

背泳ぎ

できるポイント







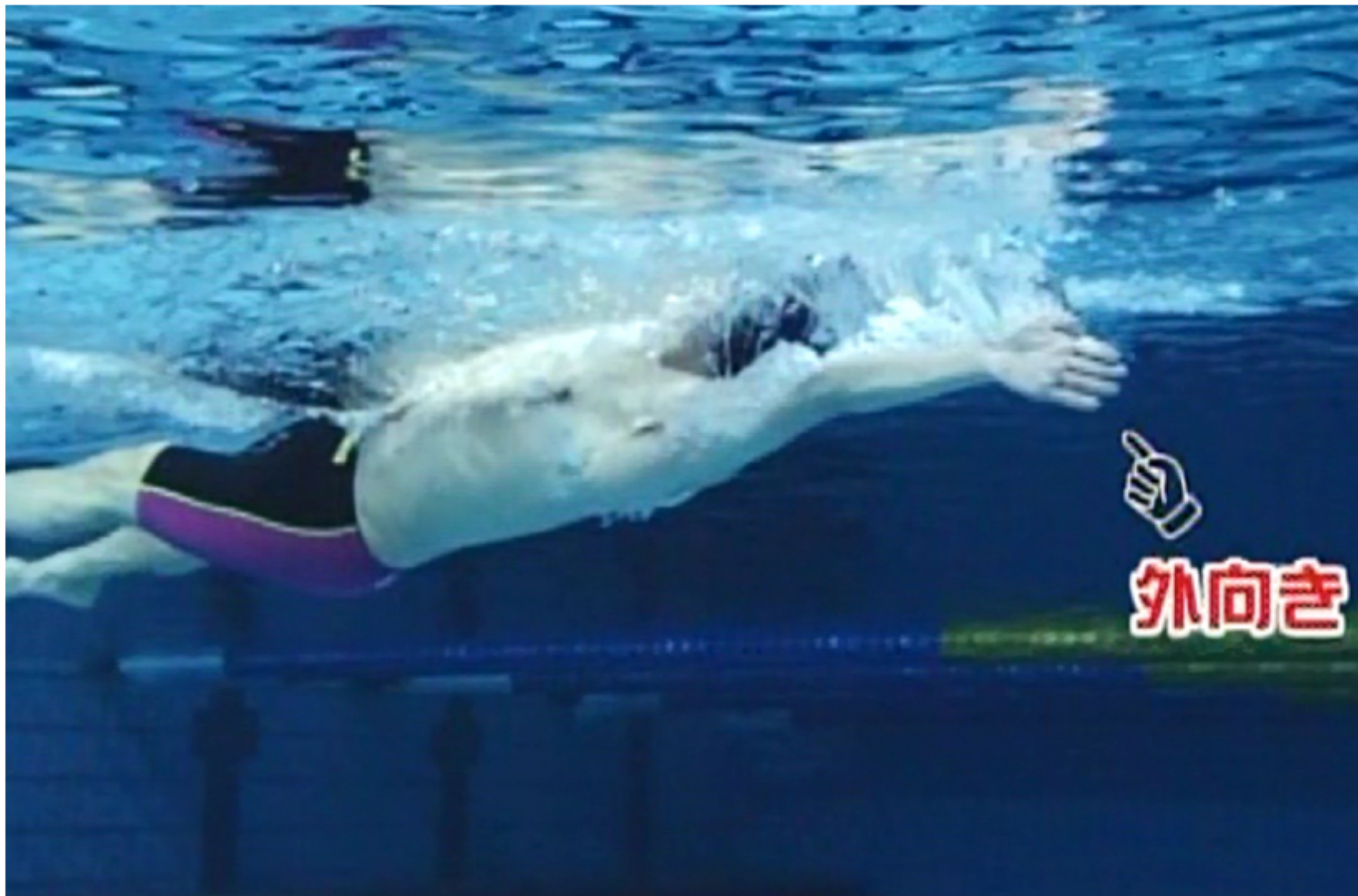


送るえてける



