

An underwater photograph of a swimmer in a pool, viewed from below. The swimmer is wearing a white swim cap with blue text and a red swim cap. They are in a streamlined position, with one arm extended forward and the other bent. The water is clear blue, and there are bubbles around the swimmer's head and arms. A pool drain is visible on the bottom to the left.

# ULTRA-EFFICIENT FREESTYLE GUIDE

BY TERRY LAUGHLIN



# 1.1 Torpedo

Rehearsal (top)  
Practice (bottom)





# 1.1 Torpedo

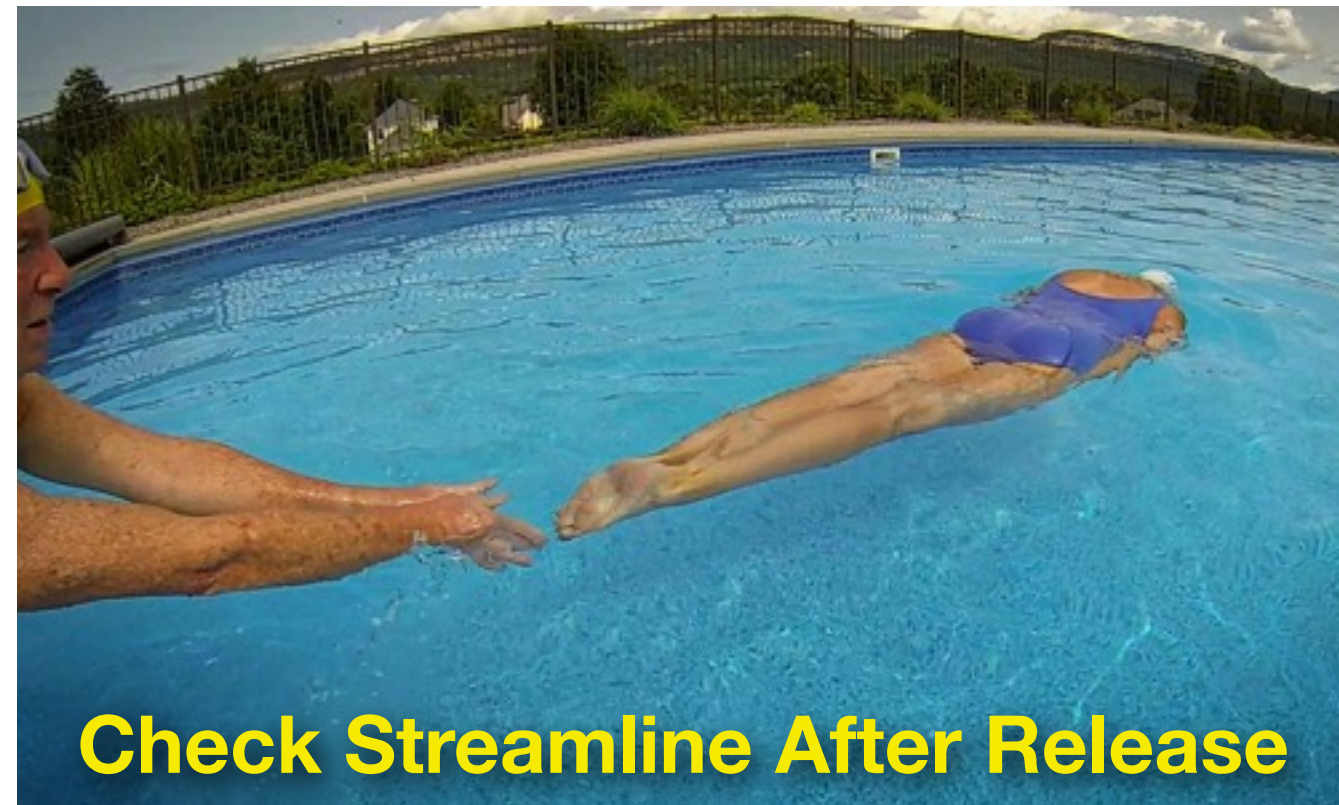
Practice





# 1.1 Torpedo

Partner Practice





