Breaststroke Technique For Beginners,

Step by Step Guide
# Breaststroke Technique For Beginners, Step by Step Guide

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How To Use This Guide

This guide is written for a complete beginner. If you are not a complete beginner you may feel as though you can skip steps. It is a self help guide and I can't stop you from doing this. But please, before you do, make absolutely sure that you really can do each step that you have skipped.

The best way to check you can do the step is to read each step and do a quick practice before you move on. Yes, effectively I am saying don't skip steps. But if you think about it, it only takes a moment to do each step if you know how and you loose nothing by doing so. In fact you can only gain because you have assured yourself you can or cannot do it.

If you do skips steps and find that things are not working the way I say they should, you have probably skipped ahead too far. Please go back to the bits you need. This is a self help guide, no one else is going to know that you went back or repeated a step.

Do Not Skip This: Introduction

*** If you are going to spend a lot of time in the water both you and your friend (see below) should learn CPR (Resuscitation). Look it up and learn it. It is most unlikely that you will need it but it never hurts to be prepared and safe. ***

Stage 5: Adult Learning To Swim Course

This is the third stage that I teach an adult learning to swim.

Learn about

Stage 1: Conquer Your Fear Of Water - Learn To Get Your Head Underwater: A Step x Step Guide
Stage 2: Back Float Swimming For Adults - A Step x Step Guide!
Stage 3: Backstroke Swimming Steps - A Step x Step Guide!
Stage 4: Freestyle Step by Step Swimming For Beginners – The Guide!

Congratulations!

What you have decided to do by taking this course is a big deal!

You should be very proud of yourself.

With patience and persistence you will succeed.

Better still I am here to help you succeed.

Let me prepare you for the road to success by helping you understand what is going to go on in your heart and your head and the things you can do so your lessons will be stress free.
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Using Breaststroke As A Shortcut To Learning To Swim

Please Don't!

Some beginners may be tempted to try to learn breaststroke first, before any other stroke.

The reason for this temptation is usually because:

A) For one reason or another you do not want put your face in the water
B) You have been told or it looks like or you just believe it's the quickest to learn
C) You have been told that it is the easiest stroke to learn

In some cases all of the above reason may be part of your consideration.

Let me try to convince you that those reasons are inaccurate and it would be to your very real advantage to learn Backstroke first followed by Freestyle and only then take on breaststroke. At the very least you should start to learn breaststroke in the same lessons as you are learning the other basic strokes:

A) Breaststroke and Keeping Your Head Out of Water

Keeping your head out of the water can be useful at times but being reluctant or fearful to put your head in the water means that, in the long run you are putting yourself at risk. This is because, sooner or latter the water is not going to give you a choice. Sooner or latter, your head is going to be forced under water; either because of splashing, waves or even the wake of someone or something passing. When your head is forced underwater how are you going to react?

If you are fearful or reluctant to put your head under water, your reaction will be an overreaction and consequently you will be at risk; your reluctance or fear will inevitably make it harder to learn your stroke and almost certainly it will take you much longer to learn to swim.

B) It's Only Quick To Learn If You Want To Learn A Flawed Version

You may and I emphasis "May" be able to learn a version of breaststroke quickly but it is unlikely to be a correct version, as the correct version has a number of unusual and to some, complex elements. Without a foundation in other strokes, you are most likely to struggle with these elements.

C) Breaststroke is Not The Easiest Stroke

It is clearly not, precisely because it is more complex than the other strokes.

There is:

- The underwater circular arm action
- The bobbing, rhythmic breathing and head movement
- The kick, often referred to as the frog kick, which is totally different to all other kicks
- And the glide, which is the hardest thing to master.

I willingly concede that learning the breaststroke breathing is easier than leaning freestyle breathing, however nothing else about the stroke is. More than that, the very complexity itself means that very little, if anything of what you learn from
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It is helpful to the development of any other basic stroke; particularly if you are modifying it.