ピンと一直線

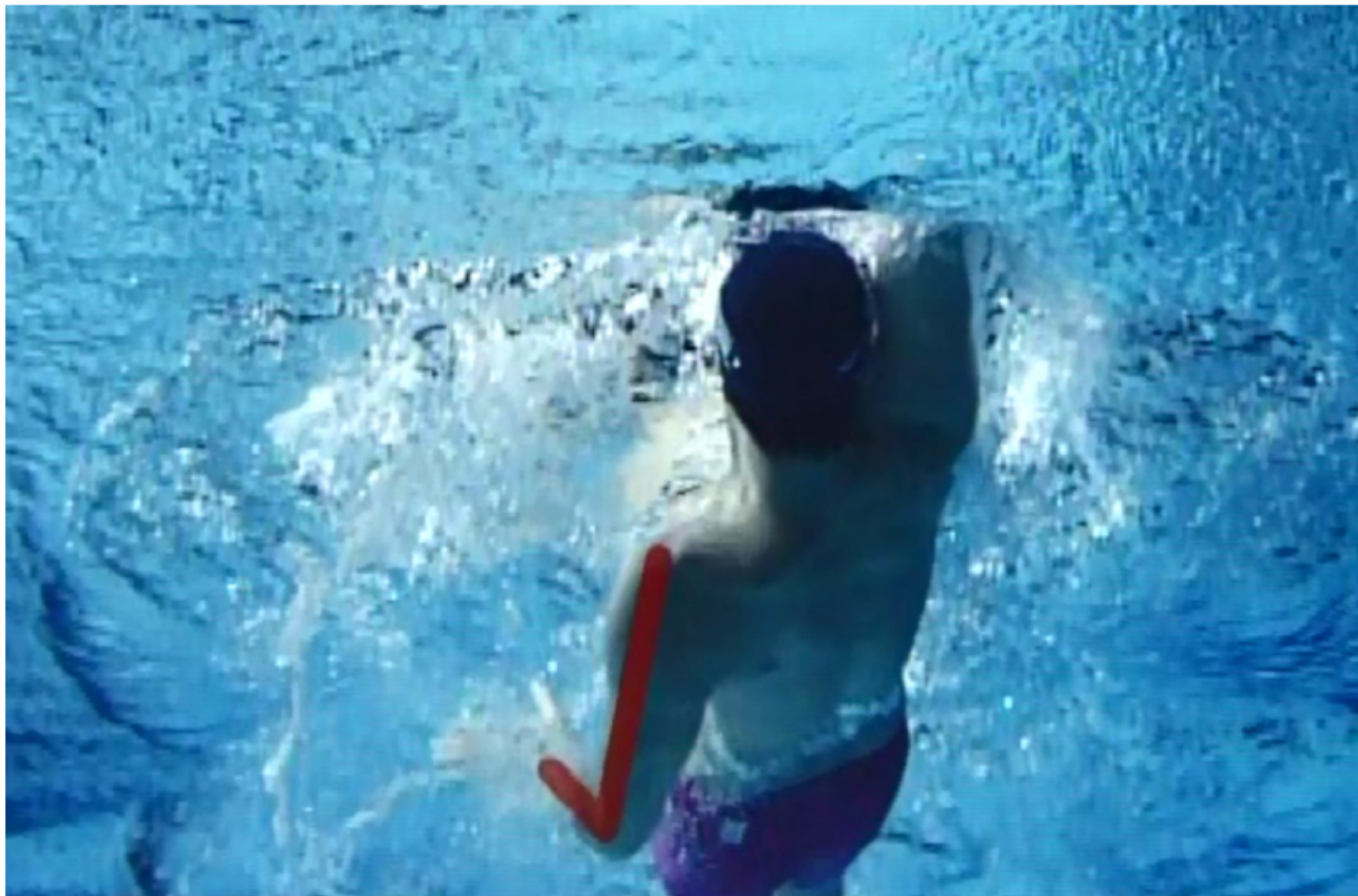




曲げる

