

**THINGS TO REMEMBER**

**WITH**

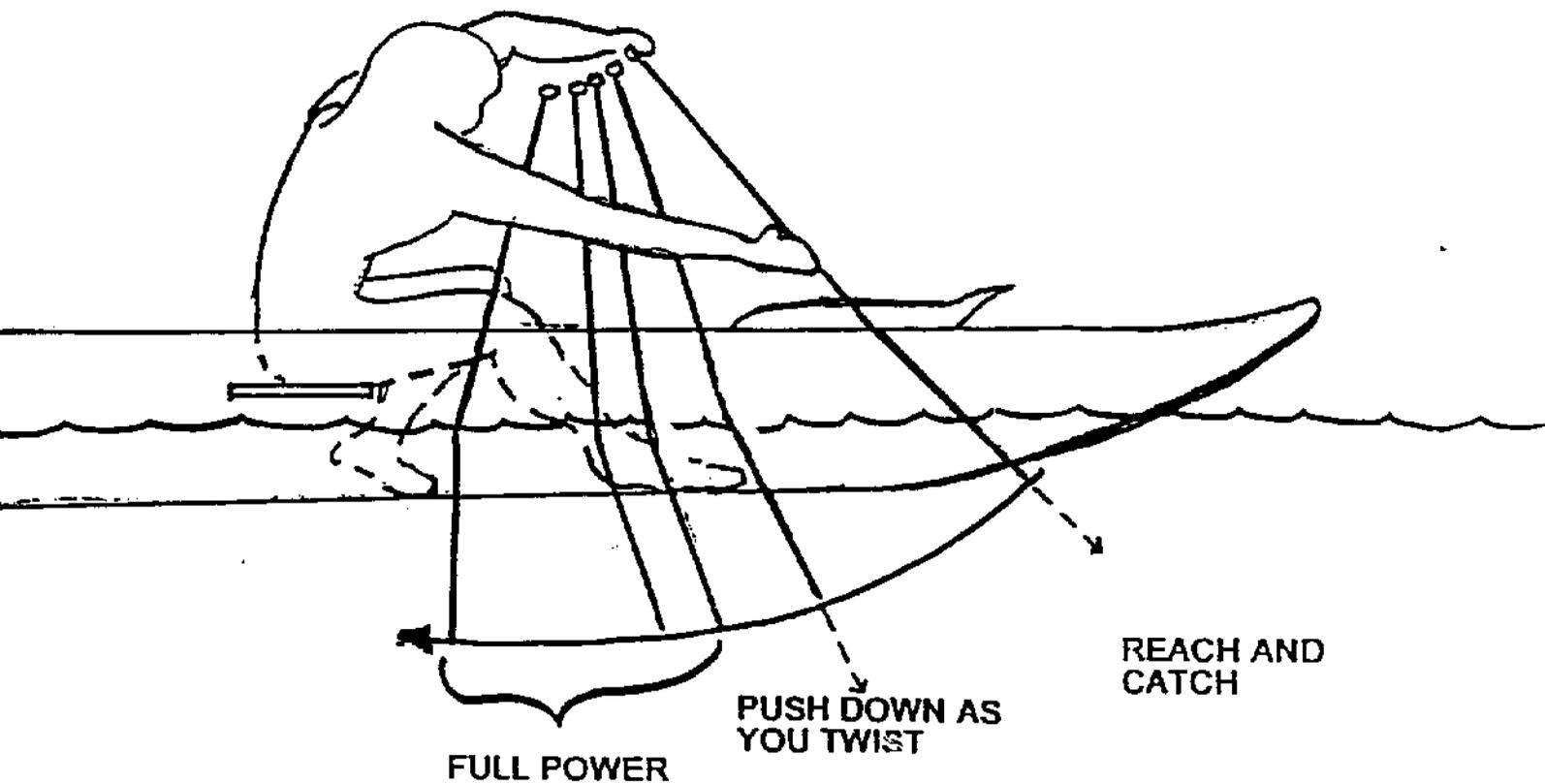
**EACH**

**STROKE OF THE PADDLE**

## THINGS TO REMEMBER WITH EACH STROKE OF THE PADDLE

### \* REACH by TWISTING

- LEAD WITH YOUR SHOULDER, ARM EXTENDED
- PUSH DOWN WITH THE TOP HAND
- DON'T DROP TOP HAND TO YOUR SIDE
- PULL ALONG THE SIDE OF THE CANOE
- REACH OUT IN FRONT ON THE CHANGE OVER
- ALWAYS PULL FULL BLADE THROUGH THE WATER
- EVERYONE CALLS THE "HO'S"
- YOU CALL YOUR "HO'S" AS YOU CATCH THE WATER



