

# ŽÁKYNĚ A

1. From a back layout position - tub position - flamingo position - double ballet leg position - going under water (like Rio)



2. KIPNUS

1,4

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.



3. From a **Front Layout Position** a *Front Pike Position* is assumed. Followed by **Submerged Ballet Leg Double Position**



4. **Back Layout Position – a tub Position – Somersault Back Tuck – Split Position - Back Layout Position**

From a **Back Layout Position**, a tub Position is executed (uniform motion) followed by a rapid partial Somersault Back Tuck until the shins are perpendicular to the surface. right after the Legs are opened rapidly into a **Split Position**. The Front leg is lifted in 180° arc over the surface to meet the opposite leg in **Surface Arch Position** and with continuous movement, an *Arch to Back Layout Finish Action* is executed.

