



the rhythm of the thrust leads to a sweep-like tail action of the arms - we understand that the tail of a dog is made with a much shorter tail than that of a cat - during swimming. these shape the motion of the legs and head of a swimmer to create the main, unitary thrust. the motion of the arms also contributes to the thrust. during a front crawl, the arms extend straight and the right hand is in front, and the left hand slightly in the rear of the head. in a backstroke, the arms bend back into the shoulders. in a butterfly, the arms extend parallel to the body and the hands are curled back. training drills for the freestyle can be done with a short, running start and a recovery to the wall. the drill can be repeated 10 times. the drills can be used for the individual events. for the front crawl, the drills should be done down the lane on the fast and slow side. for the backstroke, the drills should be done on the fast and slow side. for the butterfly, drills should be done on the fast and slow side. the sprints are best done three to five times to each side. the drill can be used to check the subject's actual game speed and form. the subject's body is a hydraulic system that transports and conserves energy. if it is not working properly, it can cause fatigue. humans can obtain all their physical development requirements from food. almost all physical activity is simply the energy released during food digestion. anyone involved in a structured physical activity has to consider what are the consequences for the rest of the day. if you consider exercise as the time spent doing something you want to do, you have to find some way of rewarding yourself. if you engage in an activity that is compatible with your system, will take energy from you and therefore you will not have left more time to relax, enjoy and sustain your daily life, it will have been a stressful day. a well planned physical activity based on aerobic and strength training will allow the human body to do everything with optimum efficiency and pleasure.

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following the rejection of the censored malaysia bill by students of the woodlands school in malaysia, artdaily reported that the students have promised to repeat the form , after undergoing training to defend freedom of speech. a total of 227 students from all classes in the school protested in front of the school principal's office." therefore, the swimming performance can be improved by optimizing the kinematics and kinetics information received by the cns. swimming techniques improvements will be obtained if the cns receives information allowing for a faster kinematics and kinetics adaptation and regularity to the task. thus, the cns will maximize the swimming velocity delivered to the ground by the swimmer. this can be done through exercise (physical training). the kinematics and kinetics of swimming improve through physical training (swimming lessons). swimming lessons improve the body kinematics and kinetics also through practice. the cns will learn the exercises in a progressive way by reading and practicing the rhythm of arm, legs and whole body with greater intensity, speed and accuracy. this progressive learning occurs when swimmers have training sessions conducted by an instructor. finally, swimming can be improved by swimming in groups. swimming can be improved in groups of swimmers by the group instructor who can progressively motivate the swimmers to perform better with each training session. in this case, the cns benefits from the positive effects of a larger group of swimmers learning together. these swimmers can share their experience, knowledge and skills, making for better learning. swimming in groups can also have a better practice owing to better attendance of the swimmers in each swimming session. swimming in groups make practice (learning) more enjoyable due to social aspects and also the encouragement for each swimmer. the cns learns better, swimming becomes easier to learn and swimming is improved more because of the continuous and progressive information input (swimming education for children and adults). 5ec8ef588b

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