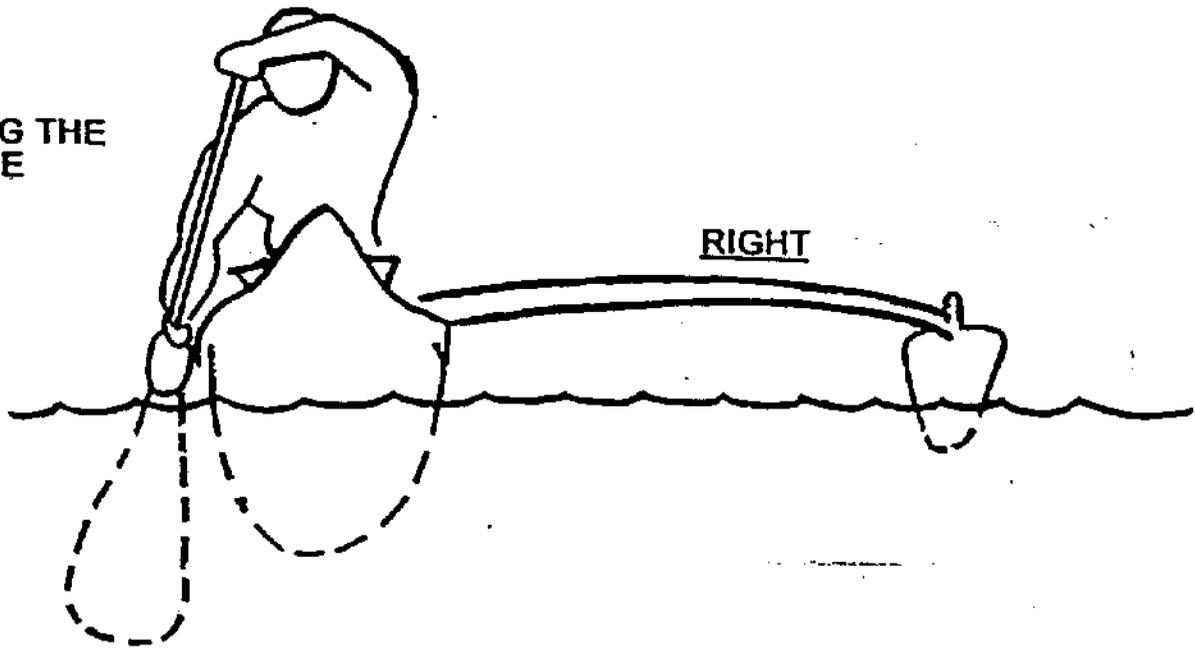
YOU GET THE REACH BY TWISTING—LEAD WITH YOUR SHOULDER, ARM EXTENDED  
CATCH THE WATER, THEN APPLY POWER BY PUSHING DOWN AS YOU TWIST BACK UPRIGHT