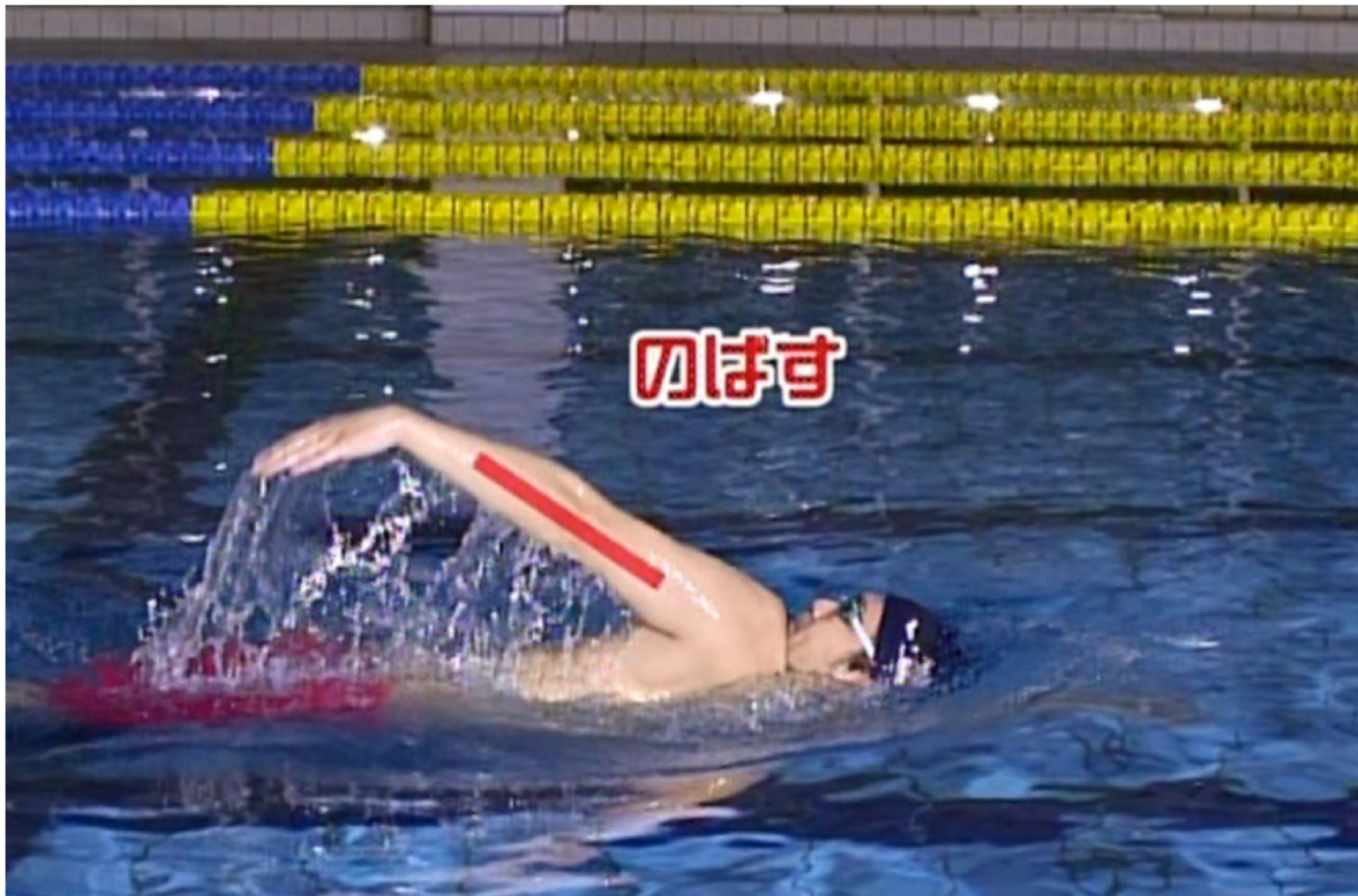














大きく円をかく











