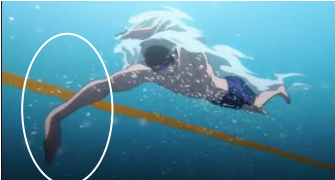


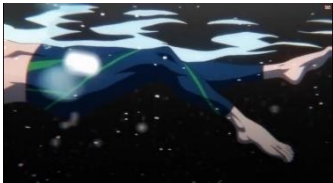
LAMPIRAN

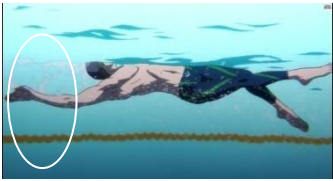
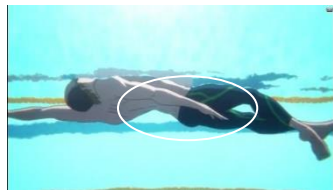
NO	GAYA	TEKNIK	DATA	MENIT
1	Bebas	1.1 Gerakan Kaki	1.1.1 	S1 Eps 12 16.46 menit
			1.2.2 	
			1.2.3 	S1 Eps 12 16.49 menit
		1.2 Gerakan Tangan	1.2.1  1.2.2 	S1 Eps 12 16.46 menit

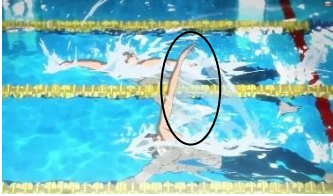
			1.2.3 	S1 Eps 12 16.46 <i>menit</i>
			1.2.4 	S1 Eps 12 16.47 <i>menit</i>
			1.2.5 	S1 Eps 12 16.56 <i>menit</i>
			1.2.6 	S1 Eps 9 14.35 <i>menit</i>
			1.2.7 	S1 Eps 9 14.37 <i>menit</i>

			1.3.1 	
			1.3.2 	S1 Eps 7 20.10 menit
			1.3.3 	
		1.3 Putar Haluan	1.3.4 	
			1.3.5 	S3 Eps 7 16.56 menit

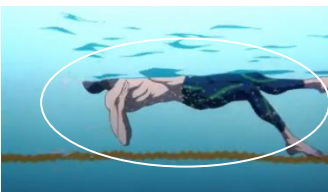
			1.3.6  1.3.7  1.3.8 	S1 Eps7 20.11 menit
		1.4 Koordinasi	1.4.1  1.4.2 	S1 Eps 12 16.46 menit S1 Eps 9 14.35 menit

			1.4.3		S1 Eps 12 16.46 menit
2	Punggu -ng	2.1 Gerakan Kaki	2.1.1		S1 Eps12 14.09 menit
			2.1.2		S1 Eps12 14.01 1 menit
			2.1.3		
			2.1.4		S1 Eps12 14.12 menit
			2.1.5		S1 Eps12 14.13 menit

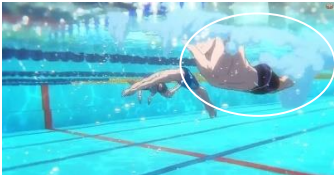
			2.2.1 	S1 Eps12 14.01 menit
			2.2.2 	S1 Eps12 14.05 menit
			2.2.3 	S1 Eps12 14.06 menit
		2.2 Gerakan Tangan	2.2.4 	
			2.2.5 	S1 Eps12 14.07 menit

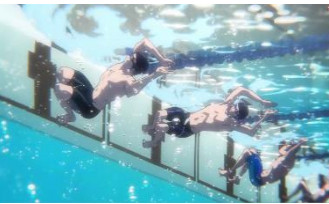
			2.2.6  2.2.7 	S3 Eps12 19.42 menit
		2.3 Putar Haluan	2.3.1  2.3.2 	S3 Eps 4 19.55 menit

