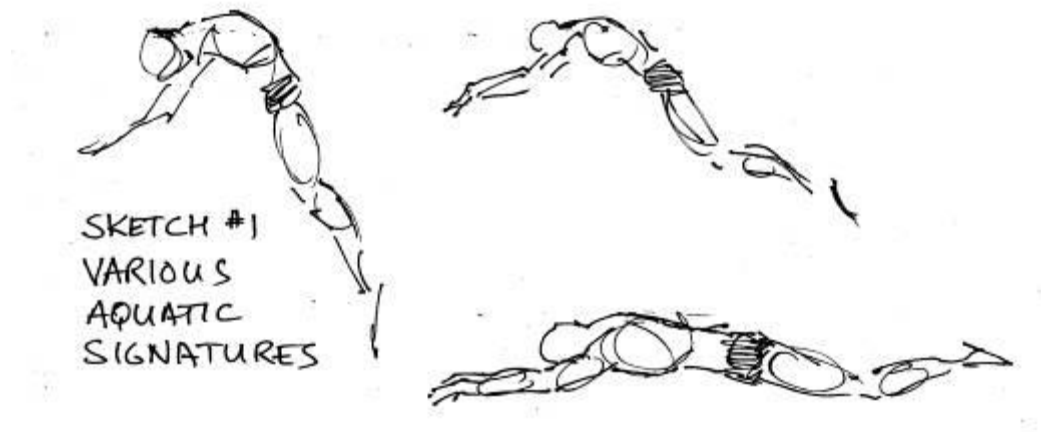
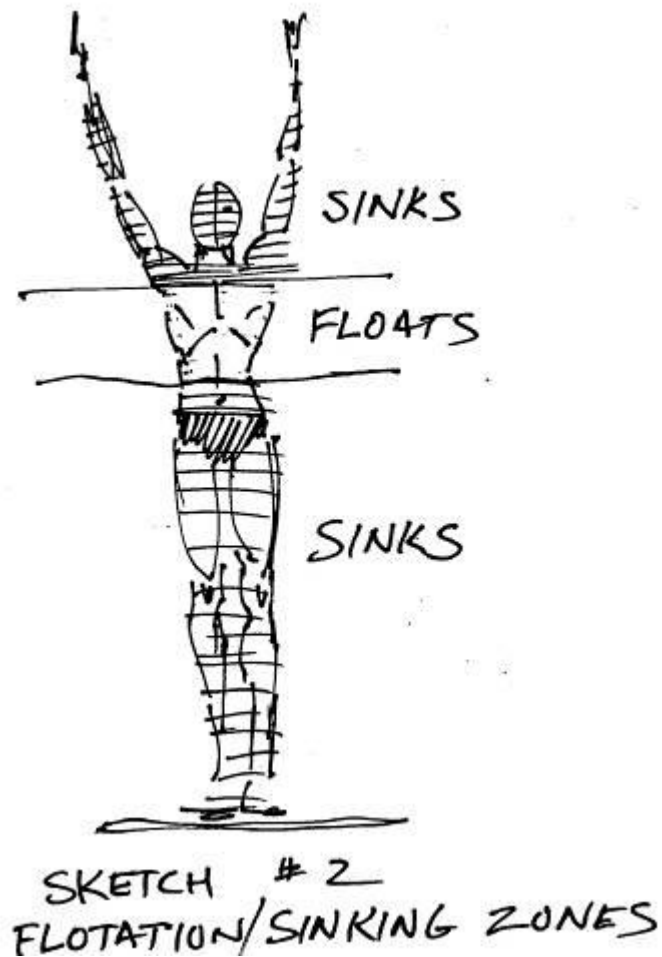


## Sketch 1 of Aquatic Signature



## Sketch 2: upright person with brackets showing zones



### Sketch 3: comparison of signature and horizontal swimming position



### Sketch 4 showing movement from Signature to horizontal

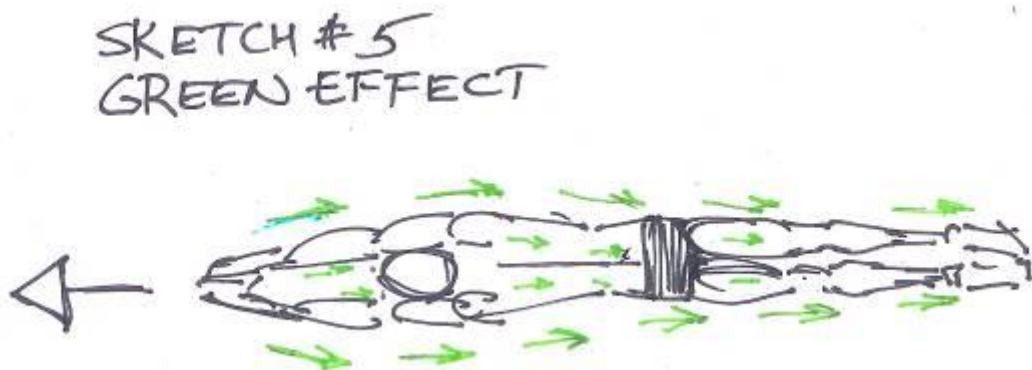


### Green, Yellow, and Red Effects:

There are three resistant effects that slow the swimmer down, and require energy to overcome. Listed in order from least aggressive to most aggressive, the effects are:

1. The resistance of the water as it passes over the skin, hair, and material of the swimming suit. (Green Effect)

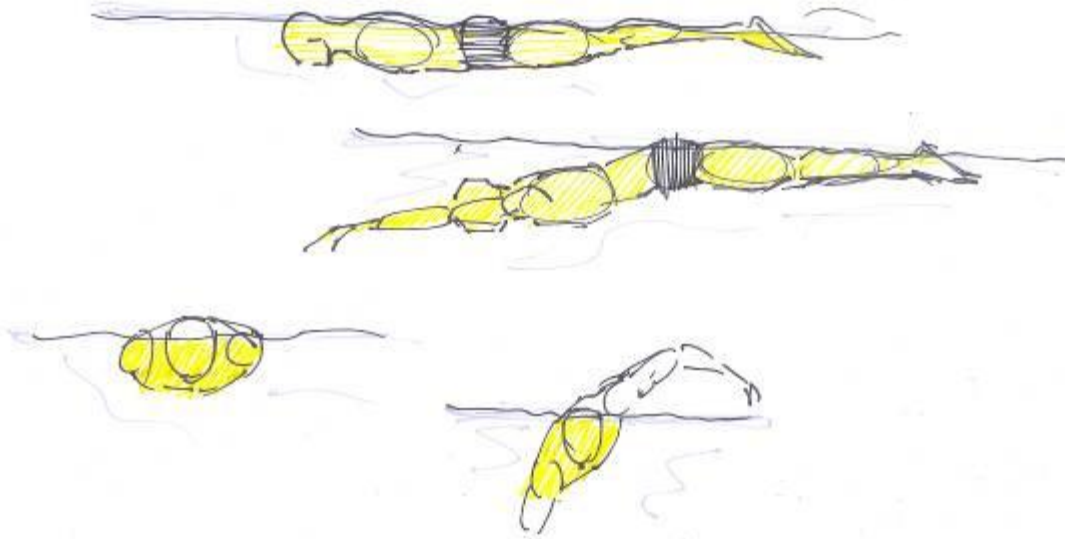
Sketch 5: Green, showing arrows of water passing around the body:



2. The resistance of the body as it creates a hole in the water. (Yellow Effect)

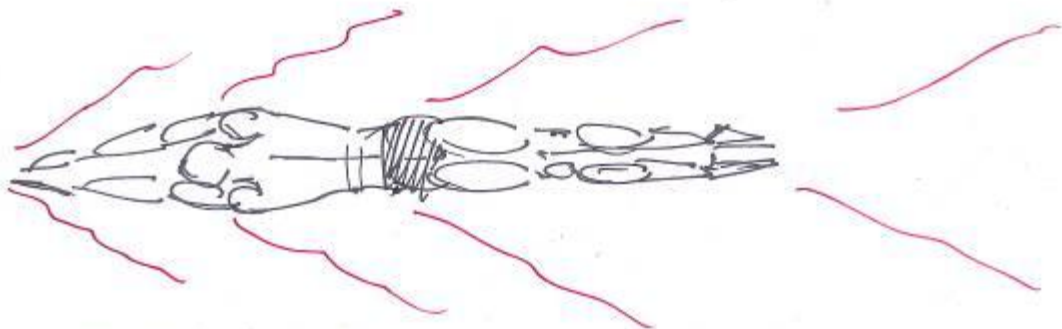
Sketch 6: Yellow effect in positions in yellow from side and front

SKETCH #6  
SHADED AREAS SHOW YELLOW EFFECT



3. The resistance of the waves and turbulence of the water as the body moves forward (Red Effect)

Sketch 7: showing waves from the top and side in red)



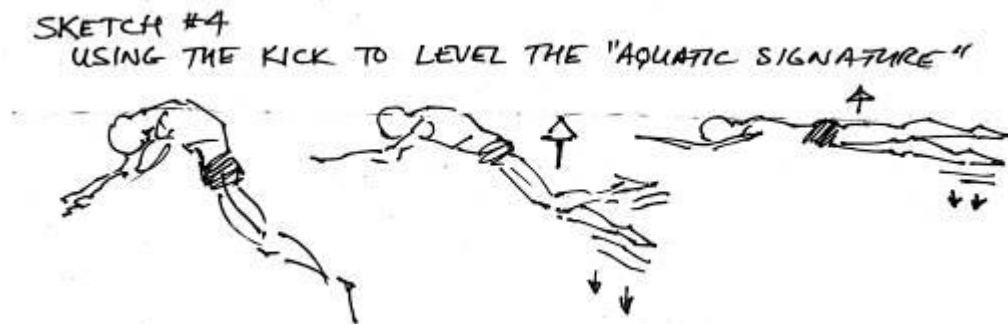
SKETCH #7  
SHOWING "RED EFFECT"

## Leverage and swimming

Force leverage is commonly used (by kicking downward) to move from the poor swimming position of

the Aquatic Signature into a much more advantageous horizontal position.

Sketch 4 repeated:



Sketch 8

SKETCH #8 - SWIMMER WITH FLOTATION  
ADDED TO THE LEGS, CHANGING THE  
SIGNATURE SO LESS ENERGY NEEDED TO BE  
LEVELLED