If you chose to do a modified version then you will have to unlearn most of those habits before you can learn actual breaststroke correctly. An experienced swimmer may not find that too hard but a beginner will.

For example: you could learn a modified breaststroke with a flutter kick. But if you do that, you would also be learning to do the first stage of freestyle, so I'm not sure why you would break the natural flow by trying to learn breaststroke instead of completing your education on freestyle.

More than that the flutter kick is best learned on your back which is the first stage of learning backstroke. Again if you were already starting to learn backstroke why not go on and learn the complete stroke.

You need to trust me on this, as someone who has watched hundreds of people trying to learn to swim.

**Advantages Of Learning Backstroke Before Breaststroke**

In my opinion backstroke, not breaststroke, is the quickest and easiest stroke to learn.

Backstroke will teach you buoyancy and body position and efficient movement through the water, all without having the complication of learning to breath correctly.

With backstroke you can also be swimming effectively and efficiently, in a much shorter time because you don't need special breathing techniques.

You need to know how to recover from a front float to learn any stroke other than backstroke and it is easier to learn to recovers from a front float if you have already learned how recover in backstroke because the action is very similar only in reverse.

Most importantly if you learn backstroke first, you will feel much more confident when learning any other stroke because you already know how to swim one stroke safely and confidently.

**Advantages Of Learning Freestyle Before Breaststroke**

With Freestyle you are introduced to frontal recovery, movement, speed and breathing in such a way as you can move long distances more efficiently than with breaststroke. All freestyle skills except the breathing, can be applied to learning breaststroke. Whereas, Like I said previously, you cannot apply breaststroke skills to freestyle; the exception being the frontal recovery.

**Advantages Of Learning Freestyle & Backstroke Before Breaststroke**

If you have Two other strokes (Breaststroke & Freestyle) up your sleeve the fear factor is virtually eliminated whilst you learn the more complex moves. The worst that can happen is that you muck it up and you have to revert to your other strokes until you can start again. No need to worry even if you are in deep water. Whereas if you have only started swimming with breaststroke when you do muck it up you have no fallback.
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**You Can Still Learn Breaststroke Without Freestyle and Backstroke**

If none of this has convinced you that you should, at the very least start to learn Backstroke first then Freestyle before you take on breaststroke, then this course will still help you learn Breaststroke. Plenty of people have done it.

In fact when I first started to teach swimming, learning breaststroke first was the accepted practice. I just wanted you to know that, without question, we now know that those who have at least started to learn Backstroke especially if it is followed by Freestyle will learn breaststroke better and faster.

**Safety First**

It never hurts to have a friend around when you are swimming. *Someone who can easily recover to their feet should they go underwater.*

I encourage you to have a friend stand in the water with you as you are learning. I have set everything out so that the instructions are easy to follow and they should be simple to implement but even with the best descriptions things sometimes go wrong.

Having a friend standing in the water with you, not only means there's a helping hand should things go wrong but you will feel that much more confident because of the extra safety with them being there.

**Get A Friend To Help**

I said: “it never hurts to have a friend around when you are swimming” above in but it is so important that I feel the need to repeat it.

Swimming alone always has risk, however it is particularly important to have a friend with you when you are learning to swim:

- Not only does having a friend with you in the water make you safer in the water, a good friend can give a number of really valuable things.

- You can even get your friend to read out the steps in this module. They can spot things from other vantage points that you can never be expected to see, even if that vantage point is out of the pool.

- You may have had a lot of years to confirm your fear and to have learned habits that you need to unlearn. It is normal and there is no shame in admitting that freely to a friend. Not only is confession good for the sole but it will allow your friend to help you identify the issues that you will not be able to see yourself.

- They can give you reassurance; the best way to encourage you to get past fear and any frustration. I have never had a new swimmer yet that doesn't respond to reassurance and having someone you know, trust and can depend on, standing next to you as you do what you have to do to learn to swim is the best reassurance you can have. For that matter any swimmer no matter what their experience level should swim with a friend.
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*Be kind and patient with yourself and take all the time you need and get a friend to help.*

Remember:  
STRESS IS NOT YOUR FRIEND

**Preparation**

Before you can do anything in this course you must be able to put your face under water.

