

# How to Butterfly: A Step-by-Step Guide to This Exhilarating Swimming Technique

Are you ready to take your swimming skills to the next level? The butterfly stroke is one of the most challenging yet rewarding strokes in swimming. With its graceful and powerful movements, it can propel you through the water with incredible speed and efficiency.

But mastering the butterfly stroke is no easy feat. It requires a combination of strength, coordination, and technique. To help you achieve butterfly perfection, we've created this comprehensive step-by-step guide. From the basics to advanced techniques, we'll cover everything you need to know to master this exhilarating stroke.



## How to Butterfly step by step by Brian Solomon

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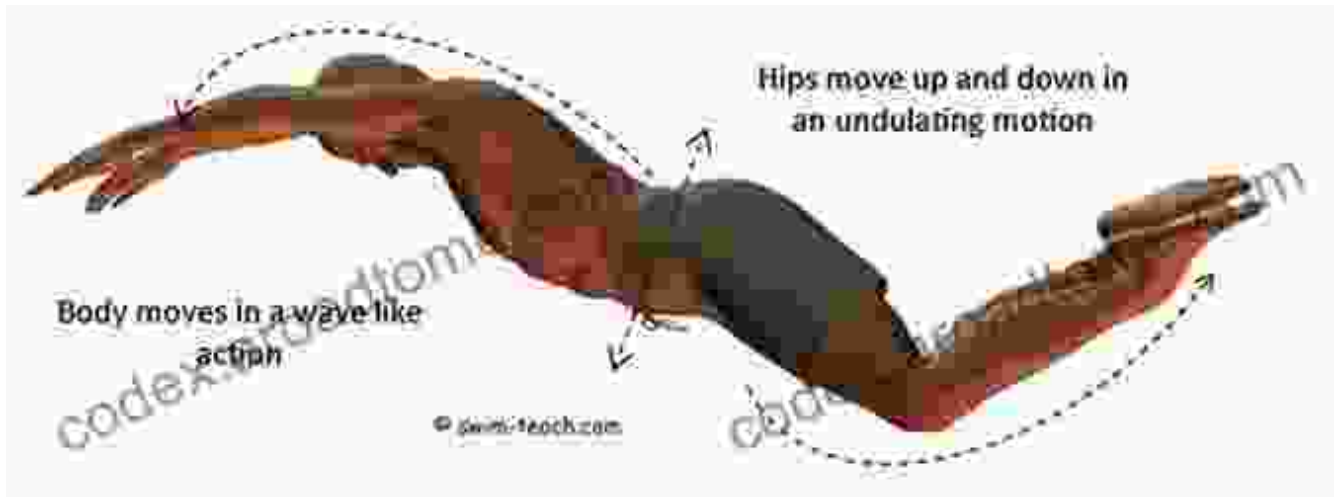


## Step 1: The Body Position

The foundation of the butterfly stroke lies in the body position. Start by lying on your stomach with your arms extended forward and your legs together.

Keep your head in a neutral position, looking straight down at the bottom of the pool.

Next, lift your chest and hips off the water, creating a slight arch in your back. Your arms should be parallel to the water's surface, slightly wider than shoulder-width apart.

