

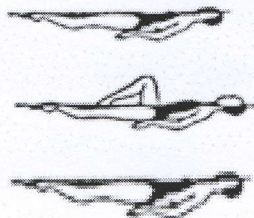
# DELFINIK

## FIGURY/FIGURES

### DELFINIK 1

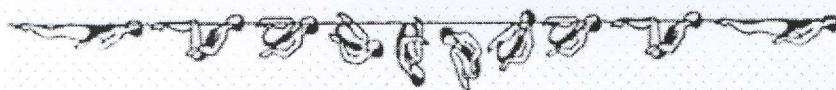
#### 1. ASSUME BENT KNEE POSITION 1.2

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



#### 2. 310 SOMERSAULT BACK TUCK 1.1

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.



#### 3. FRONT LAYOUT POSITION TO BENT KNEE 1.2

**Front Layout Position** - body extended with head, upper back, buttocks and heels at the surface. Face may be in or out of the water - assume **Bent Knee Front Layout Position**



#### 4. TUB FULL TWIST 1.3

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. The Full Twist is executed. The body remains on its longitudinal axis throughout the rotation. The knees are straightened to resume a **Back Layout Position**.



## DELFINIK 2

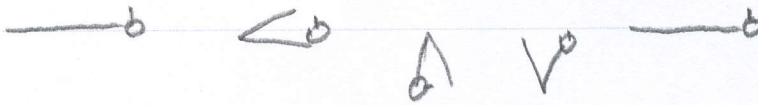
### 1. 101 BALLET LEG SINGLE 1.6

A *Ballet leg* is assumed - Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position**. The knee is straightened, without movement of the thigh, to assume a **Ballet Leg Position**. The *Ballet leg* is lowered.



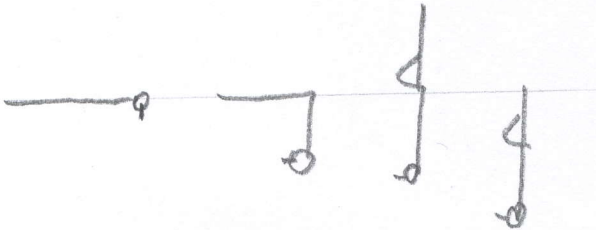
### 2. 303 SOMERSAULT BACK PIKE 1.5

From a **Back Layout Position**, with the body remaining parallel and close to the surface, the legs are lifted rapidly to assume a **Back Pike Position**. Without a pause, the body somersaults around a lateral axis until the feet and head simultaneously reach the surface. A **Back Layout Position** is assumed.



### 3. PIKE TO BENT KNEE VERTICAL 1.5

From a **Front Layout position** a *Front Pike Position* is assumed. The legs are lifted simultaneously to **Bent Knee Vertical Position**. A *Vertical Descent* is executed.



### 4. WALKOUT FRONT 1.5

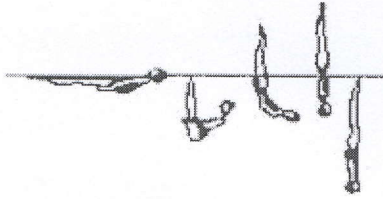
This figure starts in a **Split Position**. The hips remain stationary as one leg is lifted in an arc 180° over the surface to meet the opposite leg in a **Surface Arch Position** and with continuous movement, an *Arch to Back Layout* is executed.



# DELFINIK 3

## 1. 301 BARRACUDA 2.0

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



## 2. 110 BALLET LEG DOUBLE 1.7

From a **Back Layout Position**, the knees are drawn toward chest, with toes at the surface assume a **Tub Position**. The knees are straightened to assume a **Surface Ballet Leg Double Position**. Without movement of the thighs, the legs are returned to **Tub Position**. The knees are straightened to resume a **Back Layout Position**.



## 3 SPLIT TO SPLIT WITH WALKOUT FRONT 1.7

This figure starts in a **Split Position**. Oposite **Split position** is executed. Then the hips remain stationary as one leg is lifted in an arc  $180^\circ$  over the surface to meet the opposite leg in a **Surface Arch Position** and with continuous movement, an *Arch to Back Layout* is executed.