



Two Hand Propulsion

Name: _____

X W B R M O W T S D R A W K C A B H F K D Q P P W
 D E U H I K U Z F D P Z E H R B M O T C E H Q U A
 F J B A Q E Q M W T J E T K Y S R P Y O Y F X S W
 U T H B J T G R N V S A J J Q W P Y A L O V R H V
 L P K C S Y H T C W P K B D A S L O W C C M F E K
 B R M A J K M L X Y T U S R R W T J O O X P S V C
 S R V D T J N R R K U H D O O N E E D N N Y U E V
 C P X K V F M E Y V Y S V I H Z U O Q E L H Q N Y
 B A X O Y K V N Z P O C I O W W H B J V O W P L Z
 B K B T S O B R E N U J N S S V A Y Z E Y Y P Y E
 L N Z X C A V A E T F S A J S F M V A L T X J W E
 F B C E A F U H V E S W H L S R Z K D E W O J I R
 P L R S L X U B T C Y D I O J Y M E U O O C D T M
 W M K R O N V M Q N U N R F F N R X K V O I O H Q
 R N B G D T S G T J G V R A M F K J D E C H X B D
 J J W R W N D I K S O M H Y W W T B F O L H G O N
 B K E B V F E K H W X U S D C R P U L N O K Q T L
 E D N D Y Z I O G G S V F H V T O S R G C Y N H Y
 M L A V Q V T Y D Z G K U E I L E F N N K M J H V
 V N K H Y T D E N Z B K C U G K U O Q B A A V A C
 O S E Z D S F F Q J P F J B E U L V I J K V B N M
 N R U T G A R D O H G E S Y A A C R Q Z A P U D S
 L E A N F O R W A R D E E I U O N U Z E D W K S N
 T J D R L C C U L C L X V B Q R T V Y B Z M J Y H
 X I T A J W D T R Z C D Y C D G I Z T Z L S J U K

Find the words listed in *italics*:

Testing:

Forwards One Hundred M
Forwards Ten M
Backwards Two M

Strategies:

Lean Forward
Coast
Eleven o' clock
Two o' clock
Recovery Path
Push evenly with both hands

Strokes:

Smooth
Long
Slow

Using the Environment:

Drag turn
Push off turn
Sling Shot