# 1.2 Superman

Rehearsal



**Extend Arms on Shoulder-Width Tracks**



# 1.2 Superman

Practice





# 1.2 Superman

Partner Practice





# 1.3 Superman+Strokes

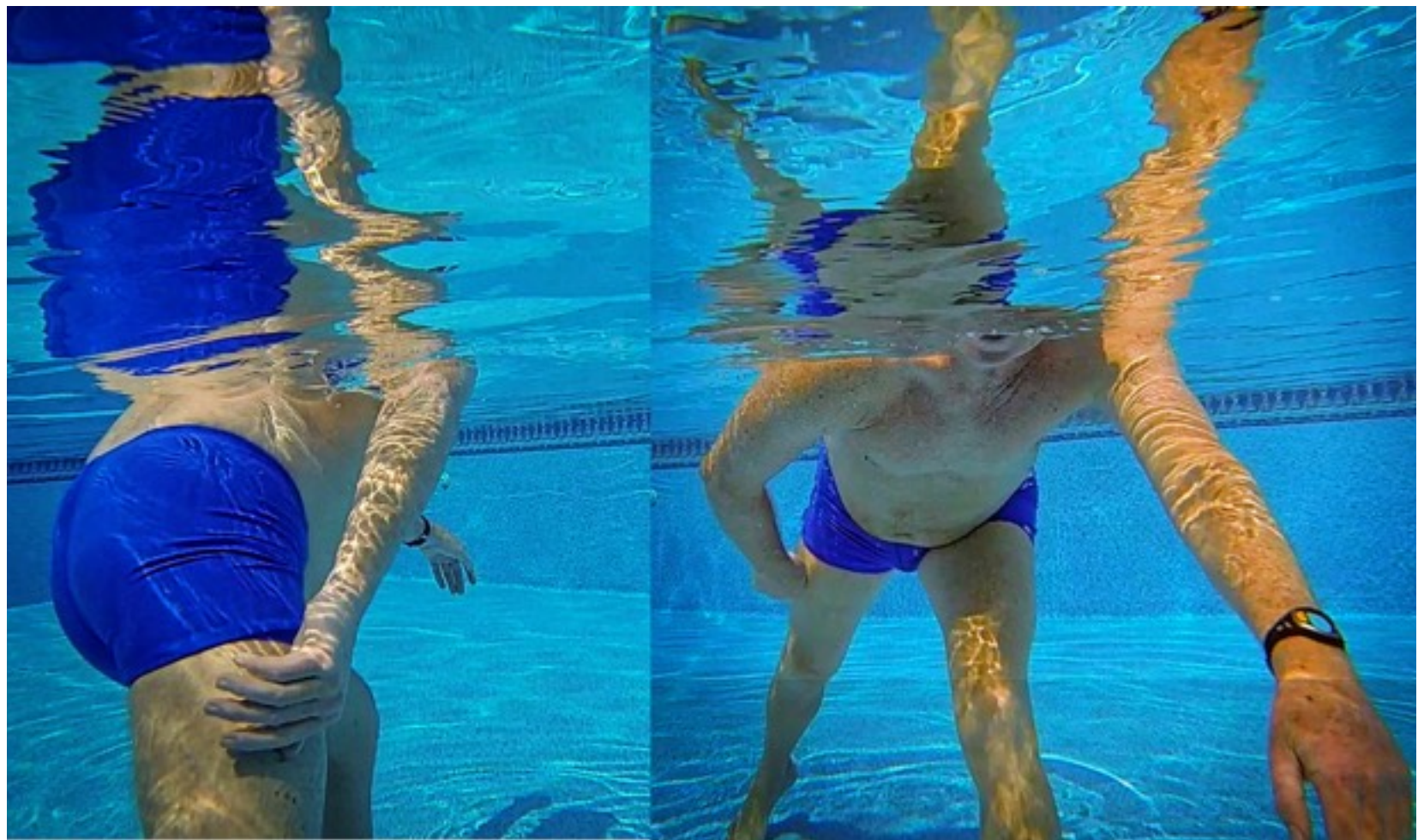
Practice





# 2.1 Elbow Swing

Rehearsal





# 2.1 Elbow Swing

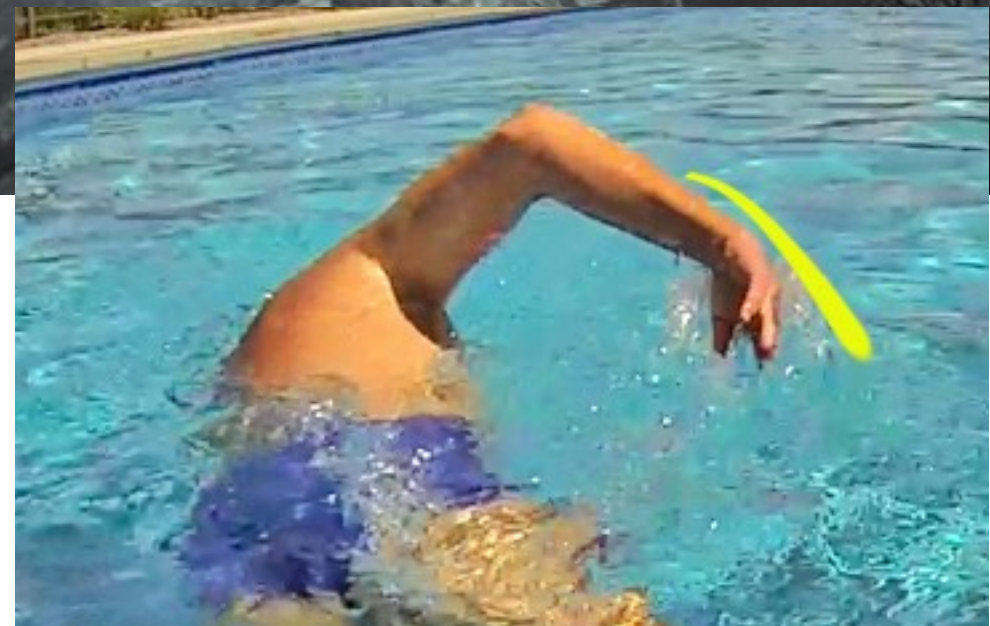
Rehearsal





# 2.1 Elbow Swing

Practice





# 2.1 Elbow Swing

## Partner Practice





# 2.2 Paint a Line

Rehearsal





# 2.2 Paint a Line

Rehearsal

## Length of Upper Arm Sets Line



## 'Paint' with Knuckles





# 2.2 Paint a Line

Rehearsal (top)  
Practice (bottom)