		2.3.3  2.3.4  2.3.5 	S3 Eps 4 19.55 menit
	2.4 Koordinasi	2.4.1 橘真琴：次は俺ブレがダメならバックからやってみよう。バックなら顔に水に泳げるから水に恐怖心がある人でも抵抗は少ないと思うんだ。 2.4.2 松岡凜：あの泳ぎ、何者も寄せ付けない荒らしいダイナミックな泳ぎ、あの頃とちよつとも変わんねえ真の泳ぎ。	S1 Eps 4 20.21 — 20.30 menit S1 Eps 8 20.01 — 20.13 menit

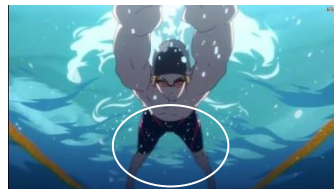
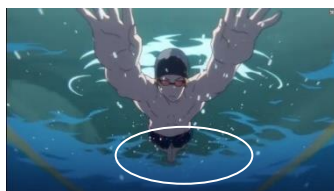
			2.4.3		S1 Eps 8 19.59 menit
			2.4.4		S1 Eps 8 20.06 menit
			2.4.5		S1 Eps12 14.05 menit
3d	Kupu-Kupu	3.1 Gerakan Kaki	3.1.1		S2 Eps 4 20.07 menit
			3.1.2		S2 Eps 4 20.08 menit

			3.1.3 	S2 Eps 4 20.07 menit
			3.1.4 	S2 Eps 4 19.57 menit
		3.2 Gerakan Tangan	3.2.1  3.2.2  3.2.3 	S2 Eps13 16.18 menit

			3.2.4 	S2 Eps13 16.18 menit
			3.2.5 	S2 Eps13 16.44 menit
			3.2.6 	S2 Eps13 16.19 menit
		3.3 Putar Haluan	3.3.1 	S3 Eps 8 4.14 menit
			3.3.2 	

			3.3.3 	S3 Eps 8 4.15 <i>menit</i>
			3.3.4  3.3.5  3.3.6 	S3 Eps 8 4.16 <i>menit</i>
		3.4 Koordinasi	3.4.1 松岡凜：通常より上半身が上がってる、分水の抵抗を受けずリカバリーできるから早いんだ、それにあの柔軟な型を作ろうと思って作るもんじゃねえ。	S1 Eps 8 20.28 — 20.32 <i>menit</i>

			3.4.2 	S2 Eps 4 20.07 menit
			3.4.3 	S2 Eps 4 20.08 menit
			3.4.4 	S2 Eps 13 16.42 menit
4	Dada	4.1 Gerakan Kaki	4.1.1 山崎 宗介：また足が開いてきてんぞ 4.1.2  Dan saya membuka ruang dengan mengayunkan kedua tangannya...	S2 Eps 2 06.02 — 06.11 menit S1 Eps 8 20.31 menit

		4.1.3		S1 Eps 4 08.55 menit
		4.1.4		S1 Eps 4 08.56 menit
		4.1.5		S1 Eps 12 14.37 menit
		4.1.6		S1 Eps 12 14.37 menit
	4.2 Gerakan Tangan	4.2.1 松岡凜：あの渚のストローク、後半を追い上げ、手が伸びるような錯覚を起こすストローク。	S2 Eps 8 06.56 － 06.58 menit	

			4.2.2 	S1 Eps 12 14.36 menit
			4.2.3 	S1 Eps 12 14.37 menit
			4.2.4 	S1 Eps 12 14.38 menit
			4.2.5 	S1 Eps 12 14.39 menit
			4.2.6 	S1 Eps 12 14.43 menit

			4.3.1  4.3.2  4.3.3  4.3.4  4.3.5 	S2 Eps 4 15.58 menit
		4.3 Putar Haluan		
		4.4 Koordinasi	4.1.1 	S1 Eps 8 20.31 menit

			4.4.2 	S1 Eps 12 14.37 menit
			4.4.3 	S1 Eps 12 14.43 menit
			4.4.4 	S1 Eps 12 14.37 menit