

2013/6/9
br50m

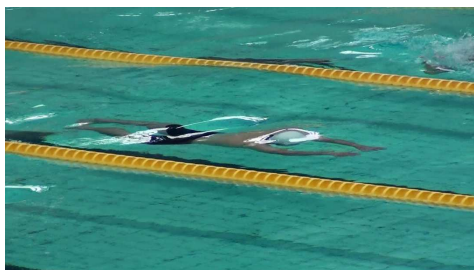
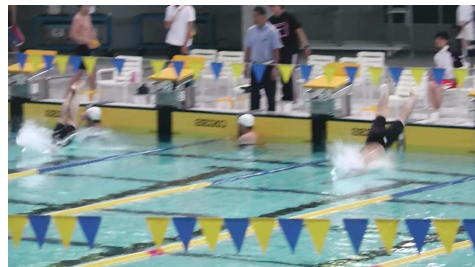
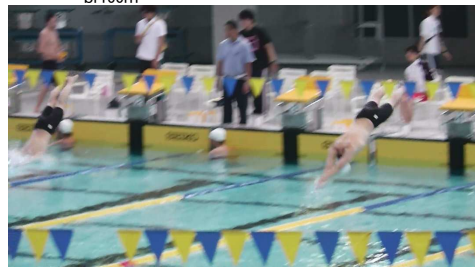


左側を評価
右足の蹴り上げがそろわない

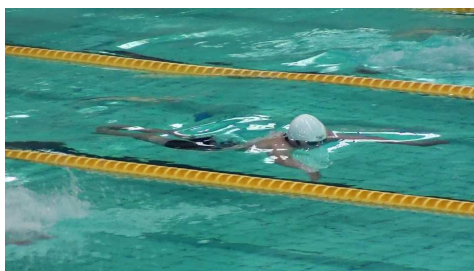
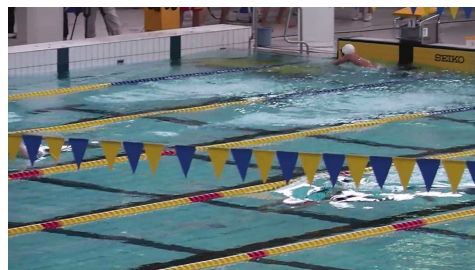


ズレは修正できた

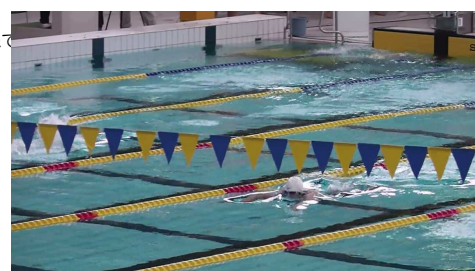
2012/5/26
br100m



頭の浮上時、手のひらの向き



ハイエルボーを作る際の肘が
右よりも水面下にあり、手首もこねて

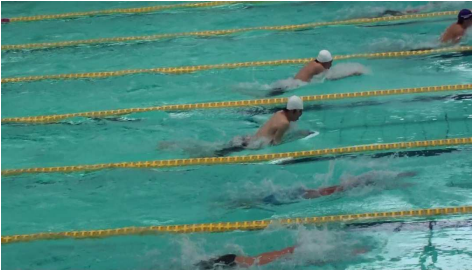


立ち上がる角度は少し前になり良い

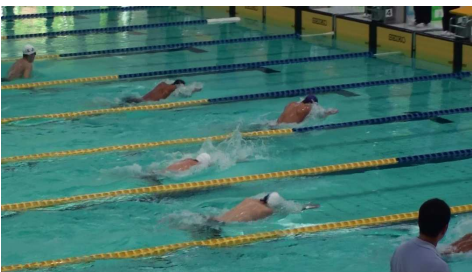
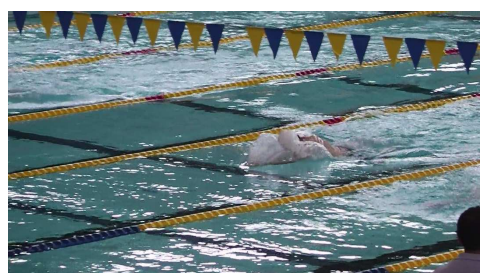
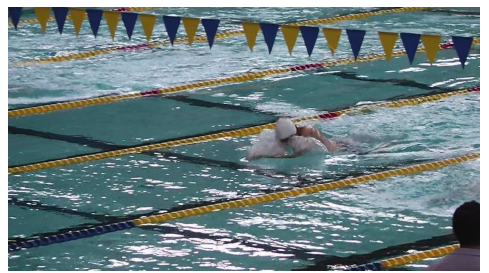
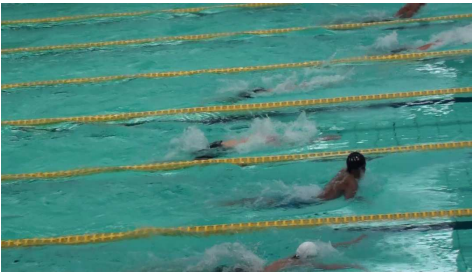
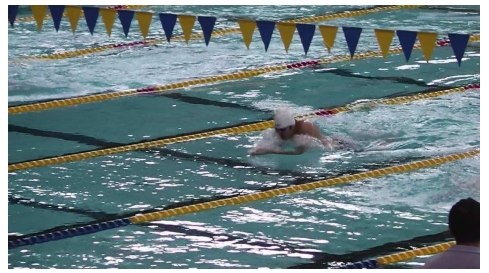
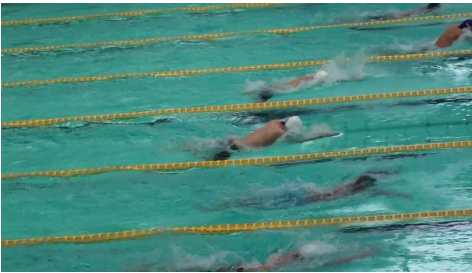


腰の位置も高い位置にキープできて





掻き込みすぎて肘の位置が水面下
肩のシフトがなく肘落ちになる



ヘッドスピードが右と比べて遅く
頭頂部が進行方向へ向かない