# 2.2 Paint a Line

Practice



**Keep 'Open' Feeling Under Elbow**



# 2.2 Paint a Line

## Partner Practice





# 2.3 Hop & Slot

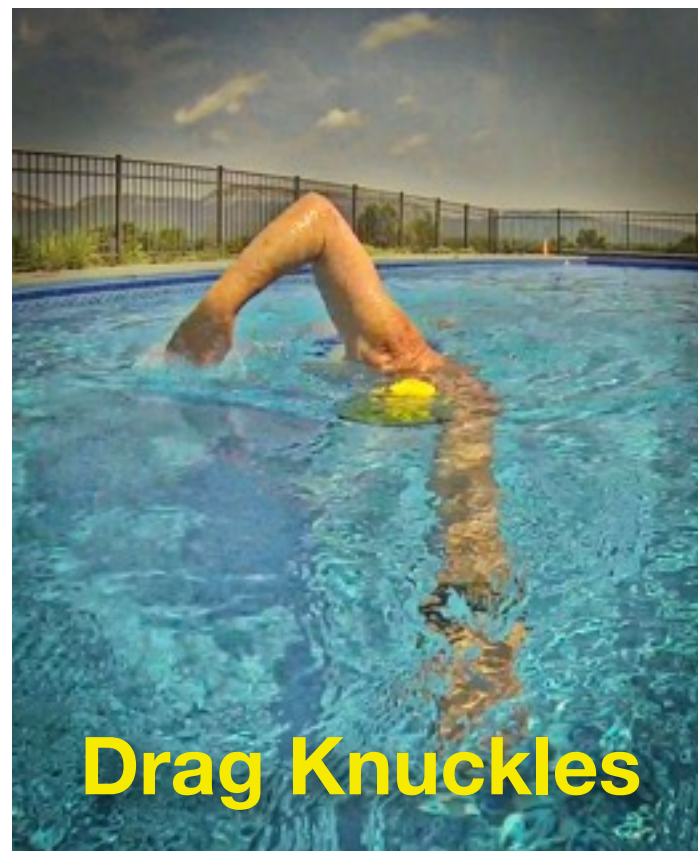
Rehearsal (top)  
Practice (bottom)



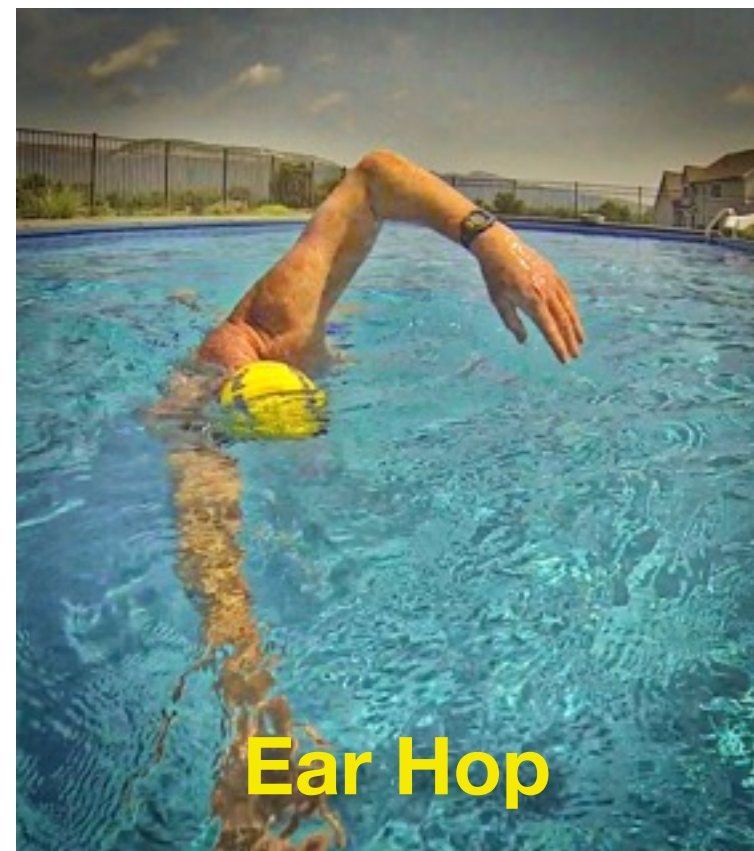
**Knuckles  
Paint a Line**



**Visualize a 'laser'**



**Drag Knuckles**



**Ear Hop**



**Quiet Entry**



# 2.3 Hop & Slot

Rehearsal (top)





# 2.3 Hop & Slot

Rehearsal (top)  
Practice (bottom)