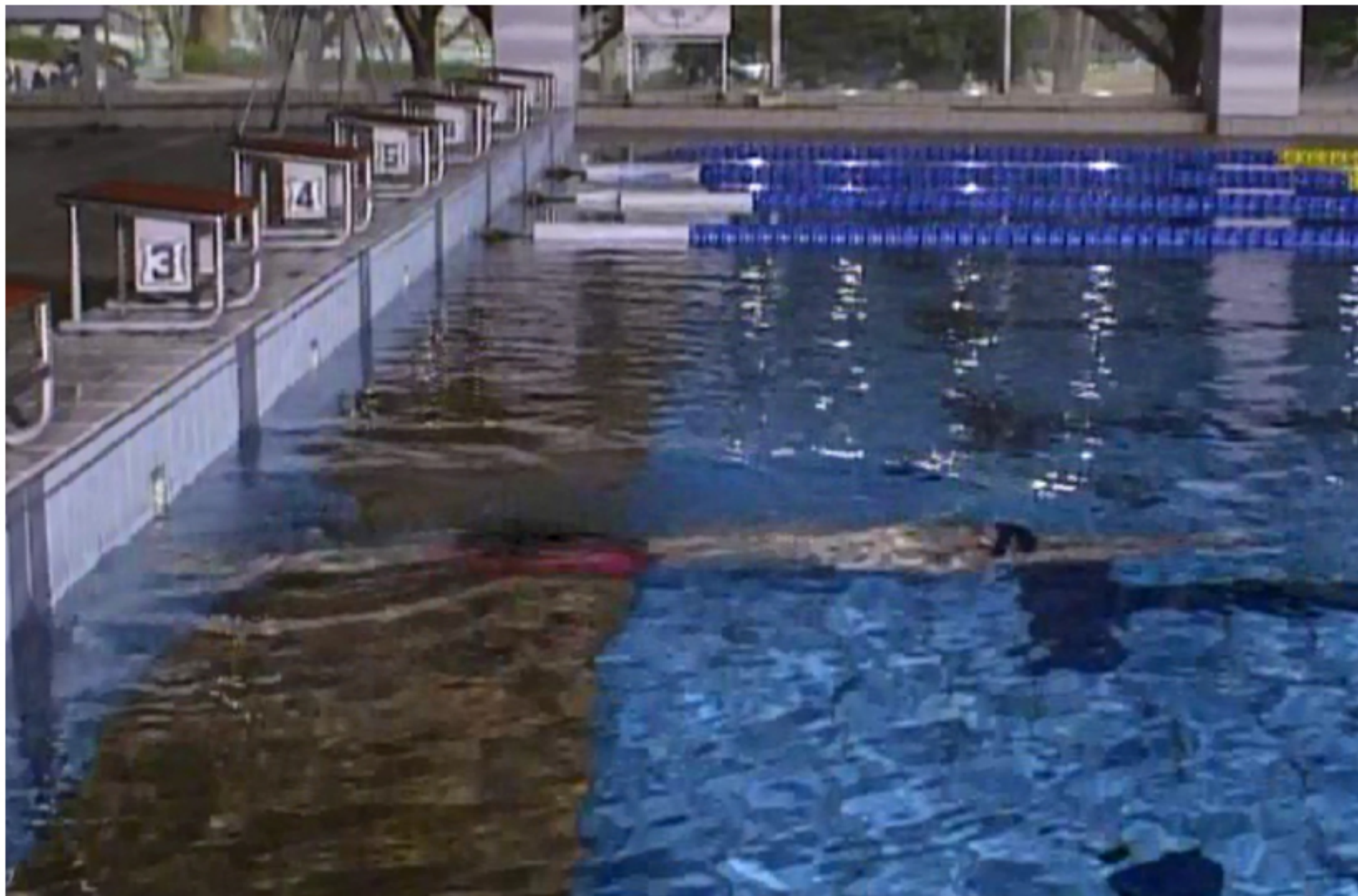
のばす

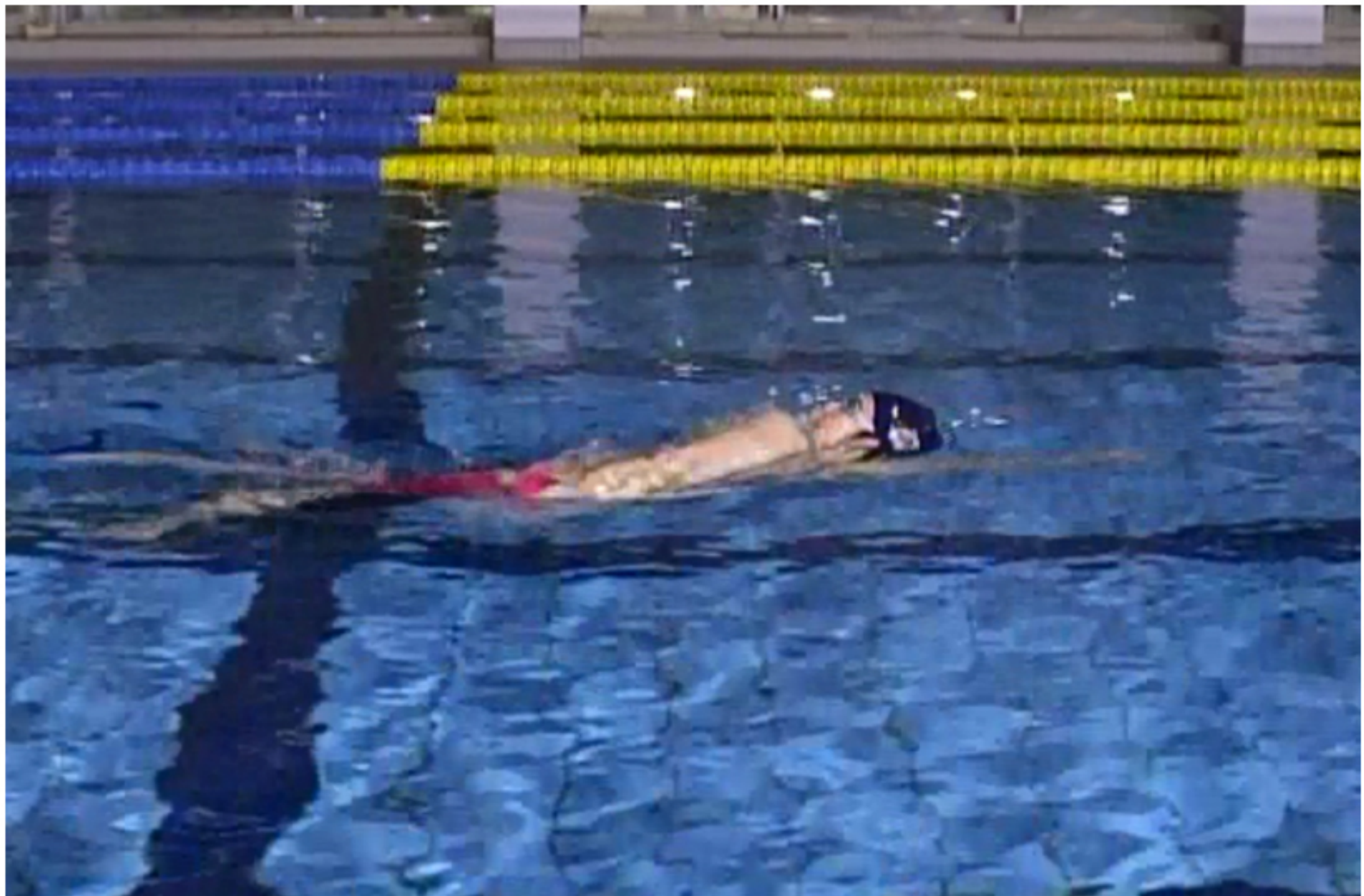


