KICKING QUICK GUIDE

GET STARTED

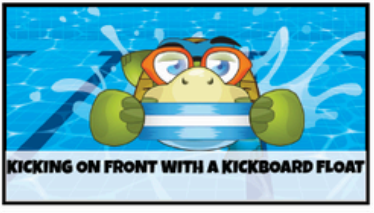
KICKING ON DRY LAND

GET USED TO THE FEEL OF KICKING IN WATER WITH YOUR ASSISTANCE

KICK ON FRONT WITH THE USE OF A NOODLE FLOAT

BUILD CONFIDENCE

KICKING ON BACK USING A NOODLE FLOAT



KICKING ON FRONT WITH A KICKBOARD FLOAT

KICKING ON BACK WITH KICKBOARD FLOAT

MASTER SKILL

UNASSISTED KICKING ON BACK

UNASSISTED KICKING ON FRONT

KICKING IN DEEP WATER