

クロール

できるポイント







うで全体でおさえる





ひじを曲げながら  
太ももまでかく



A male swimmer is shown from the waist up, wearing a black swim cap and goggles. He is in a pool of blue water, with his right arm raised and a red line drawn along its length. The text 'ひじを曲げながら 太ももまでかく' is overlaid in the bottom left corner.

ひじを曲げながら  
太ももまでかく



ひじから水面に上げる





まぐろのようにして  
顔を横に向ける



A swimmer is shown in a pool, performing a stroke. The swimmer is wearing a black swim cap and goggles. The water is blue and splashing around the swimmer. Overlaid on the image is the Japanese text 「ぱ!」とばかり息をすう in red with a white outline. A white hand icon with a pointing finger is positioned near the swimmer's head.

「ぱ!」とばかり息をすう

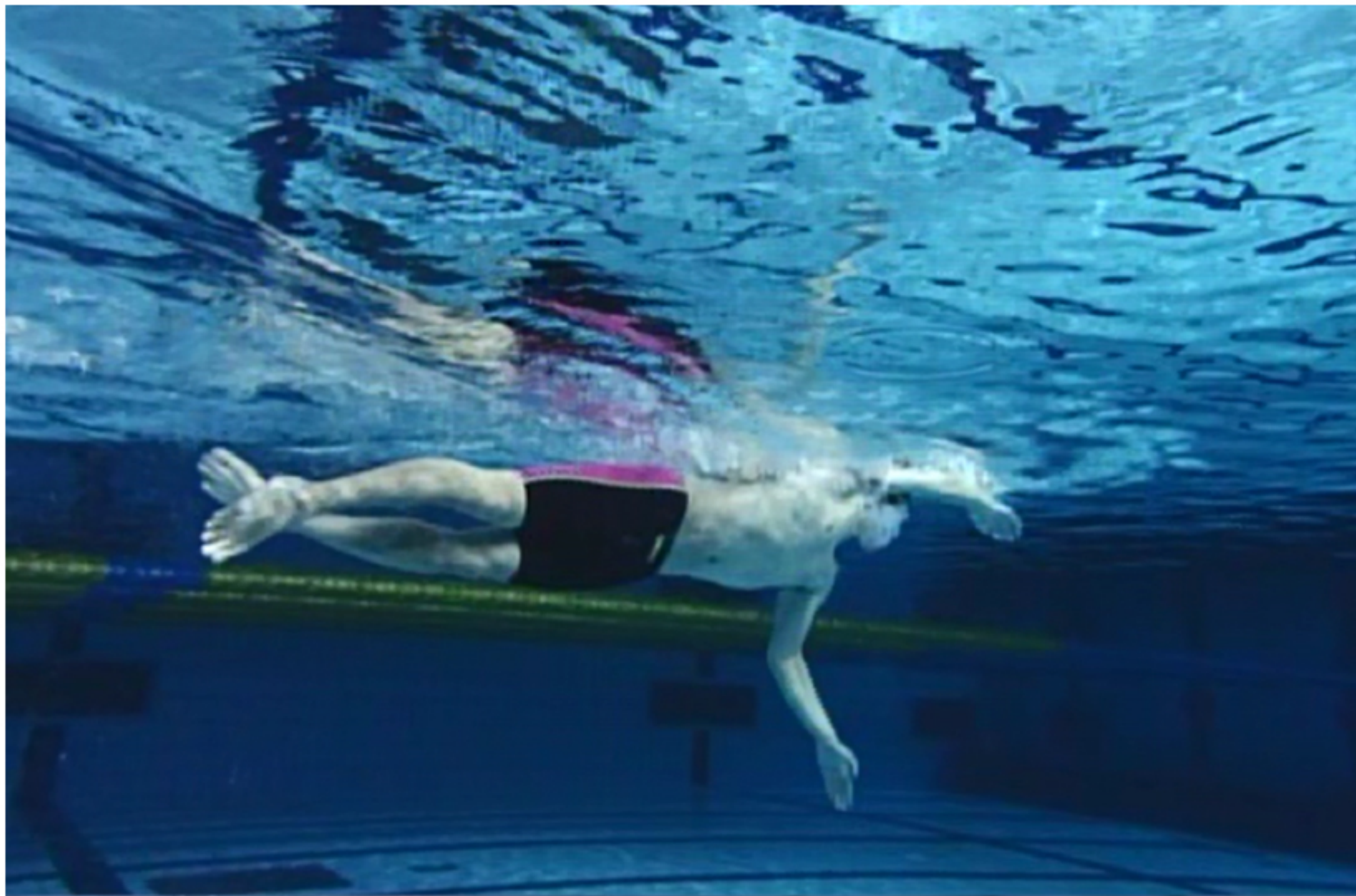




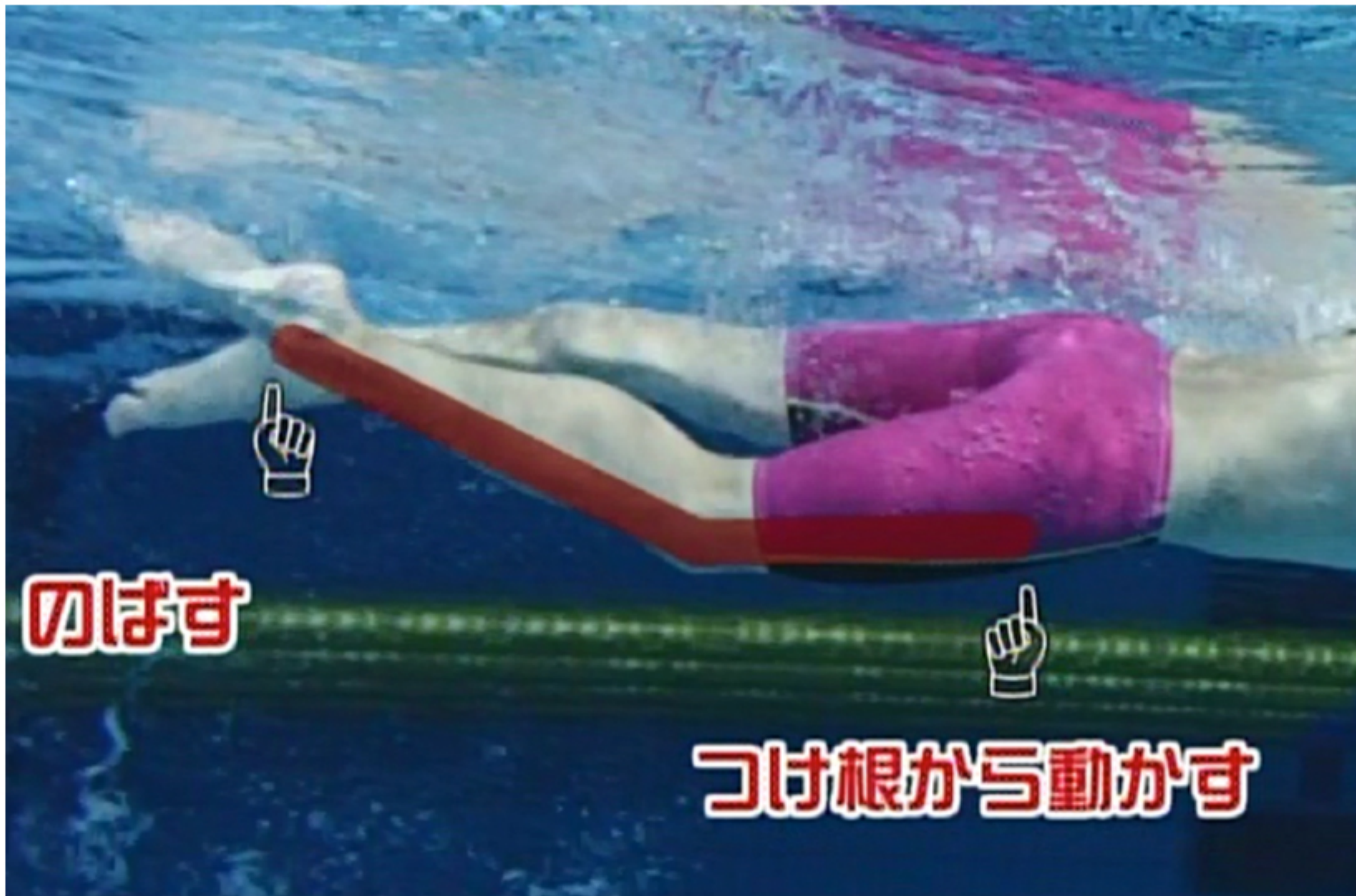








Copyright NHK (Japan Broadcasting Corporation), All rights reserved.

