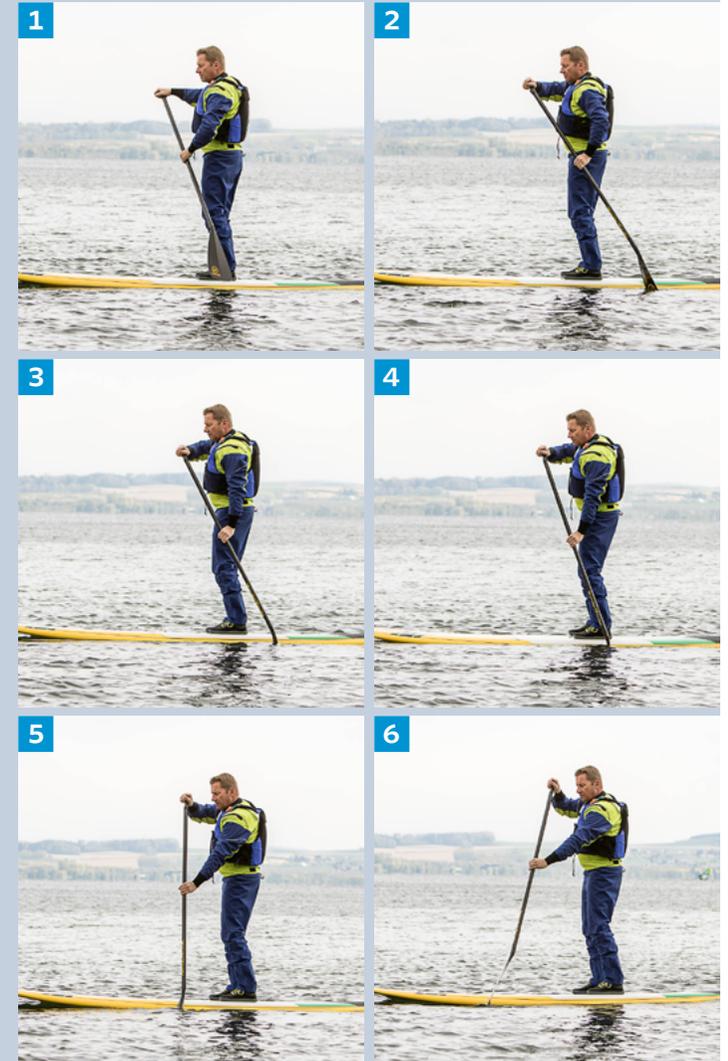
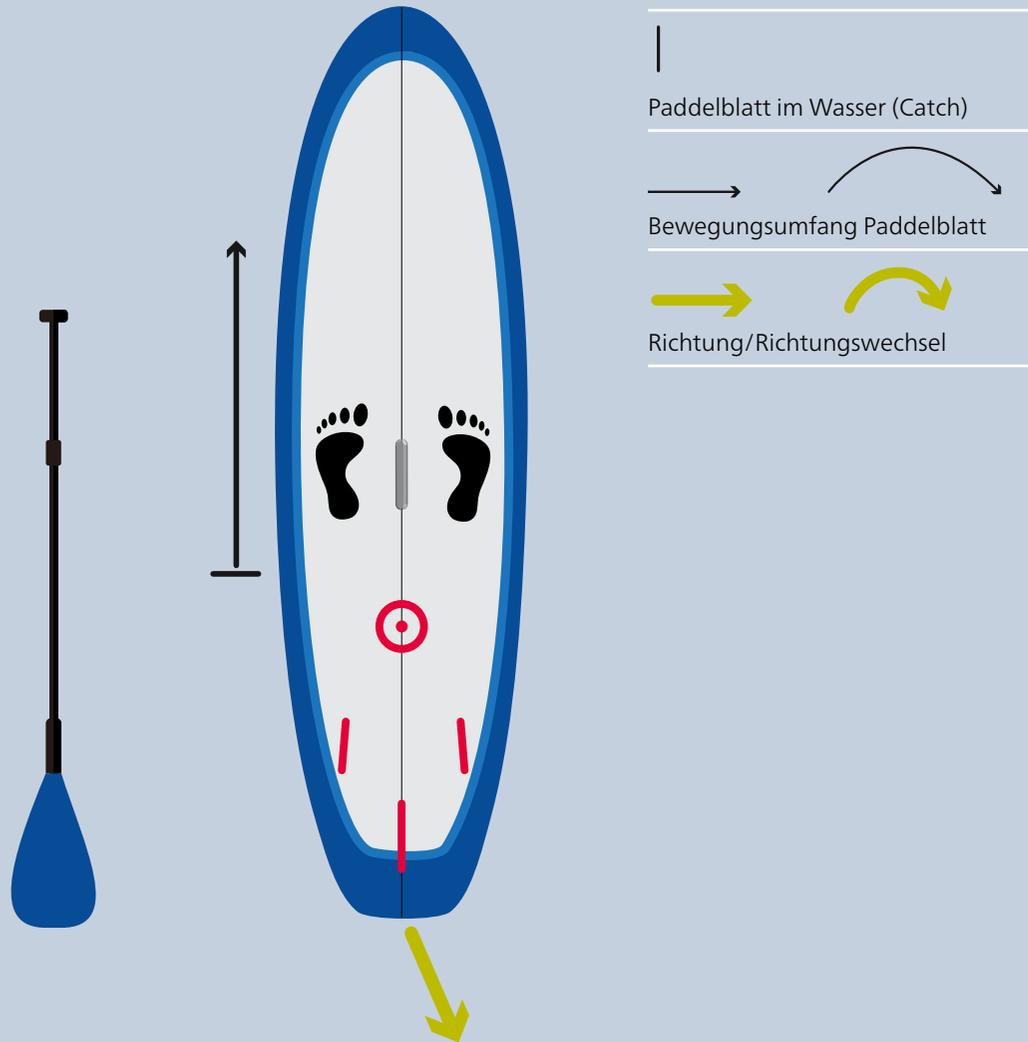


Reverse/Backward stroke



Keypoints

- Paddel möglichst vertikal halten
- Nur ganz kurze Paddelschläge ausführen