The Right Fin Kick
It's as easy as 1 2 3

1. Flutter Kick
   The "standard" kick, highly efficient if done correctly - Kick from hips, keep knees straight

2. Modified Flutter Kick
   Helps keep fins away from coral and silt - Kick from knees, holding fins high

3. Frog Kick
   Another good kick around coral and silt - Alternate with flutter kick to prevent cramping

REMEMBER:
3 simple steps when choosing your fin kick

FLUTTER KICK
THE MODIFIED FLUTTER KICK
FROG KICK