Swimming technique testing system

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Quality control of BACKSTROKE SWIMMING technique

			swimmer	
				1.Left ARM PULL & Right RECOVERY PHASE
			x	The position of left shoulder (must be relatively high)
			x	The timing of left catch,right exit,left kick (must be simultaneous)
			x	The left arm pull action (good catch down, aside, fixed elbow position)
			x	The position of left arm at the middle of stroke (vertical, max flexed)
			x	Left hand slip during pull (positive, let your body move on the pull)
			x	Forward speed (compare to speed during right pushing phase).
				2. Left ARM PUSH & Right RECOVERY PHASE
			x	The left arm push action (elbow and hand close to body, with wrist locked e.c.t.)
			x	The timing of recovering arm entry (must be before the end of the push)
			x	The timing of left arm pushing with left leg kick (must be simultaneous)
			x	Left hand slip during push (less negative, sticking to water)
			x	Forward speed (higher, compare to speed during left pulling phase)
				3.Right ARM PULL & Left RECOVERY PHASE
			x	The position of right shoulder (must be relatively high)
			x	The timing of right catch,left exit,right kick (must be simultaneous)
			x	The right arm pull action (good catch down, aside, fixed elbow position)
			x	The position of right arm at the middle of stroke (vertical, max flexed)
			x	Right hand slip during pull (positive, let your body move on the pull)
			x	Forward speed (compare to speed during left pushing phase).
				4. Right ARM PUSH & Left RECOVERY PHASE
			x	The right arm push action (elbow and hand close to body, with wrist locked e.c.t.)
			x	The timing of recovering arm entry (must be before the end of the push)
			x	The timing of right arm pushing with right leg kick (must be simultaneous)
			x	Right hand slip during push (less negative, sticking to water)
			x	Forward speed (higher, compare to speed during right pulling phase)
				5. FULL STROKE CYCLE
			x	Body and wave position, sholders roll (individual optimum)
			x	Left hand relative speed backwards (the slower the better sticking to water)
			x	Right hand relative speed backwards (the slower the better sticking to water)
			x	Movement during left stroke & right recovery = half stroke length
			x	Movement during right stroke & left recovery = half stroke length
			x	Stroke length (the longer the better)
			x	Frequency (individual optimum)
0%	0%	0%	100%