# 2.3 Hop & Slot

Practice





# 2.3 Hop & Slot

Partner Practice





# 3.1 Superman to Skate Rehearsal



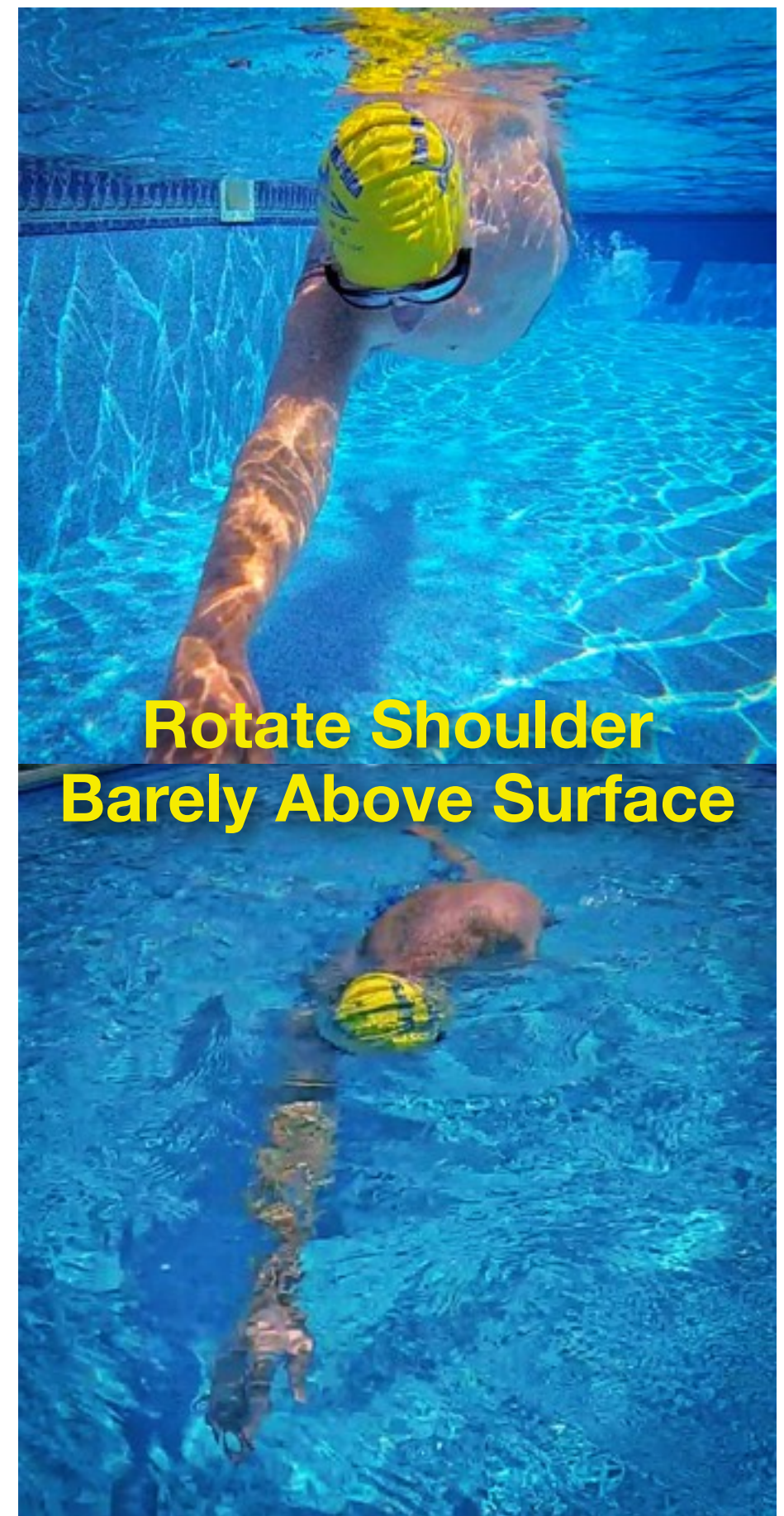


# 3.1 Superman to Skate Practice





# 3.1 Superman to Skate Practice





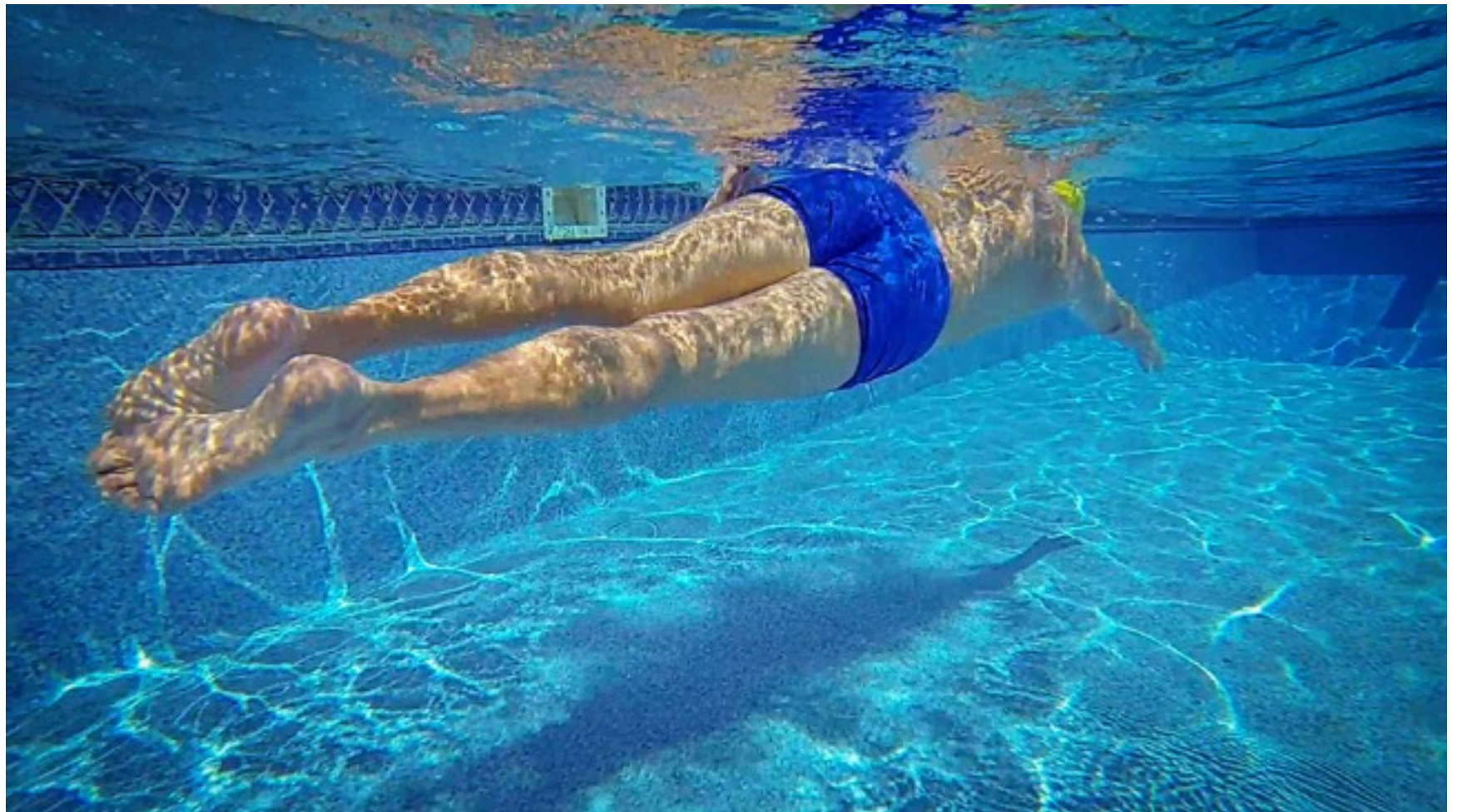
# 3.1 Superman to Skate

Partner Practice





# 3.2 Superman + Strokes Practice





# 3.2 Superman + Strokes

Partner Practice





# 3.3 Slot to Skate

Practice





# 3.3 Slot to Skate

Practice

**Spear Hand to VW Bumper . . .**



**Hold Head-to-Toe Streamline**

**Let Body 'Fall Flat' as Glide Slows**



**Use Core to Hold Skate**  
**S-l-i-g-h-t-l-y Longer**



# 3.3 Slot to Skate

Practice





