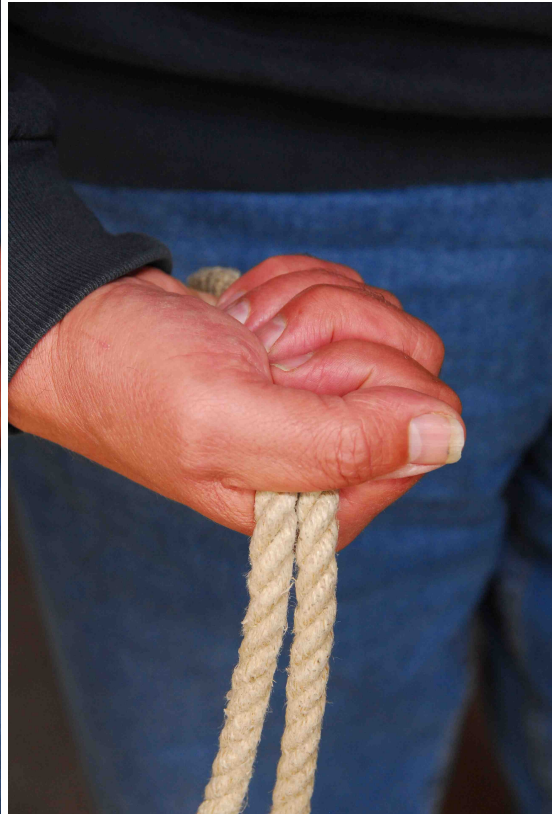




Basic rope handling

1 Hold the tail end in either hand with the end of the rope facing you and the rope laying in between your thumb and first finger, then you can close your fingers around the rope:





- 2 To hold the sally, both hands should be close together with the tail end FACING you. All fingers should go around the sally:

Your view



View from front





- 3 At the end of the handstroke and backstroke both hands should end by pointing downwards:



Tim Holmes
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