Learning to do breaststroke effectively, with your face out of the water is much, much harder. Also it usually takes much, much longer to learn from scratch that way.

As you get better you will learn to keep your head out of the water when you breathe. But learning to lift your head out to breathe after you have learned the basics with your face in the water is much much easier.

In any case, whilst it is possible to learn breaststroke without putting your face in the water, this course has not been designed with that in mind. That is, in this course I will be teaching breaststroke starting with your face IN the water.

If you are not already confident putting your face in the water you can learn that from my course that you can download here. It's a free course so you can only gain by downloading it and learning from it. So if you need it, go download it now so you can start learning breaststroke correctly from the start.

**Back float**

I teach all my students how to do back float before I teach them to do anything else. I recommend that if you don't already know how to back float you should learn.

**The Advantages Of Knowing How To Float Are:**

1) If you get tired whilst learning any other stroke and you have gotten out of your depth in the water, you can roll over and recover for a while and know that you are safe. You should never be out of your depth in doing this course but there is always a just in case.

2) Starting this breaststroke course should be a easier because what you have learned doing back float is easy to apply to a front float. It is the same, just in reverse; assuming you have learned it correctly and know how to recover that is.

3) It gives you more confidence to progress.

Learning how to back float is a huge advantage to you in all your swimming and I vigorously recommend you learn to do it.

Having said all that, although I highly recommend learning to back float, not knowing how to is not a deal breaker (it's just harder), as long as you are happy to get your head underwater.
Start Learning Breaststroke

If you have skipped the introduction and preparation sections above Please go back and read them before you start below.

Set A Limit

Swimming can be therapeutic but set a limit on the amount of time you spend in practice each day. 30-45 min is enough. Doing too much will result in discouragement.

If You Have Bought This Course As A Non Or Weak Swimmer

If you have bought this course as a non or weak swimmer and you have not been convinced by my arguments above; that you should learn backstroke and freestyle before you learn breaststroke, then I urge you with as much urgency as I can possibly muster to read Appendix A before you read any further. As a new swimmer you really need the information contained in that appendix. So PLEASE go and read Appendix A and only then come back and start the course.

There is some very important information in it that could make the difference between success and failure

If you have done my Freestyle course you could skip down to step 5 because you already know how to do steps 1-4. However I encourage you to do the steps anyway just as a refresher.

If you are still struggling with any of the above steps, there is no shame in going back and re-reading those step and practising them again until you are happy with them. This is a self help course after all and that is what it is designed for.

However, even if you only have a partial hang of the step, as long as you are comfortable with it, is worth moving on to the next step. You can (Yep I said CAN! Over practice is a thing) have too much practice and you will do the steps again with other moments as you progress.

Everything you learn here should be done in water that is no deeper than your chest, preferably no deeper than you hips and your friend should be on stand by in case you need help.
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**Step 1 Front Float**

*Wait until I say "Begin!" before you do anything.*

This step is very straightforward. All you have to do is put your face in the water whilst holding the edge and maintaining a **Torpedo Position** as follows:

**Taking The Torpedo Position**

To take the torpedo position, hold the edge with both of your hands together and put your head between your arms so that your face is in the water and your legs are out straight behind you (Fig.1).

At this stage if your legs don't float very high in the water, just work hard to get the up as high as you can. If you can get them close to the surface of the water that's great but if not, just do the best you can and move on.

**Front Float and Recover**

After you have been floating on! your front in the torpedo position for a few moments you will want to stand up. This comes in two (2) stages:

1. Getting ready to stand
2. Actually standing up

**Getting Ready To Stand Up**

Start by pulling your legs up to your chest. Do not try to stand until your legs are fully drawn up under you and your knees are as close to your chest as you can (Fig 1). Your knees do not have to touch your chest just get them as close as you comfortably can and let your legs dangle to the water bed or bottom of the pool.