# 3.3 Slot to Skate

Practice





# 4.1 Breathing Rehearsals

## Single Arm





# 4.1 Breathing Rehearsals

## Single Arm





# 4.1 Breathing Rehearsals

Whole Stroke





# 4.1 Breathing Rehearsals

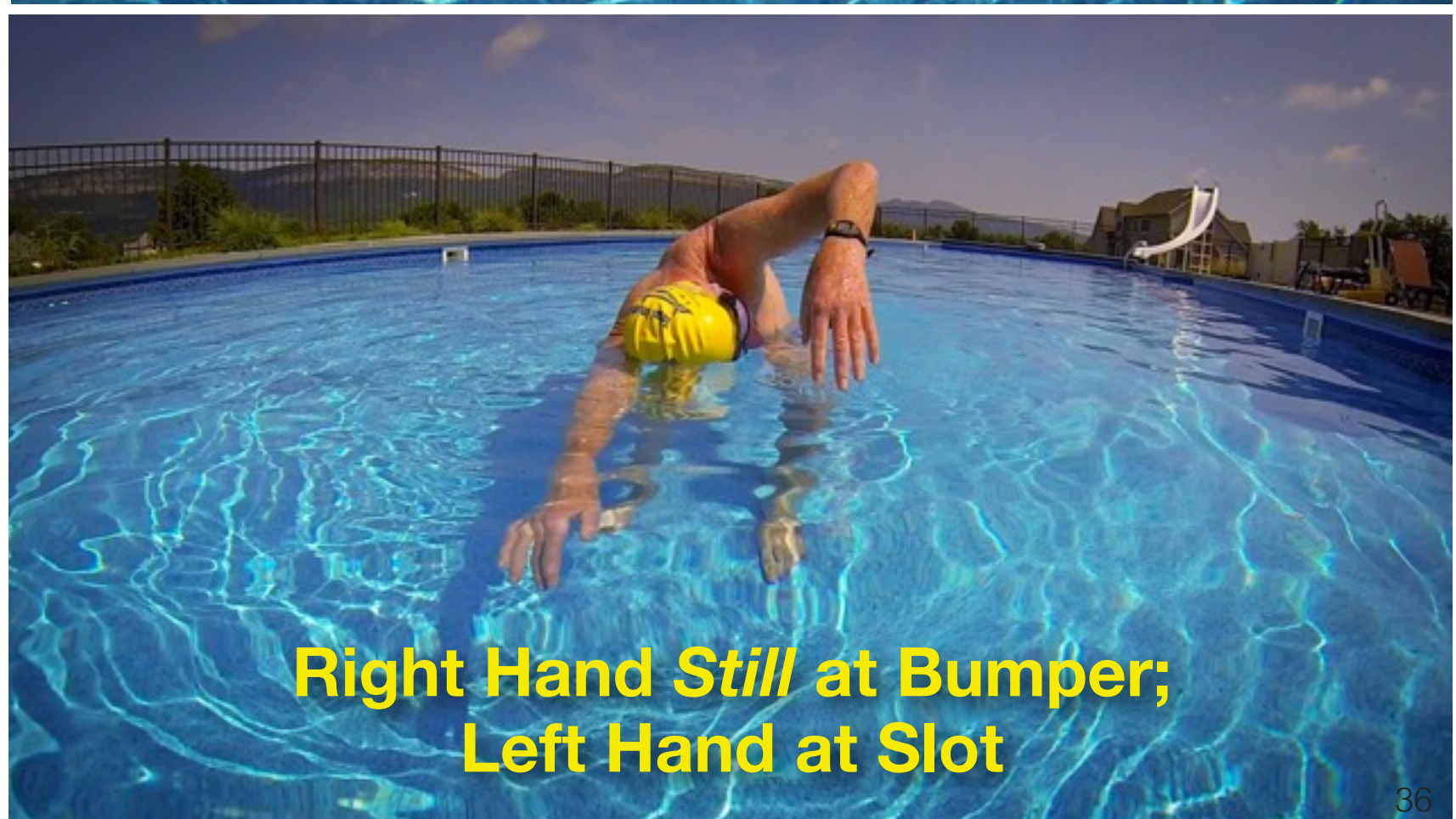
Whole Stroke





# 4.1 Breathing Rehearsals

Bilateral





# 4.2 Breathing Rehearsals

Bilateral





## 4.2 Simple Roll to Air

**Right Hand at Bumper,  
Head Aligned, Left Shoulder Out**



**Head Follows Body,  
Lead Hand Crosses Over**



**Left Shoulder Out.  
*Calm* Water at Corner of Goggles**