つけ根から

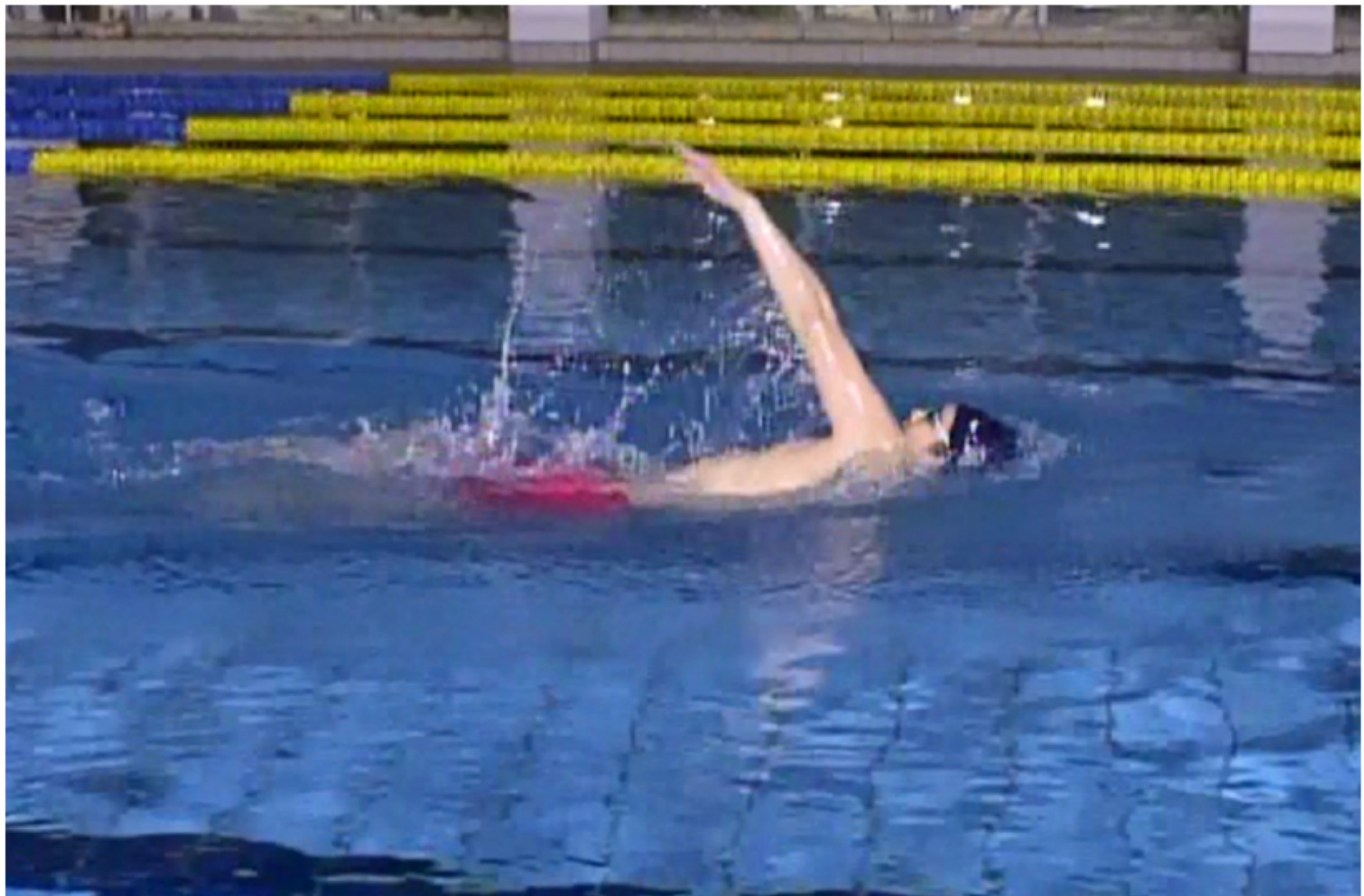