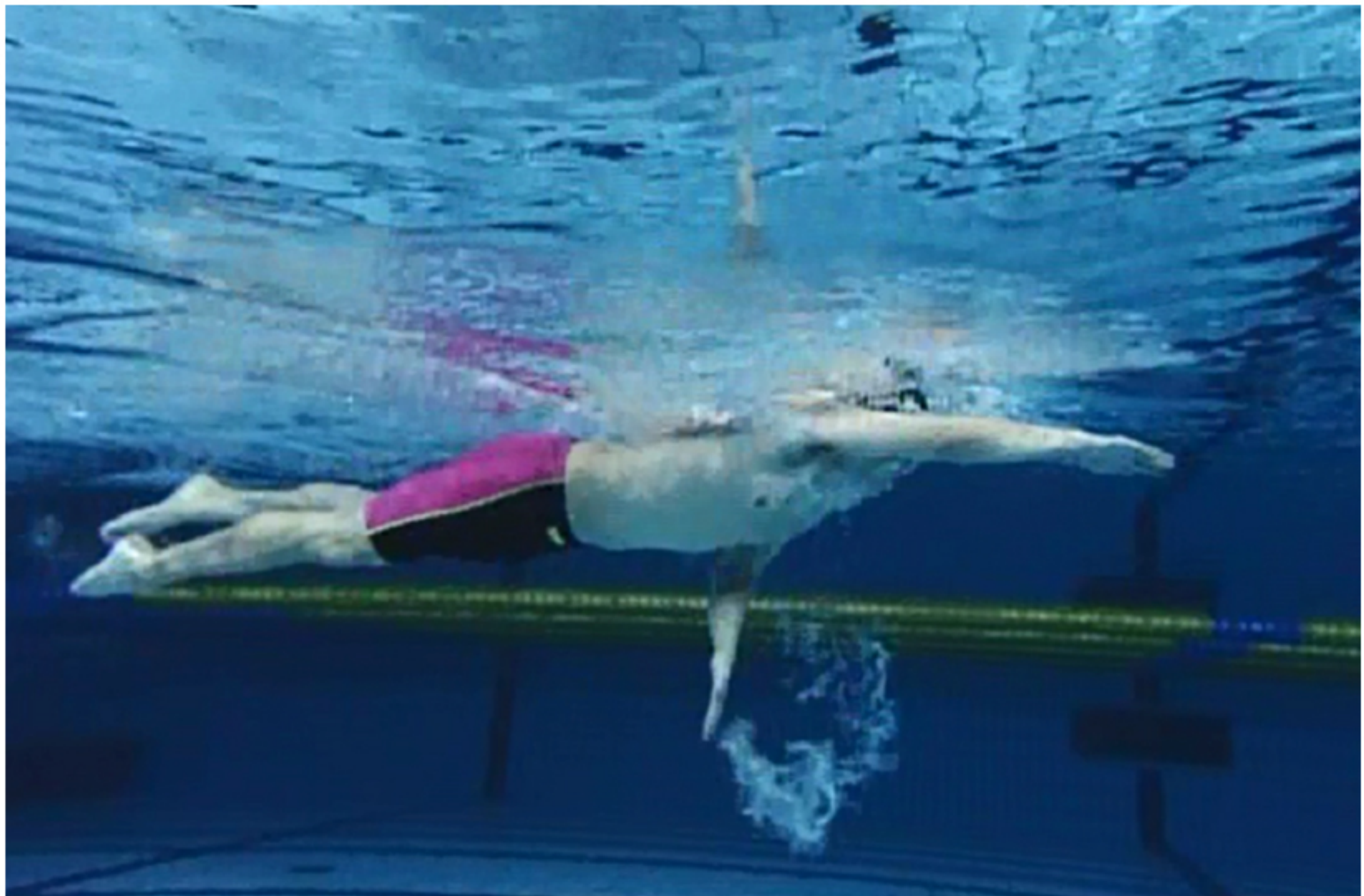


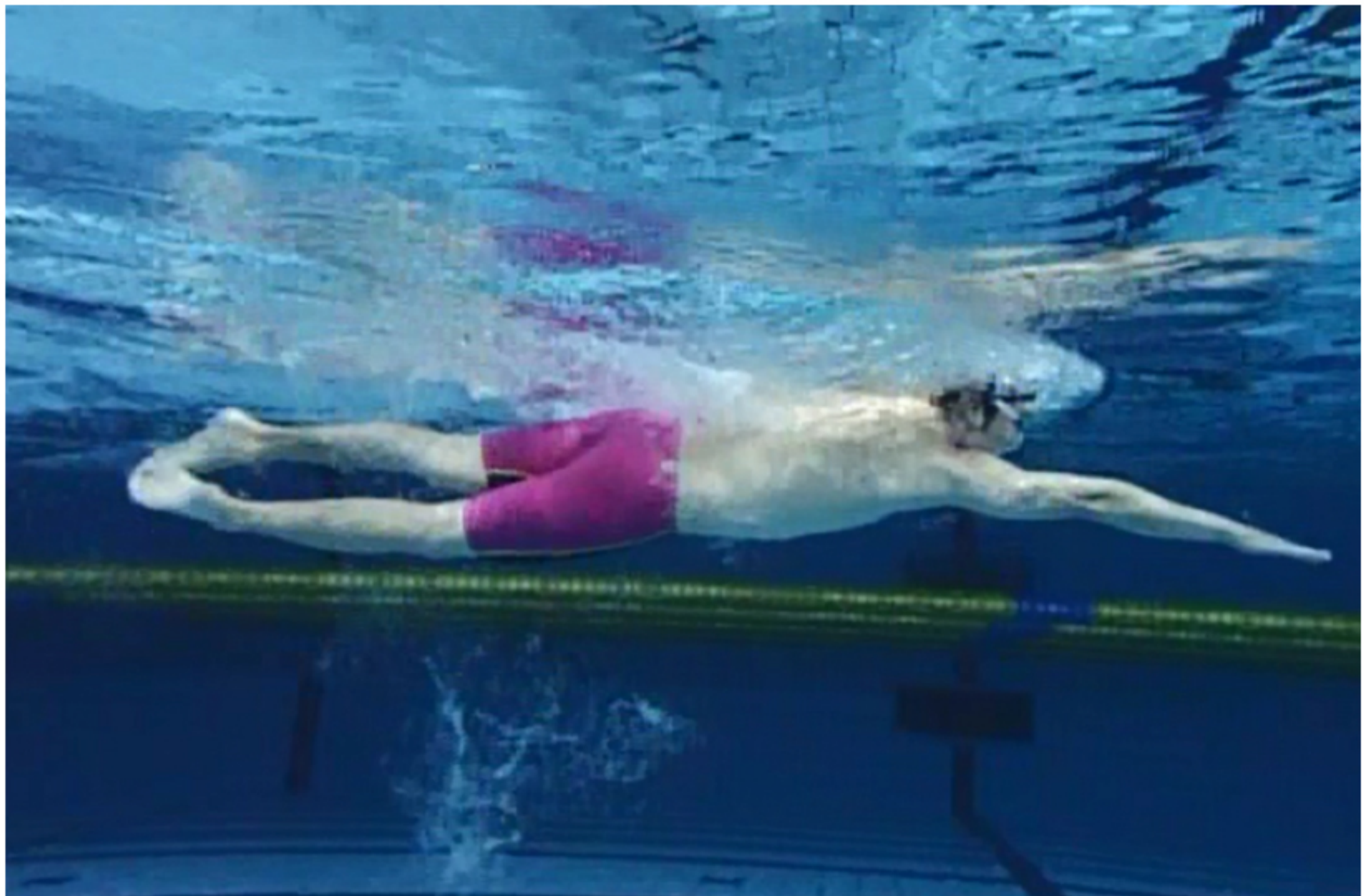


