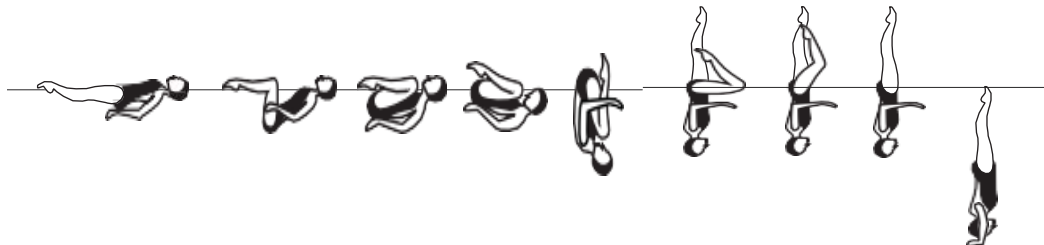








Figure 318 – Kip Bent Knee

Difficulty 1.8

From a **Back Layout Position**, a Kipnus (316) is executed to the **Bent Knee Vertical Position**. Without movement of the vertical leg or trunk, the toe of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



WEIGHTING for Kip Bent Knee

						Total
NVT=	3.0	2.0	15.0	16.5	14.0	50.5
PV =	.60	.40	2.97	3.26	2.77	

Back Layout to Inverted Tuck Position

Rule Book Description

1. From a **Back Layout Position**, the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact, and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water.

Diagrams



Major Desired Actions

1. With the head and shoulders remaining stationary, the knees, shins and toes are drawn to the body to assume a tight tuck at the position occupied by the trunk in the **Back Layout Position**.

2. There is continuous motion from the initiation of the leg draw to achievement of the inverted **Tuck Position**.

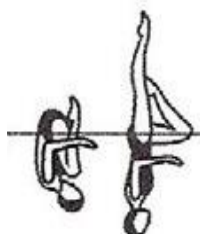
3. The head becomes part of the compact tuck as the roll is initiated. Constant height during rotation.

Inverted Tuck Position to Bent Knee Vertical Position

Rule Book Description

1. The trunk unrolls as the legs are straightened to assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins.

Diagrams



Major Desired Actions

1. **Bent Knee Vertical Position** and maximum height achieved simultaneously.

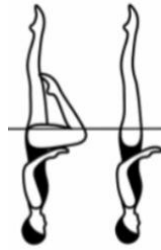
2. The **Bent Knee Vertical Position** is held only long enough to define the position and to demonstrate completion of the transition prior to the *Vertical Descent*.

Bent Knee Vertical Position to Vertical Position

Rule Book Description

1. The bent leg is extended to **Vertical Position**.

Diagrams



Major Desired Actions

1. **Vertical Position** assumed under and in the same plane as the **Bent Knee Vertical Position**. The height of the **Bent Knee Vertical Position** is maintained as the bent leg is extended to **Vertical Position**.

2. The toe maintains contact with the inside of the vertical leg during the join.

3. Vertical alignment is maintained during the leg join. Stability and control evident throughout.

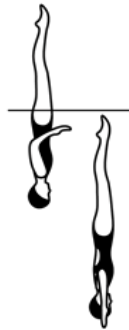
4. The **Vertical Position** is held only long enough to define the position and to demonstrate completion of the transition prior to the vertical descent.

BM 10 Vertical Descent

Rule Book Description

1. Maintaining a **Vertical Position**, the body descends along its longitudinal axis until toes are submerged.

Diagrams



Major Desired Actions

1. The tempo of the descent is uniform and at the same speed as the rest of the figure.

Height Chart for Kip Bent Knee

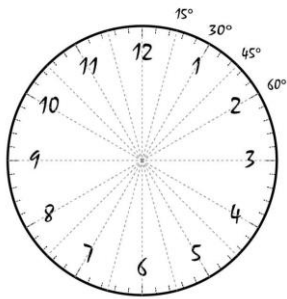
	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Bent Knee Vertical	Top of Pelvis	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap
Double Leg Vertical	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well below kneecap (mid-shin)

Deduction Guidelines for Kip Bent Knee

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Inverted Back Tuck Position to Bent Knee Vertical Position	As body moves into tuck position head moves off the surface toward knees to assume tuck position.	Head and torso move toward feet to assume a tuck position.	
	Tuck could be tighter.	Head out of line.	Knees off chest, head not tucked in
	Body unrolls and leg extends upward simultaneously but bent knee vertical attained is slightly in front of or behind midway point described.	Unroll is not simultaneously achieved. Leg moves to bent knee vertical and then back unrolls under legs.	Head and back move to vertical and then the legs open at hips (thighs parallel to surface of water and leg straightens to bent knee vertical.
			Head leads shoulders backward to open tuck

Travel Deduction Guidelines	Small deduction: 0.1	Medium deduction: 0.3	Large deduction: 0.5
	Minimal travel or minimal lack of required travel	Obvious travel in one (1) transition, and or/ travel in several transitions	Obvious travel in two (2) or more transitions and or travel throughout

Visible scales of angle deviation



Apply to plumb line points of reference when evaluating vertical and horizontal alignments required.

Small deviation	1-15 degrees	0.2
Medium deviation	16-30 degrees	0.5
Large deviation	31 degrees or more	1.0