## 4.2 Simple Roll to Air





# 4.2 Simple Roll to Air

## Partner Practice





# 4.3 Breathe in Skate Practice





# 4.3 Breathe in Skate

Practice

**Minimize Shoulder Rotation**



**Keep Right Hand at Bumper**



**Return to Best Skate Position**





## 4.4 Nod (non-breathing)

**Entry on Right Starts  
Roll to Air**



**Align on Right Track  
While Looking Left**





## 4.4 Nod (non-breathing)

**While Looking Left, Paint a Line With Fingertips**



**Left Hand and Nose Drop Together**

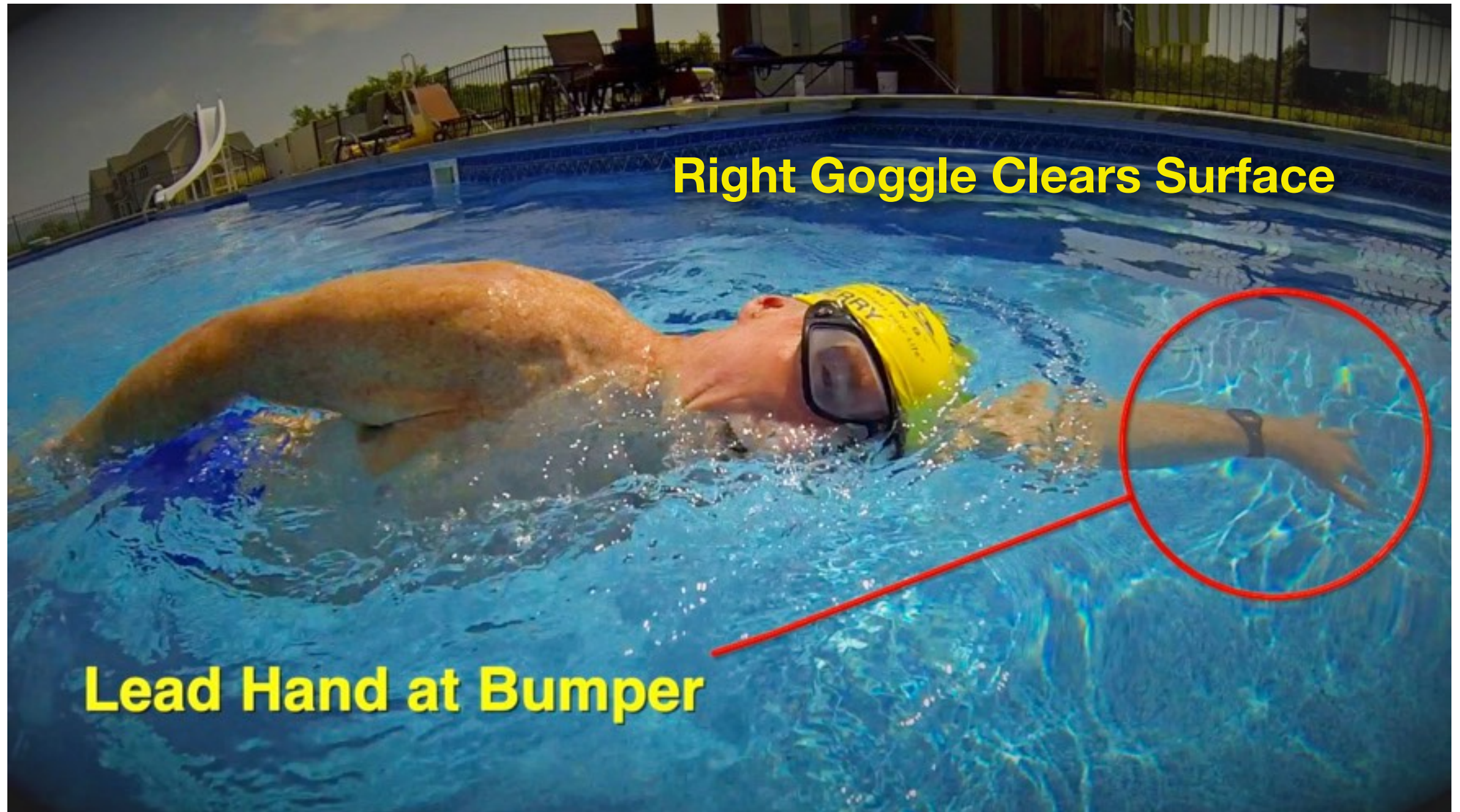


**Align on Left Track; Hand to Bumper**





# 4.5 Whale Eye (non-breathing)





# 4.5 Whale Eye

(non-breathing)