Now bend your toes up so that your feet are flat to the bottom of the pool or water bed.

**Standing Up**

Once your knees and feet are in position put your feet on the ground and stand up (Fig 1) and as you do, push down on the edge for extra help.

*Begin!*
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**Step 2: Let Go Of The Edge**

*As before: Wait until I say "Begin!" before you do anything.*

Now it's time to let go of the edge and grab hold of a kick board or other flotation device.

Repeat step 1, only this time whilst holding on to your kick board or flotation device. But read the next bit before you start.

**Slight Difference When Standing**

There is a slight difference between the way you stood up last time and the way you need to stand up this time.

Once you are floating on your front, stay there for a few moments and then draw your knees up as before. However don't put your feet on the water bottom just yet. Instead, push down on your kick board or flotation device and then put your feet down and stand up.

In other words put your feet on the ground and stand up only when you are pushing down on your kick board (Fig.2).

![Fig 2](image)

*Fig 2*

*Hands Push Down*

Begin!

**Step 3: Forward Torpedo With Movement (no kicking)**

*Again, Wait until I say "begin" before you do anything.*

![Fig 3](image)

*Fig 3*
Breaststroke Technique For Beginners, Step by Step Guide

Now that you know how to recover from a front float, it is time to add some movement.

This is simple:
Whilst holding your kick board keeping your hand close together, stand away from the waters edge. Squat down in the water and lean forward with your hands and arms fully extended out in front of you. As you put your face and arms into the water, use your feet to push off the bottom and forward towards the edge and into a forward float position. You should end up in the torpedo position (above) only with some movement (Fig 3).

Stay in the torpedo position until your flotation device touch the edge and then stand up as before.

Begin!

Step 4: Repeat Without The Flotation Device

Do the following all at the same time

• lift your head
• bend your knees towards the chest
• press down on the water with your hands

Once you are in the squat position
• push your hands towards your legs
• rotate your body until your feet touch the bottom

Remembering that, without a flotation device you have to push down with your hands, only harder, in order to stand up. Your hands should be touching like they were on the kick board as you take the torpedo position (Fig.4).

Step 5: Front Sculling

As usual don't do anything until I say "Begin".

This is where things start to get really different from other strokes.
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Sculling in swimming, is moving your hands back and forward to create lift in the water. Manipulated correctly it can create propulsion.

This is how you do it:
- Start by sitting or squatting in the water. You are not going to move from where you are
- Start from a sitting or squatting position in the water
- Stretch your arms straight out in front of you
- Now turn your hands to face out; so the palms are facing away from each other
- From this position you push them out
- Now turn your hands in so that the palms are facing each other and push inwards
- Repeat the whole thing over and over again (Fig.5)

Begin!

**Step 6: Adjust The Speed and Angle Of Your Hands**
Repeat Step 5, only this time adjust the speed and angle of your hands until you feel yourself lifting a little in the water. At the correct adjustment you should be able to lift your feet and hold them off the bottom a moment or two.

Begin!

**Step 7: Face In The Water**
Lay forward with your face in the water and repeat the sculling practice above. You do not have to be in a full torpedo position but you do have to have your feet off the bottom.

When you run out of breath stand up.

Begin!
Breaststroke Technique For Beginners, Step by Step Guide

**Step 8: Try To Lift Your Head**
Repeat Step 7 except as you do the sculling motion, try to lift your head out of the water.

Note: you will only be able to do this whilst you are moving your hands and arms in a sculling motion. If you stop moving your hands and arms and try to lift your head up you may not succeed. That's the bit that you have to practice. Getting used to continuously moving your arms in a sculling motion at the same time as lifting your head.

Don't let yourself get frustrated, just continue to practice and you will get it.