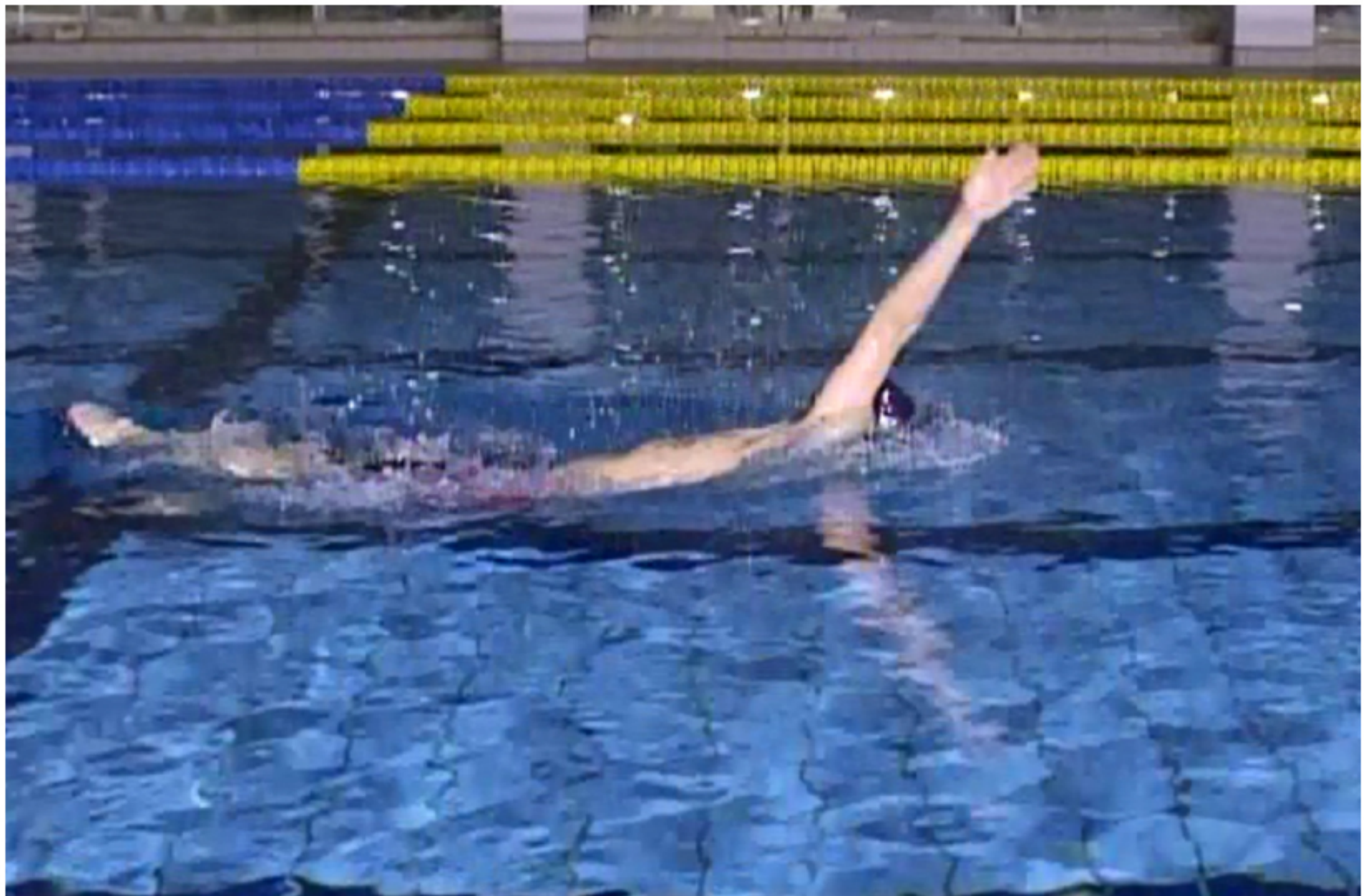




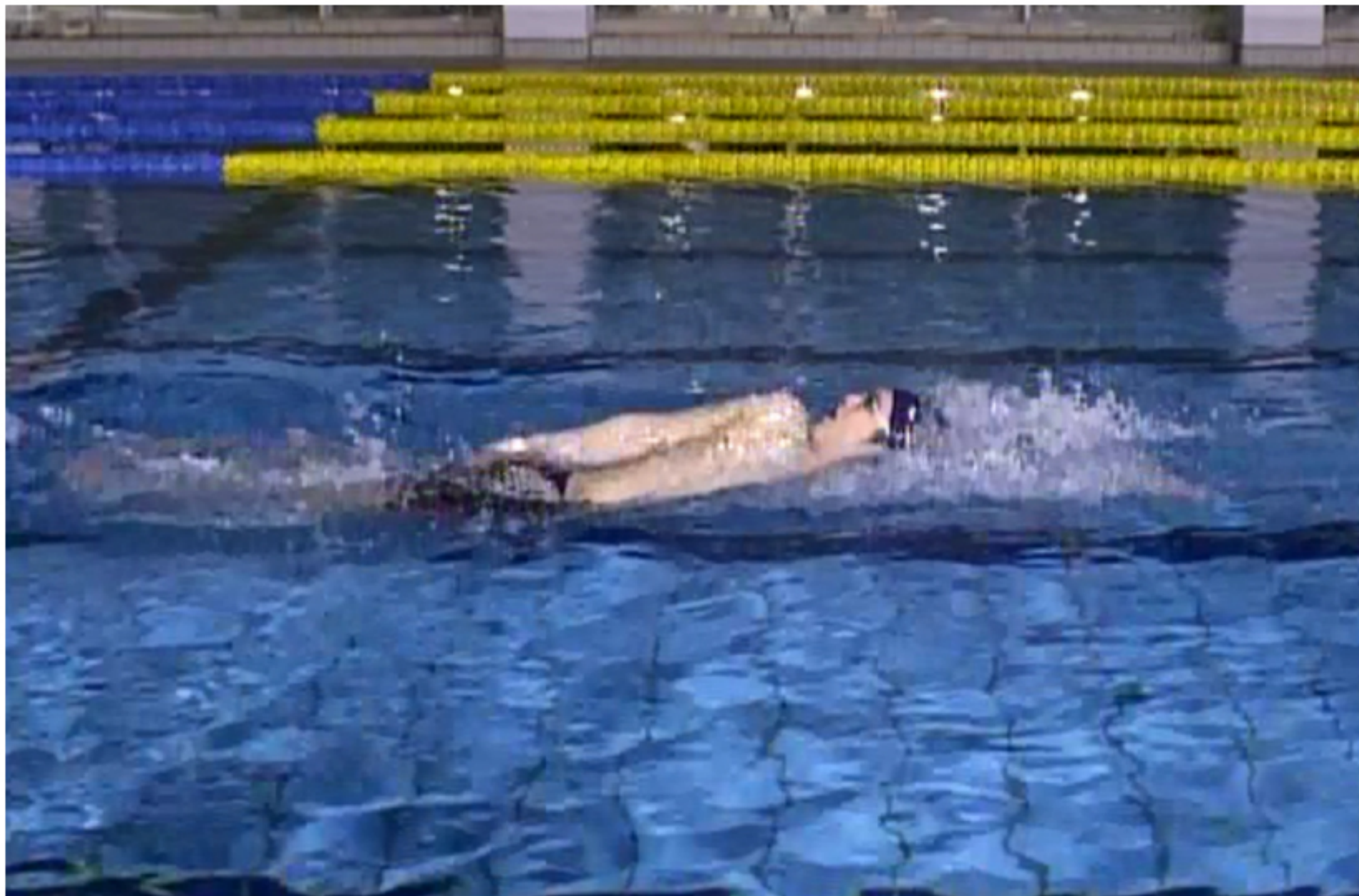