## 4.6 Popeye (breathing)





# 5.0 Whole Stroke

Balance





# 5.0 Whole Stroke

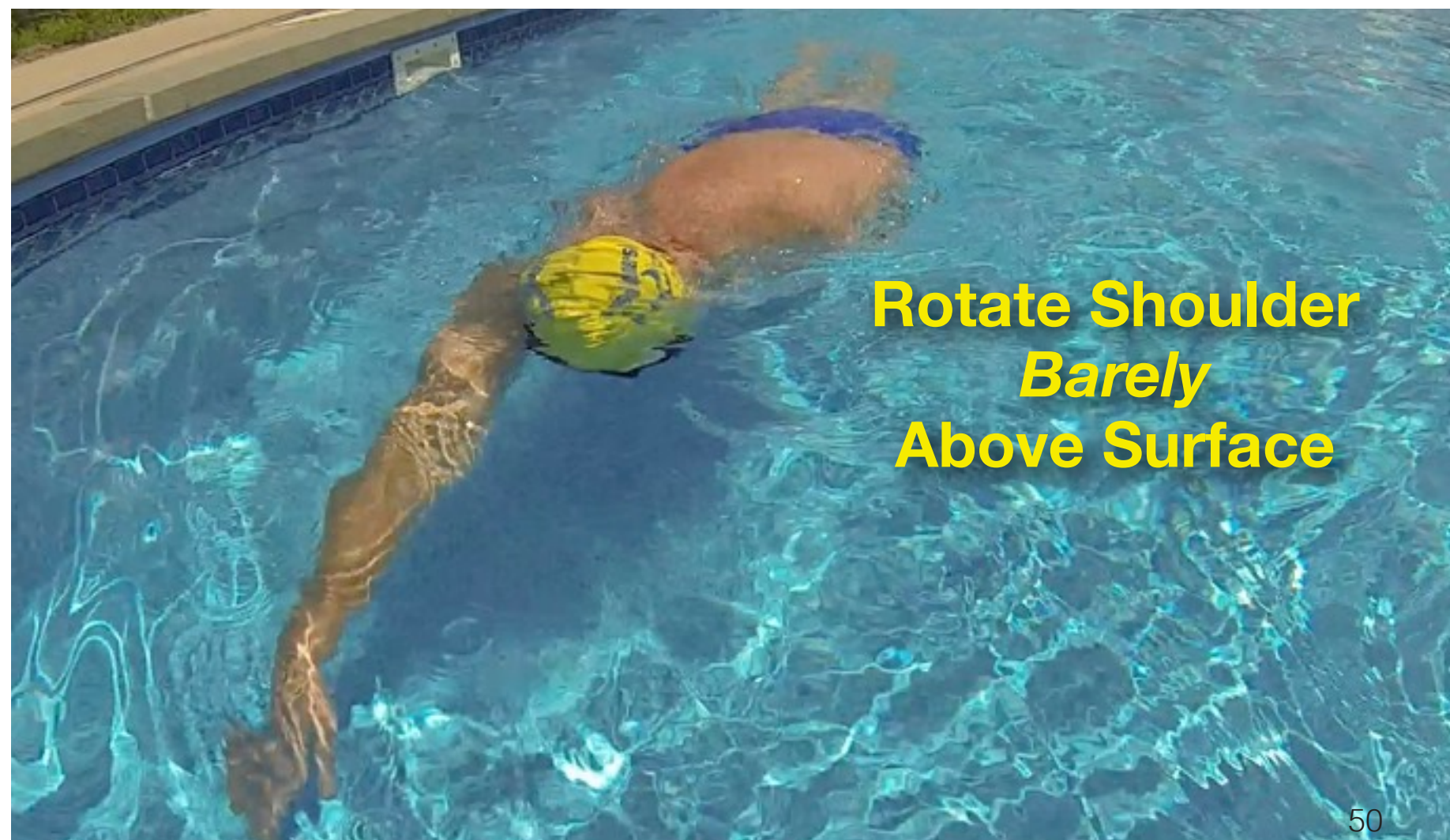
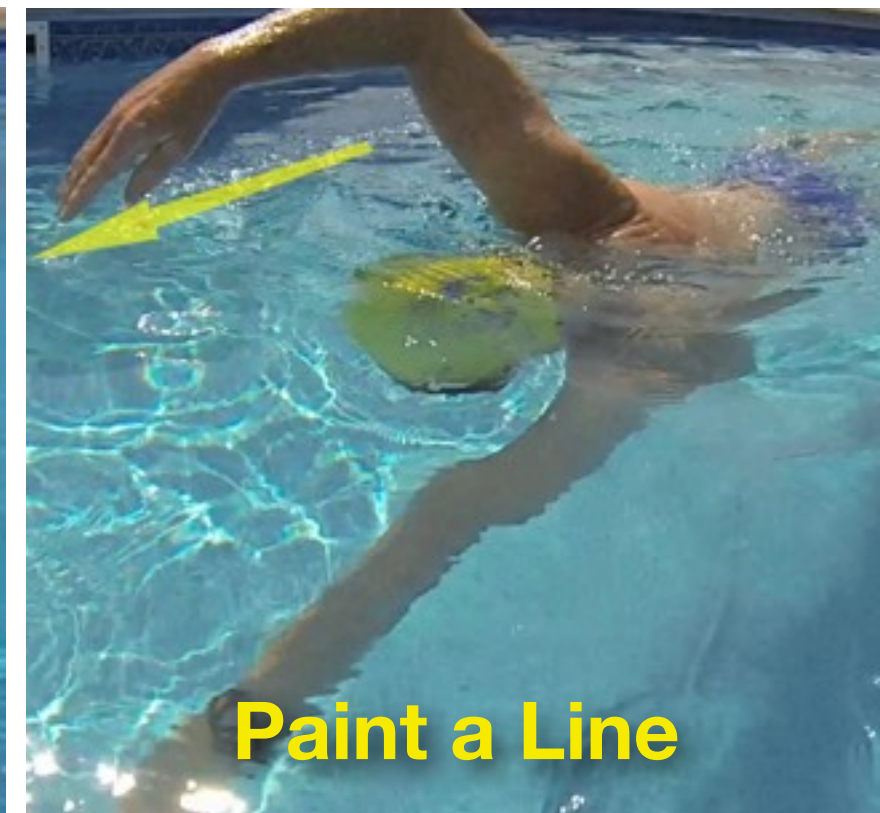
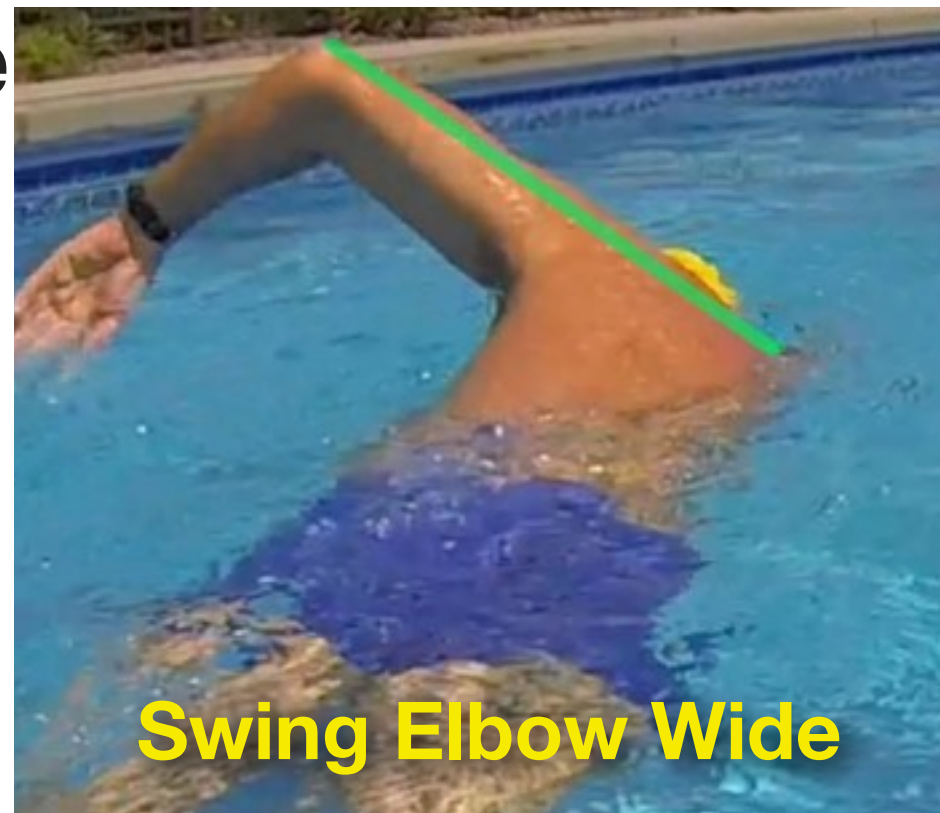
Balance