Once you get the hang of this you are ready for the next step. But only move on when you are comfortable. Don't rush it. "Get it right don't get it fast (Fig. 6)"

**Step 9: One Direction Sculling**
Repeat the sculling action in one direction only, the outward direction.

That is, circle your arms in front of your chest and when they are starting to extend out in front of you make sure your hands are in the outward sculling position (Fig.7); just like they were when your hands sculled away from each other as above.

**Do not try to lift your head this time.**

Begin!
Breaststroke Technique For Beginners, Step by Step Guide

**Step 10: Go Back To The Torpedo Position.**

*Wait for me to say begin!*

From torpedo position circle your arms under your chest and back into torpedo position, blowing bubbles all the time.

Your hands should meet just above the middle of your chest as they circle under your chest.

Don't try to lift your head in this movement and don't try to do any sculling, just concentrate on circling your arms under your chest (Fig.8).

When you run out of breath, stand up

*Begin!*

**Step 11: Repeat Step 10 Until Comfortable**

Repeat Step 10 until you are comfortable with the hand and arm action.

*Begin!*

**Step 12: Outward Sculling**

Repeat Step 10, making sure your hands are in the outward sculling position only when you are starting to extend them out in front of you as above.

Keep this action up until you run out of breath and then stand up.

*Begin!*

**Step 13: Repeat Step 12 Until Comfortable**

Repeat Step 12 until you are comfortable with the arm action.

*Begin!*
Breaststroke Technique For Beginners, Step by Step Guide

Step 14: Breathing Practice Without Breathing

_A reminder especially for this step: Don't do anything until I say "Begin!"
_

From torpedo position repeat Step 13, except this time start to lift your head out of the water as your arms start to circle _under your chest_ and keep it there as long as you can before you put it back in the water and return to the torpedo position (Fig. 9).

***Don't Take Breath At This Point***

Remember: you will only be able to do this whilst you are moving your hands and your arms in a sculling motion. If you stop moving your hands and arms to lift your head you may not succeed. You have to practice continuously moving your hands and arms in a sculling motion at the same time as lifting your head.

As before, Don't let yourself get frustrated, just continue to practice and you will get it.

Once you get the hang of this you are ready for the next step. But only move on when you are comfortable. Don't rush it.

"Get it right don't get it fast"

Begin!

Step 15: Lift It Up Put It Back

Repeat Step 14 until you are lifting your head comfortably out of the water and putting it back in whilst still maintaining the circle motion of your arms under your chest

Repeat this until you are comfortable with the movement.

Begin!

Step 16: Your First Breath

_Please Read all Of This First: Don't do anything until I say "Begin!"
_

When you are comfortable with step 15 repeat the action, taking a breath when your mouth is clear of the water and then return to torpedo and blow bubbles.

Stay in the torpedo position and blow bubbles making sure you blow all you air out of your lungs then stand up.
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It is very important that you empty all your air out because if you hold back you could create a fault later on.

Begin!

**Step 17: Continuous Action**

When you are comfortable with step 16, repeat the process as a continuous action (that is, without standing up or touching the bottom of the pool).

Do this for as far as you can go then stand up.

Begin!

**Step 18: Challenge Yourself**

*Again Please Read all Of This First: Don't do anything until I say "Begin!"

Repeat step 17 and constantly challenge yourself to increase your distance until you have achieved at least 10 - 15 strokes. One stroke being one circle of your arms.

*Do not kick for any of this step!

*Do this as Slowly as you can. “Get it right don't get it fast”

If you find you are only moving a little bit or you are struggling to move at all in the water, change the angle of your hands as they reach out in front of you (Fig.10)

![Fig 10](image)

*This angle is Approximately the best angle to hold you hand for the breaststroke but you may have to experiment a little.*

If you are still struggling to move, make sure your hands are staying at the correct angle until they are at your shoulders.

If you are still struggling with moving you need to pull harder with your arms and hands as they leave the torpedo position and work towards your shoulders.

