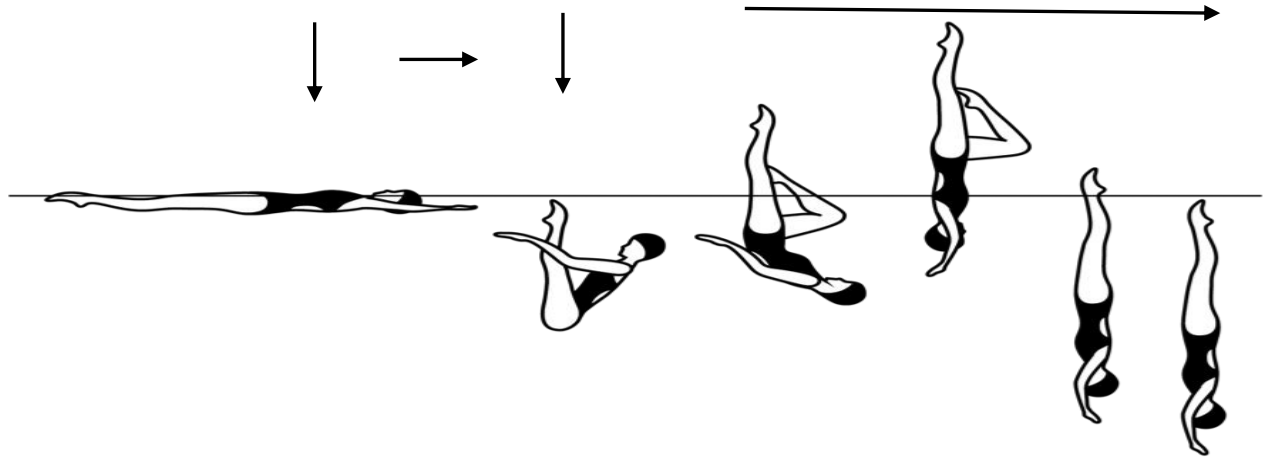







## Barracuda Bent Knee Spinning 180°



### 306D Barracuda Bent Knee Spinning 180\*

DD1.8

|  |  |  |  |  | TOTALS |
|---|---|---|---|---|--------|
| NVT   | 7.0   | 28.0  | 18.0  | 0   | 53     |
| PV  | 1.31  | 5.28  | 3.40  | 0   | 10     |

Height Chart for Dynamic Height – Thrust, Double Leg

| Water Levels | Excellent/Near Perfect | Very Good | Good          | Competent      | Satisfactory | Deficient | Weak           |
|--------------|------------------------|-----------|---------------|----------------|--------------|-----------|----------------|
| Score        | 9.5                    | 8.5       | 7.5           | 6.5            | 5.5          | 4.5       | 3.5            |
| Barracuda    | Lower ribs or higher   | Waist     | Top of pelvis | Showing crotch | Upper thigh  | Mid-thigh | Above knee cap |

- Back Layout Position:** The body is extended on the back, with the face, chest, thighs, and feet at the surface. The ears, hips, and ankles are in line.
- Back Layout to Back Pike:** From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position**, with the toes just under the surface.
- Back Pike Position:** The toes are just under the surface and the legs are perpendicular to the surface. The body is bent at the hips to be as compact as possible (angle of 45° or less), head in line with trunk. Legs are extended and together.
- Back Pike to Bent Knee Vertical (Thrust):** A Thrust is executed to a **Bent Knee Vertical Position**; with continued momentum a 180° descending spin is executed while the bent knee slides into the vertical position.
- Vertical Bent Knee Position:** The body is extended, perpendicular to the surface, one leg is bent where the thigh is horizontal to the surface, the head is downward. The ears, hips and ankles are in line.
- Vertical Position:** The body is extended, perpendicular to the surface, legs together, head downward. The ears, hips and ankles are in line.