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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Illustrated. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book contains: Instructions for Use Theory lesson 7 pages Description of movements - the child learns the breaststroke technique in 7 steps. The movements are illustrated in drawings and can be applied more easily in the water. 42 pages Breaststroke drills starting from the easiest exercise to complete breaststroke. The simple illustrations make the instructions unmistakably clear. The...

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- Authored by Veronika Aretz
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