Begin!
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**Congratulation!**
If you have succeeded in all the above steps, Congratulation you have now mastered the breaststroke arms. It is time for the next phase, the breaststroke kick.

If you are still struggling with any of the above steps, there is no shame in going back and re-reading those step and practising them again until you are happy with them. This is a self help course after all and that is what it is designed for.

However, even if you only have a partial hang of the step, as long as you are comfortable with it, is worth moving on to the next step. You can have too much practice and you will do the steps again with other moments as you progress.

**The Breaststroke Kick (AKA as frog kick)**

**Step 19: Go Back To Holding The Edge Of The Pool Or Waters Edge**

Whilst holding the edge with your feet off the bottom (Fig.11).

Now spread your knees wide apart and draw then up as far as you can without causing discomfort. Turn your feet so that your big toes are pointing as far away from each other as they can then push your legs as hard against the water as you can until they are straight and your toes are together (Fig.12).

**Begin!**
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You have now done your first breaststroke kick (Frog Kick).

**Step 20: Repeat The Step 19**

Repeat The Step 19 Several Times.

*Begin!*

**Step 21: Kick No Arms**

You are now going to swim so move away from the edge about three full meters.

Now make sure you are facing the edge.

In the torpedo position and with your face in the water, practice the breaststroke kick above blowing bubbles all the time and stand up when you run out of breath or you touch the edge.

*Do not use your arms in this step!*

Most of the propulsion in the legs (and there is only a little) comes when you bring your legs together at the end of the kick. If you are not moving in the water, try bringing your legs together harder at the end of the kick. But not so hard you hit your ankles together and hurt yourself.

*At this stage don't get worried if you are not moving much or not moving at all.*

To get any propulsion out of the breaststroke kick (or any swimming kick for that matter) takes practice. Most of your propulsion in any stroke comes from your arms. This is especially true of breaststroke. But you need the kick to be there, even if it is only for decoration or it is not breaststroke. With practice, it will be more than decoration over time.

*Begin!*

**Step 22: Arms And Legs Set**

Move back to your previous starting point do this set (a swimming term for sequence):

1. Keep your feet off the bottom at all times. Don't stand up until you have finished the set

2. From the torpedo position, do one breaststroke kick and return to your torpedo position and remain there for the next part of the set

3. From the torpedo position you finished above do one breaststroke arms and return to your torpedo and remain there for the next part of the set

4. From the torpedo you finished above, do one breaststroke kick then stand up. Make sure you bring your legs together properly ant the end of you kick before you stand up.
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*** Do not lift your head during this set, just keep your face in the water and blow bubbles ***

(See Fig.13)

Fig 13

Begin!

**Step 23: Repeat The Set**
Repeat the set in step 22 until you are comfortable with it.

Begin!

**Step 24: Repeat Without Standing Up, Until You Run Out Of Breath**
When you are comfortable with the set in Step 22 above, move further away (about 6 meters) and repeat Step 22 several time, without standing up, until you reach the edge or run out of breath; then stand up.

In other words you should move along in the water doing the set as many times as you can without standing until you run out of breath then stand up.

Begin!

**The Breaststroke Glide**

**Step 25: Kick, Count Of 3 Then Stroke**
Repeat the set in Step 24 but this time, each time you finish the breaststroke kick, count to 3 (slowly) before you start your stroke. After the stroke, return to your torpedo position then kick, count 3 then stroke and so on until you reach the edge.

*** Make sure you bring your feet together at the end of each kick. There is only a small amount of propulsion in a frog kick and most of it is at the point when you bring you feet together. So make sure you bring you feet together at the end of each kick. ***

You have now introduced the breaststroke glide.

Begin!
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Step 26: 6 Meter Starting Point Set

From an approximate 6 meter starting point, do this set:

1. From a torpedo position, do one kick and return to your torpedo and remain there for the next part of the set for the count to 3 (slowly)

2. From the torpedo position you finished in above do one breaststroke arms, lifting your head to breathe as you start the stroke and return to the torpedo position and remain there for the next part of the set

3. From the torpedo position you finished in above, do one breaststroke kick making sure your feet come together, then stand up.