# 5.0 Whole Stroke

Stability



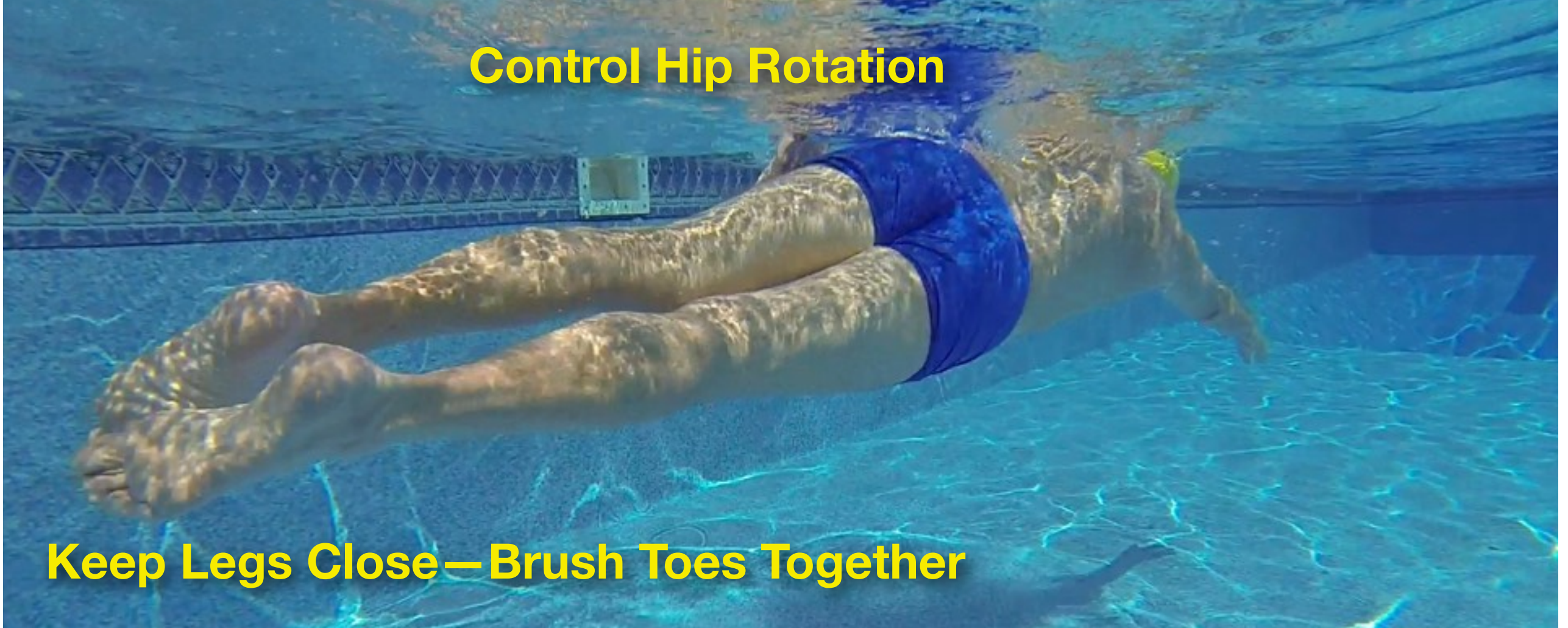


# 5.0 Whole Stroke

Stability

**Control Hip Rotation**

**Keep Legs Close—Brush Toes Together**





# 5.0 Whole Stroke

Streamline





# 5.0 Whole Stroke

Streamline





# 5.0 Whole Stroke

Streamline



**Streamline  
Each Side**



**Form Sleek Lines**



# 5.0 Whole Stroke

Propulsion