のばす 

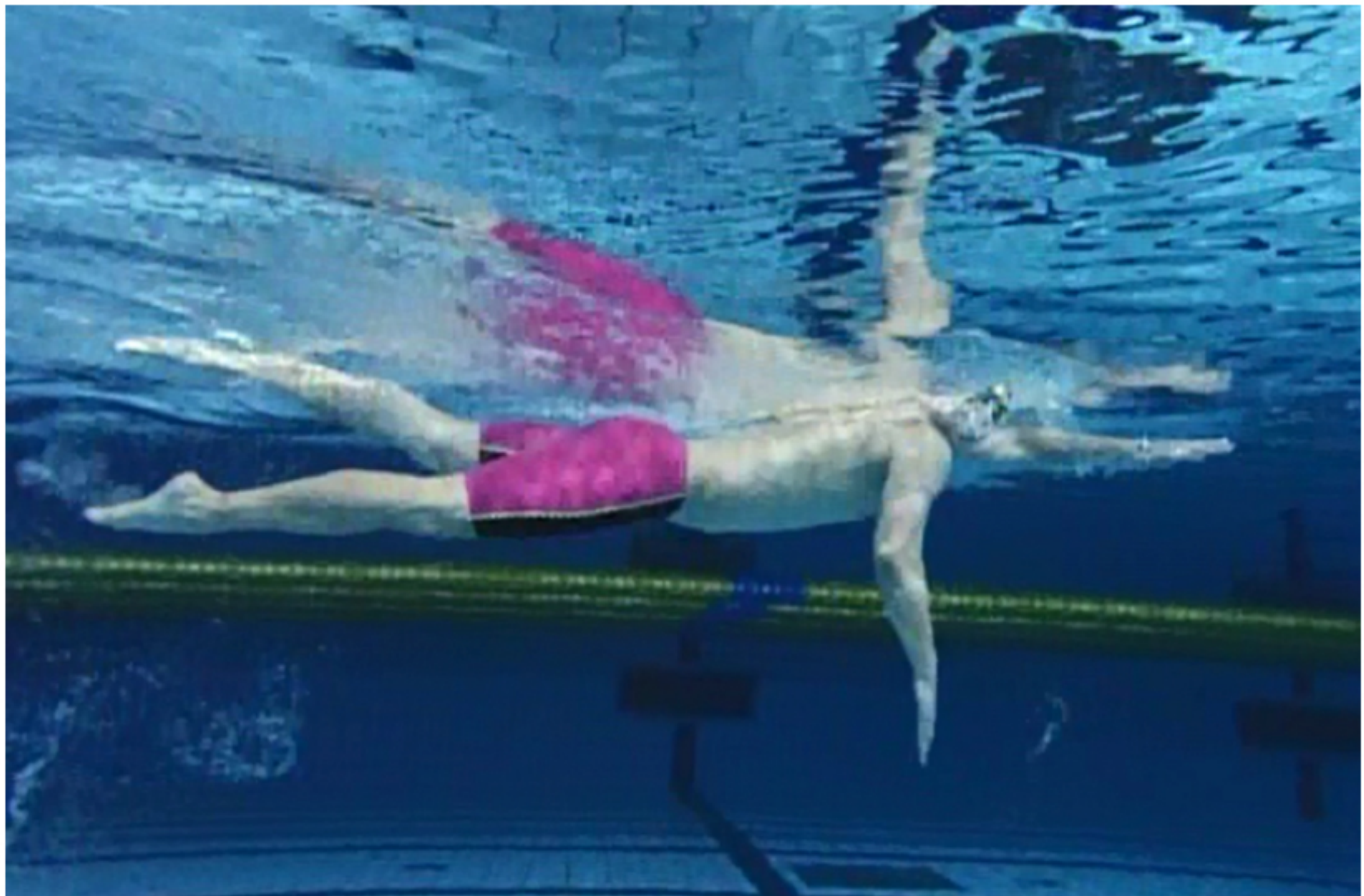


つけ根から動かす