(See Fig.14)

Begin!

Step 27: Repeat the 6 Meter Starting Point Set

Repeat the Step 26 set several times. Moving back to your 6 meter staring position each time.

Begin!

Step 28: Getting Slightly Faster

Repeat Step 27 several more times, each time getting slightly faster and making sure you maintain a short glide. Moving back to your 6 meter staring position each time.

That is, never go so fast as to end up with no glide. In breaststroke the glide is the point of the stroke at which you will make the most distance.

Also, eliminating the glide altogether will increases fatigue, limit you pace and possibly reduce your distance. So you should only go as fast as you can whilst still keeping the glide.

*** The Faster You Go The More Important It Is To Bring Your Feet Together ***

Begin!
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Increasing Your Distance

Once you are comfortable with your increased pace you have mastered the basics of breaststroke. All you have to do now is extend the distance.

**Step 29: 7 Meters & Maintain Your Pace**

Move approximately 7 meters away from the edge and swim your breaststroke for that distance whilst maintaining your pace from earlier steps.

*Begin!*

**Step 30: Repeat Step 29**

Repeat Step 29 until you are comfortable with that distance.

*Begin!*

**Step 31: 8 Meters Away From The Edge And Swim Your Breaststroke**

Move approximately 8 meters away from the edge and swim your breaststroke for that distance whilst maintaining your pace from earlier steps.

***Don't Forget Your hands must pass under your chest and Bring Your Feet Together***

*Begin!*

**Step 32: 25 Meters 1 Meter At A Time**

Increase the distance by a meter each time you are comfortable with the previous distance.

Eventually you will be swimming breaststroke for 25 meters or more just make sure you only do it 1 meter at a time.

*Begin!*

**Conclusion**

**Congratulations!**

You are now a breaststroke swimmer. Keep in mind however that you have just started your journey as a swimmer.
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There are many improvements that you can make and faults that will need correcting as you move forward. My blog swimteaching.com will be a great help to you in this endeavour.

If, despite my pleas at the start of this course, you have not started to learn basic Backstroke and Freestyle hopefully you are now encouraged enough to want to go and download those courses and start to expand your horizons in your swimming journey.

Please don't forget that you can talk to me at richard_roper@swimteaching.com about any issues you may be having in your journey.

I have taught many students that have discovered that their new found skill of swimming opens doors for them that they never expected and I wish the same for you.

Richard
Appendix A

Expect Slow Initial Progress

To start with you should expect your progress to be slow.

Many adults have expressed their frustration to me about what they feel is their slow progress. They say that they are adults and therefore they should be able to pick this up more easily.

Whilst you are an adult, there are many factors that affect how easily you pick things up. We will talk about some of them in a moment. But before I do that, I need encourage you by saying:

“YOU WILL GET IT, BE GENTLE ON YOURSELF”.

Learning to swim is not like learning another language. There are many other factor involved in learning this skill.

About Frustration

It Is Normal To Feel Frustrated

So when you feel yourself getting frustrated you need to stop, take a deep breath (I'll show you the best way to do that in a little while) and remember you have taken a long time, sometimes many years to develop this reaction to water.

All this is perfectly normal. It will take a bit of patience to overcome. Once you do, you will probably be amazed at how fast you progress from then on.

Overcoming Frustration

If you have done the “Step x Step Getting Your Head Under Water” stage and the “Step x Step Learn How To Float On Your Back” you will recognize this exercise. There, it was used for overcoming any anxiety you might have with those activities. One of the great things about this exercise however is that it also works really well with frustration. So whenever you feel frustrated you should redo this exercise, it will help.

