

INSTROKE

Meaning: Instroke: a smooth, controlled movement or technique executed during a performance, particularly in sports or physical activities.

1. The athlete's impressive instroke during the competition secured her victory.
2. His instroke was so smooth that it captivated the audience's attention.
3. To improve her swimming technique, she focused on perfecting her instroke rhythm.
4. The coach emphasized the importance of a strong instroke for better overall performance.
5. During practice, he worked tirelessly to refine his instroke in the water.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/instroke>