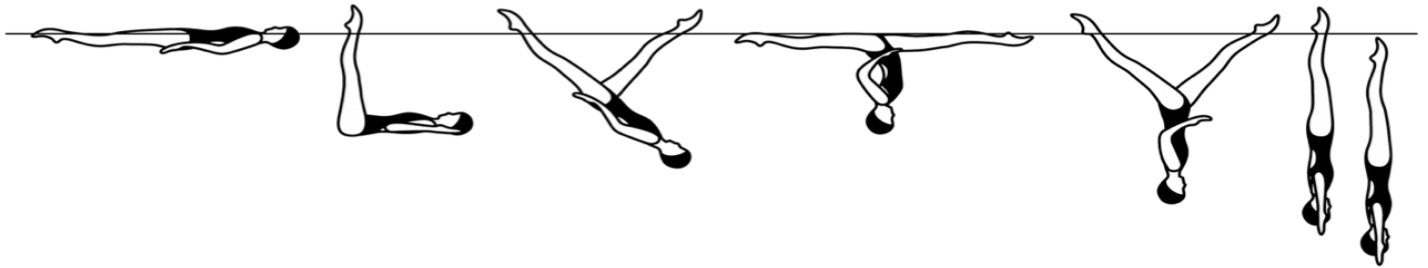

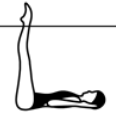





Blossom



302 Blossom

DD 1.4

					Total
NVT	1.0	11.09	5.0	5.0	31
PV	3.23	3.55	1.61	1.61	10

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 Submerged Ballet Leg Double:** *The trunk is lowered as the hips are bent to assume a Submerged Ballet Leg Double.*
3. **Submerged Ballet Leg Double Position.** The hips are directly beneath the position they occupied in the **Back Layout Position**. The legs are vertical with a 90° angle between the legs and the trunk. The trunk remains parallel to the surface of the water as it lowers.
4. **Submerged Ballet Leg Double to Split Position:** *The feet separate along the surface of the water as the hips rise and the body assumes a Split Position.*
5. **Split Position:** The legs are evenly split forward and back, with the feet and thighs at the surface. The lower back is arched, with hips, shoulders, and head on a vertical line. The hips should be as close to the surface as possible. Watch for the hips to remain square with the body (not rotated or twisted to the side).
6. **Split Position to Vertical Position:** *The feet come together at ankle level to assume a Vertical Position. The establishment of the water level at the ankles and the Vertical Position are achieved simultaneously.*
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:** *Maintaining the Vertical Position, the body descends along its longitudinal axis until the toes are submerged.*