Deep Breathing

- Perch your mouth like you are going to whistle. But Don't Whistle!
- Keeping your mouth in this position and take a deep breath. But Do Not Whistle
- Now keeping you mouth in position, breathe out in one long slow breath. Without Whistling
- Repeat this process until you feel calm
- Remember long slow breaths, in and out, until you feel quite calm

Come back to this introduction just before you start your practice; particularly if you are feeling a bit nervous about starting, do the above exercise and as soon as you feel calm you can begin.
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Don't Compare Yourself
You should not compare yourself to anybody else. Some will pick things up easier than others. You are mature enough to know this so don't compare yourself or lose patience.

Remember you are training yourself to do something you may have never done before or have never done properly. Give your body a chance to learn. The only losers in life are those who stop trying. You are reading this course, you are therefore not a loser.

Set Yourself A Limit
Set a limit on the amount of time you spend in practice each day. 30-45 min is enough. Doing too much will result in discouragement.

Acknowledge Your History
Some adults that don't learn to swim, simply never had the opportunity to do so. Others have picked up a lot of inefficient habits in their attempt to learn without help. Still others have some physical restrictions. Some have all three.

However for most adults, there was usually some defining event that has turned you off getting into the water after that. Some sort disturbing event around water or that you associate with it. Perhaps even a near drowning.

Whereas a child's fear is usually nothing more than fear of the unknown. And alleviating that fear is mostly about making the unknown known. An adult's fear is usually based on one or more real experiences.

Over time, the memory of that event may have grown into an almost overwhelming fear associated with water. That fear may have had a long time to bury itself into your mind and heart, it is a part of you. You have to learn to manage that obstacle or fear. It's not about getting over the fear, that may never happen completely but it is about mastering it. That done you can achieve your goal.

You may be the only one who knows what that event is or even that you are afraid of the water. You may have successfully kept it a secret for years. But even though nobody knows you are afraid of the water, you are and that has to be managed.

You may have, so carefully crafted your method of avoiding going into the water that it has become part of you. You have to unlearn your excuses.

Therefore the biggest obstacle to overcome your fear of water as an adult, is your own history. That defining event that you remember and never wish to repeat. Or the inefficient habits you have picked up.

The result of any or all of the above is you may find yourself having a slower start to swimming than you were expecting and getting frustrated because of it.

For an adult who is not impeded by any other factors you would be correct. But you are impeded
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because of your experience and hence you have to accept that you will start out slower because of it.

This Is Nothing To Be Ashamed Of.

Always Swim With A Friend And Get Them To Help

I said this above in the introduction but it is so important that I feel the need to repeat it.

It is never safe to swim alone, however it is particularly important when you are learning to swim.

Not only does having a friend watching you make you (or for that matter any swimmer no matter what their experience level) safer in the water, a good friend can give a number of really valuable things.

You can even get your friend to read out the steps in this module. They can spot things from other vantage points that you can never be expected to see, even if that vantage point is out of the pool.

You may have had a lot of years to confirm your fear and to have learned habits that you need to unlearn. It is normal and there is no shame in admitting that freely to a friend. Not only is confession good for the sole but it will allow your friend to help you identify the issues that you will not be able to see yourself.

They can give you reassurance; the best way to encourage you to get past fear and any frustration. I have never had a new swimmer yet that doesn't respond to reassurance and having someone you know, trust and can depend on, standing next to you as you do what you have to do to learn to swim is the best reassurance you can have.

Be kind and patient with yourself and take all the time you need and get a friend to help.

Remember: STRESS IS NOT YOUR FRIEND

Other Guides in this series

Conquer Your Fear Of Water - Learn To Get Your Head Underwater: A Step x Step Guide
Back Float Swimming For Adults - A Step x Step Guide!
Backstroke Swimming Steps - A Step x Step Guide!
Freestyle Step by Step Swimming For Beginners – The Guide!
Free Swimming Lesson Plans:-Infant (6-12 month)
Free Swimming Lesson Plans:-Toddler (1 -3 years old)
Swimming Lesson Plans For Toddlers & Babies: Fully Detailed