As your head nears the surface, begin your first arm stroke with whichever arm is closest to the bottom of the pool.



As your hand completes the pull, you should be close enough to the surface for that hand to exit the water, just like a normal stroke.

  
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