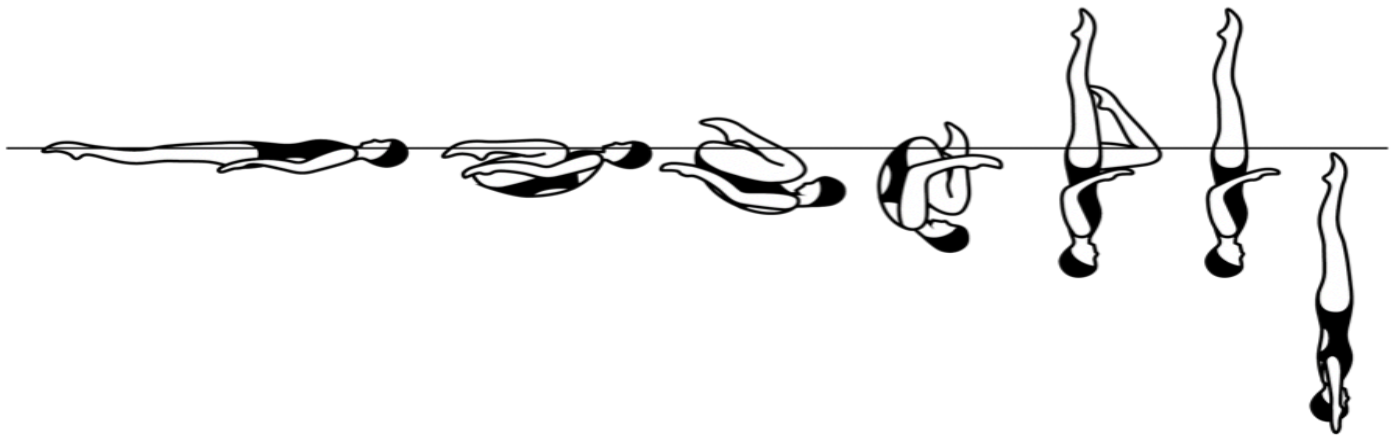








Kip Bent Knee



318 Kip Bent Knee

DD 1.9

						Total
NVT	3.0	2.0	15	16.5	14.0	50.5
PV	0.59	0.40	2.97	3.27	2.77	10

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
Ballet Leg	At Top of Thigh	Upper thigh	Mid-thigh	Low thigh (Well above knee cap)	Above knee cap	Knee cap	Below Knee Cap
Bent Knee Vertical	Showing hips	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above knee cap)	Knee cap	Below knee cap
Double Leg Vertical	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid-shin)

Kip Bent Knee

1. **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.
2. **Back Layout Position to Somersault Back Tuck:** *The knees slide along the surface of the water. Once the knees get as close to the chest as possible, the body rolls backward until the buttocks and feet are at the surface, the shins are perpendicular to the surface of the water.*
3. **Tuck Position:** The body is as compact as possible, with the back rounded, heels close to the buttocks, face close to the knees, with the legs as close together as physically possible.
4. **Tuck Position to Bent Knee Vertical Position:** *The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins.*
5. **Bent Knee Vertical Position:** The body is extended, perpendicular to the surface, head downward. The ears, hips and ankles are in line. The toe of the bent leg is in contact with the inside of the knee or thigh of the extended leg.
6. **Bent Knee Vertical Position to Vertical Position:** *The bent leg is extended along the vertical leg to a **Vertical Position**.*
7. **Vertical Position:** The body is extended, perpendicular to the surface, legs together, head downward. The ears, hips and ankles are in line.
8. **Vertical Descent:** *Starting at the height of the vertical the body descends. The Vertical Position should be maintained until the feet have completely cleared the surface.*