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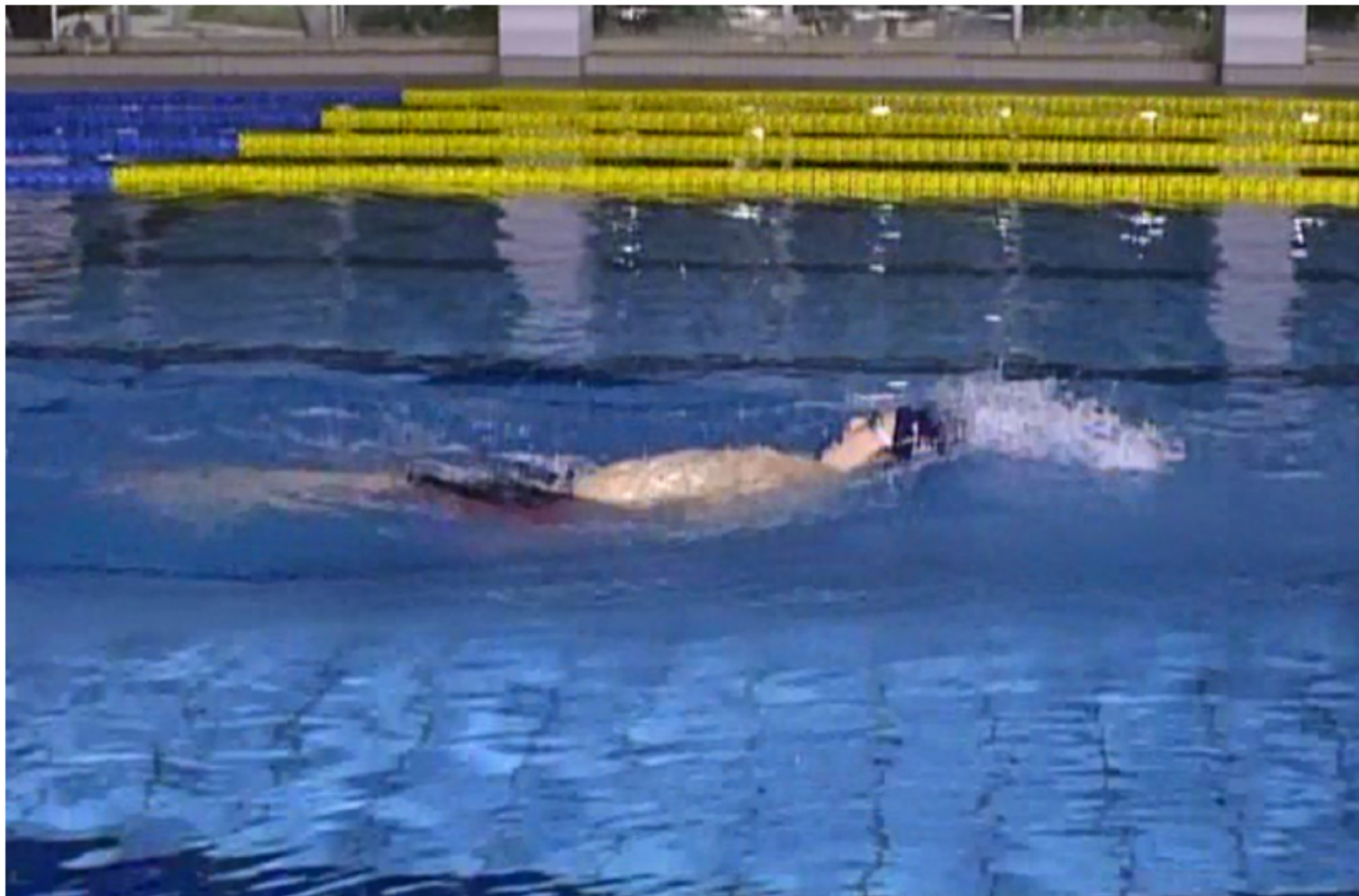


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