

## **Rebuttal on Dr. Councilman's Technique versus the New Vertical Forearm Method**

***By Jim Green***

Last month's very well written comments on Dr. Councilman's sweep style for swimming versus the new method of vertical forearm execution dictates a response from me. I swam for Dr. Councilman for 2 summers in the early 60's. Yes I am that old. The methods he taught using the s shaped arm motion is not in any way like the current method of early vertical fore arm. The newer method does have some lateral movement in the sweep but it is not in any way like the s shaped movement espoused by Councilman. Let's be honest about Dr. Councilman. He was a genius. Any Coaching technique work done since then in the technique arena has stood on his shoulders. I still maintain that stroke technique has evolved well beyond Dr. Councilman's original premise of the S shaped technique.