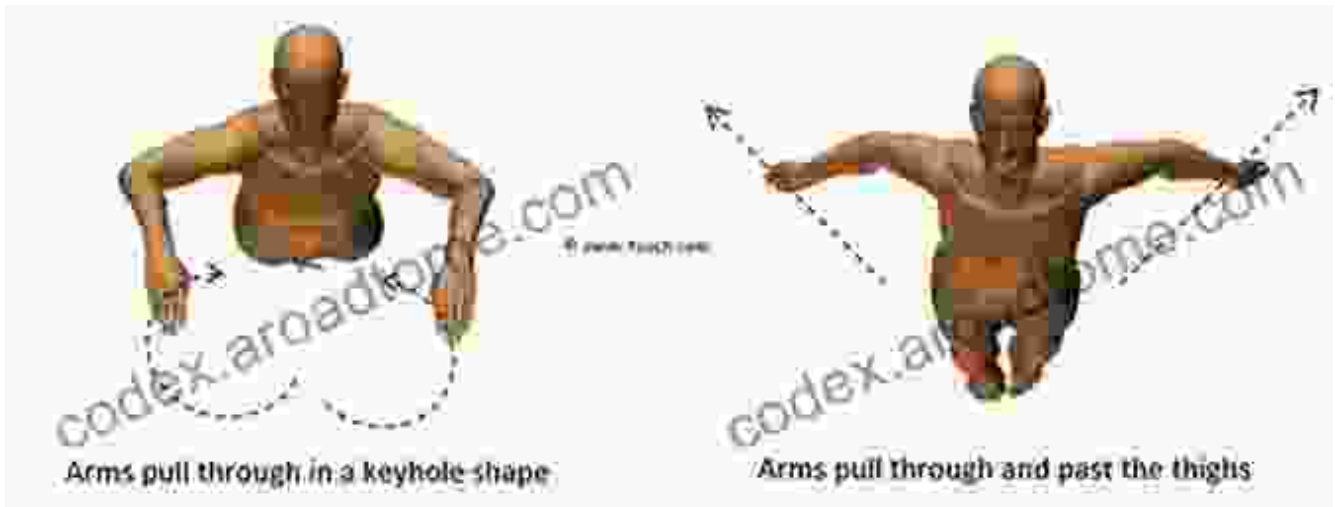


## Step 2: The Arm Pull

The arm pull is the driving force behind the butterfly stroke. Start by bringing your arms together in front of your chest. Then, sweep them back simultaneously, keeping them close to the water's surface.

As your arms reach shoulder level, pull them down and back in a circular motion. Keep your elbows high and your wrists slightly bent throughout the pull.

Finish the arm pull by pushing your hands back and slightly upward, propelling yourself forward.



The arm pull for the butterfly stroke

### Step 3: The Leg Kick

The leg kick in the butterfly stroke is known as the "dolphin kick." It provides additional propulsion and helps stabilize your body.

Start by keeping your legs together and slightly bent at the knees. Then, simultaneously kick both legs up and down in a circular motion.

As you kick, keep your toes pointed and your legs close to your body. The dolphin kick should be a fluid and powerful motion that propels you forward.



## Step 4: The Breathing Pattern

The breathing pattern in the butterfly stroke is unique compared to other strokes. You will breathe every two arm cycles.

As you lift your head out of the water during the arm pull, take a quick breath in. Then, submerge your head back into the water and exhale through your nose and mouth.

It's important to keep your breathing pattern regular and in sync with your arm pull and leg kick.



The breathing pattern for the butterfly stroke

## Step 5: Putting It All Together

Once you have mastered the individual components of the butterfly stroke, it's time to put it all together.

Start by practicing the arm pull and leg kick separately. Once you feel comfortable with both, combine them into the full stroke.

Remember to keep your body in the correct position, your arms and legs moving in sync, and your breathing pattern regular.

With consistent practice, you'll soon be swimming the butterfly stroke with confidence and grace.

## **Tips for Mastering the Butterfly Stroke**

- Keep your core engaged throughout the stroke.
- Focus on a strong and fluid arm pull.
- Practice the dolphin kick regularly to improve your propulsion.
- Coordinate your arm pull, leg kick, and breathing pattern.
- Don't be afraid to experiment with different arm and leg positions to find what works best for you.
- Get feedback from a swimming coach or experienced swimmer to refine your technique.

## **Exercises for Improving the Butterfly Stroke**

- **Arm Pull Drills:** Use a swim bench or kickboard to isolate the arm pull. Focus on keeping your arms parallel and your elbows high.
- **Leg Kick Drills:** Use a pull buoy to isolate the leg kick. Practice the dolphin kick with a strong and fluid motion.
- **Breathing Drills:** Practice your breathing pattern out of the water. Focus on taking quick and controlled breaths.
- **Full Stroke Drills:** Combine the arm pull, leg kick, and breathing pattern into the full butterfly stroke. Start with short distances and gradually increase the distance as you gain confidence.

With dedication and perseverance, you can master the butterfly stroke and become a more skilled and versatile swimmer. So dive in and experience the exhilaration of this challenging yet rewarding technique!



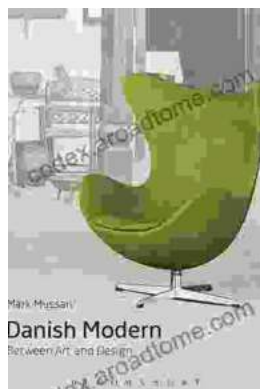
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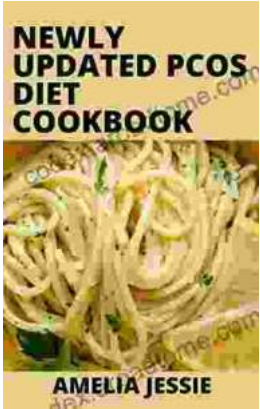
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