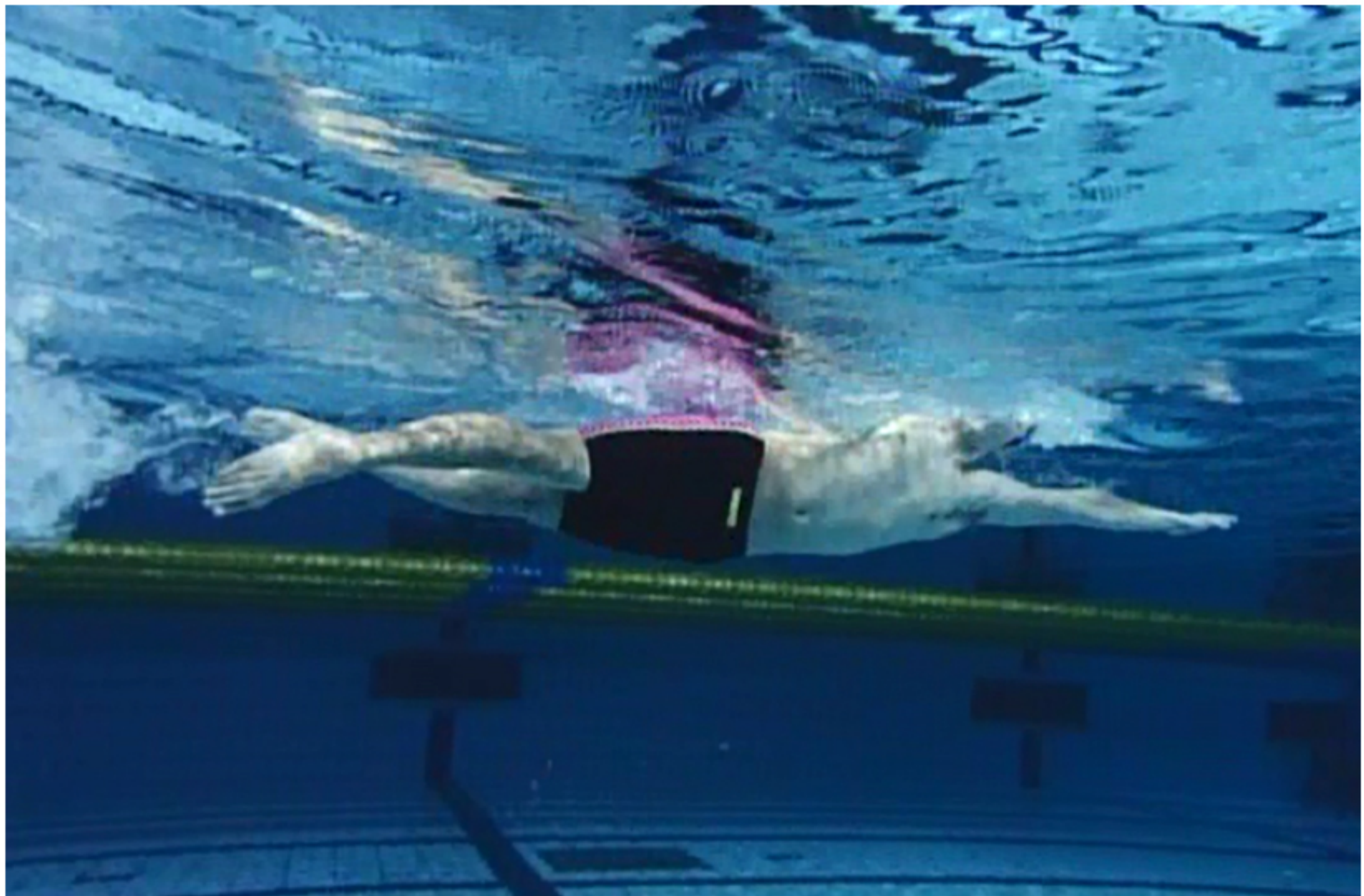


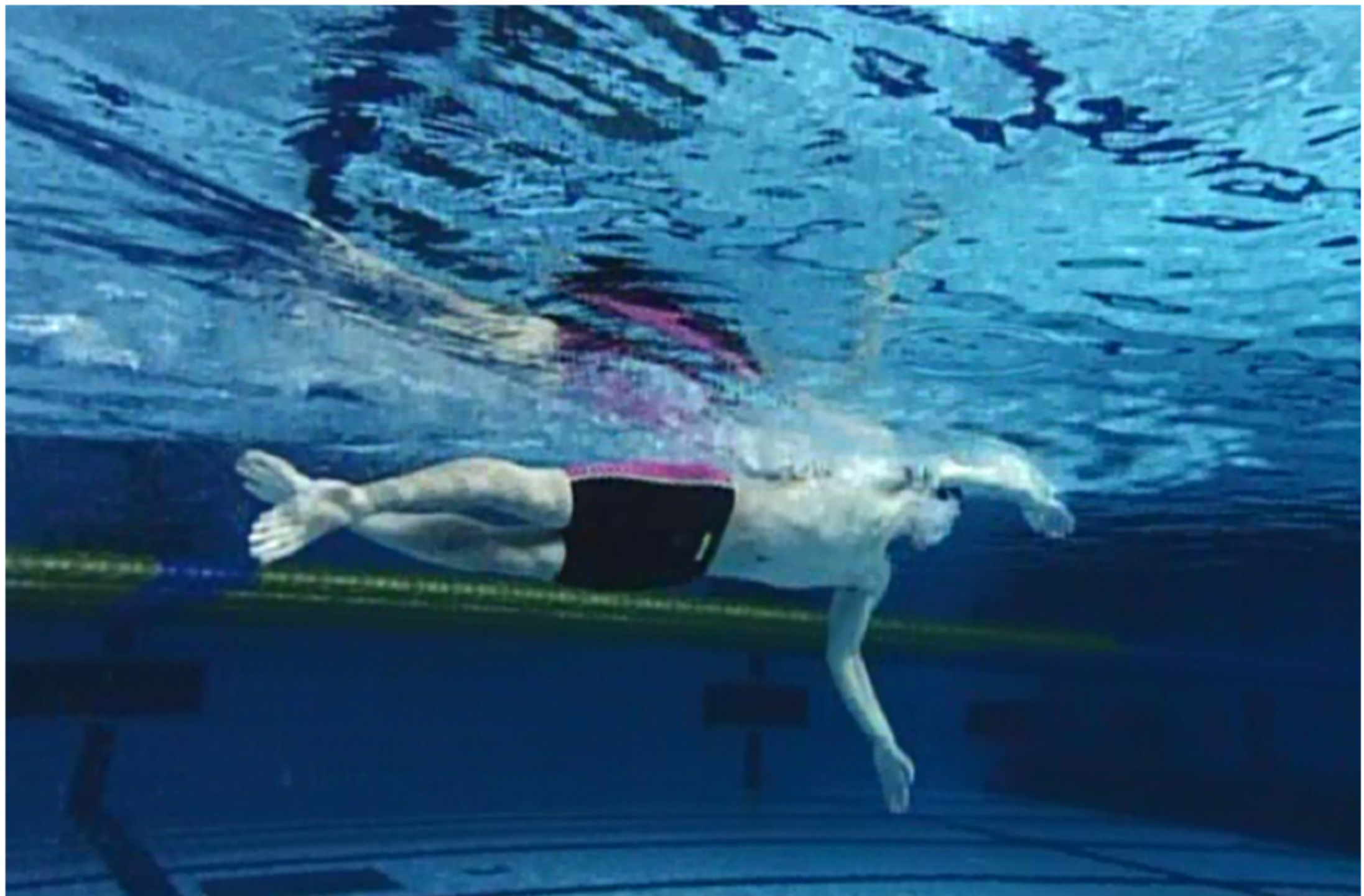






Copyright NHK (Japan Broadcasting Corporation), All rights reserved.





Copyright NHK (Japan Broadcasting Corporation), All rights reserved.