DO NOT STAB AT THE WATER

PULL WITH A FULL BLADE ALONG THE SIDE OF THE CANOE

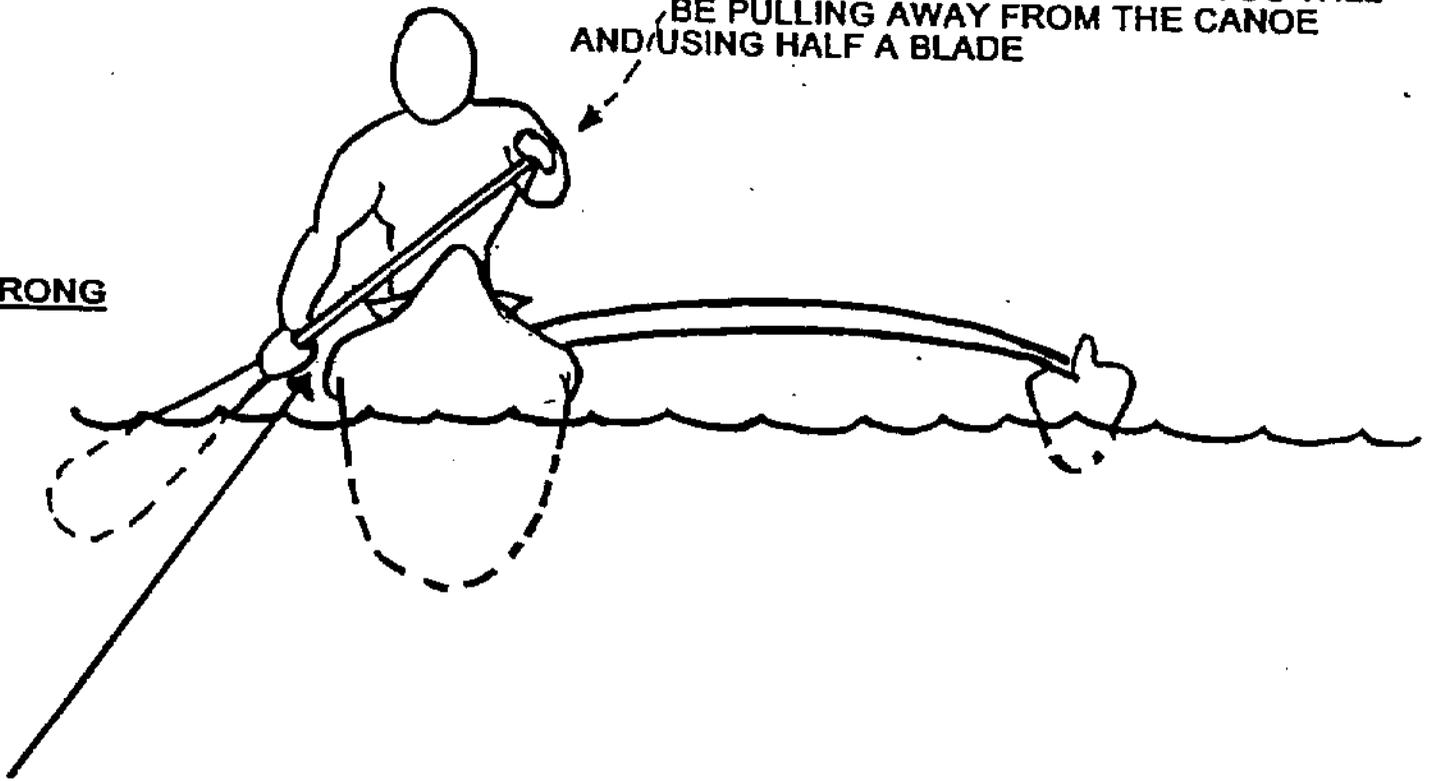
**KEEP YOUR TOP HAND IN FRONT OF YOU AND OVER THE GUNNEL**

**PULL ALONG THE  
SIDE OF THE  
CANOE**

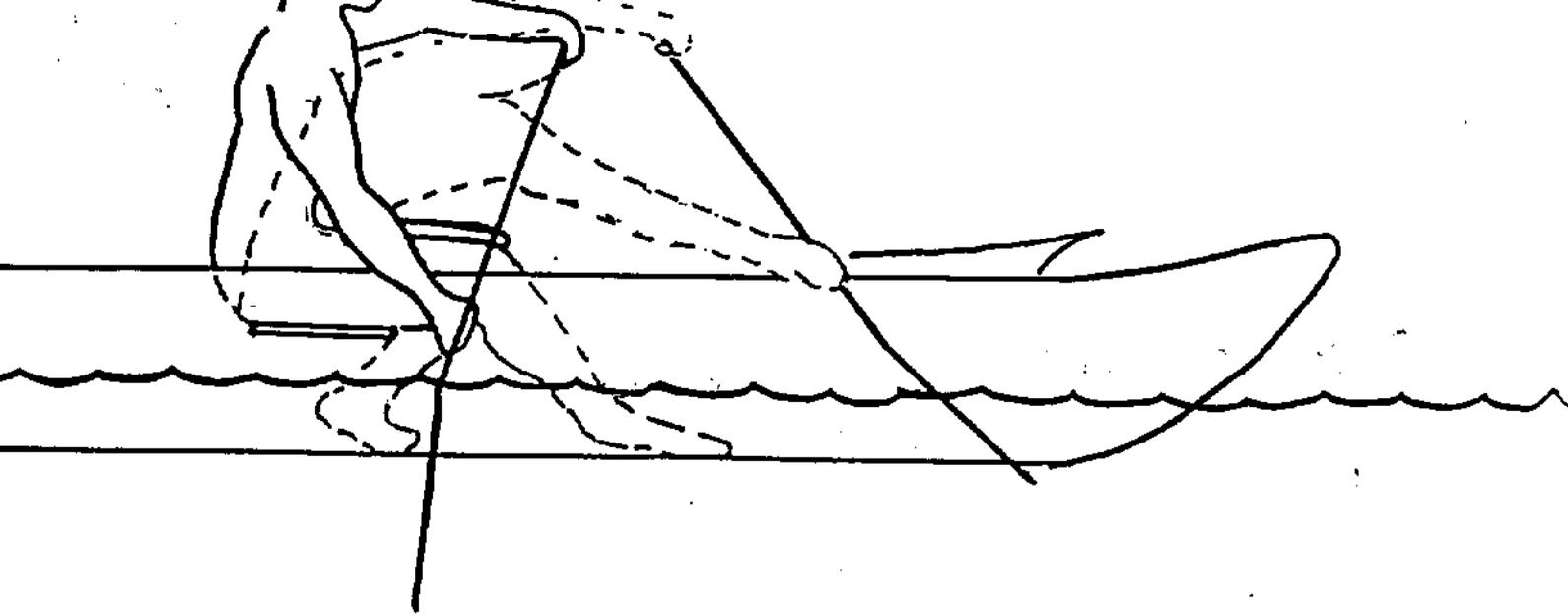


**IF YOU DROP YOUR TOP HAND YOU WILL  
BE PULLING AWAY FROM THE CANOE  
AND USING HALF A BLADE**

**WRONG**

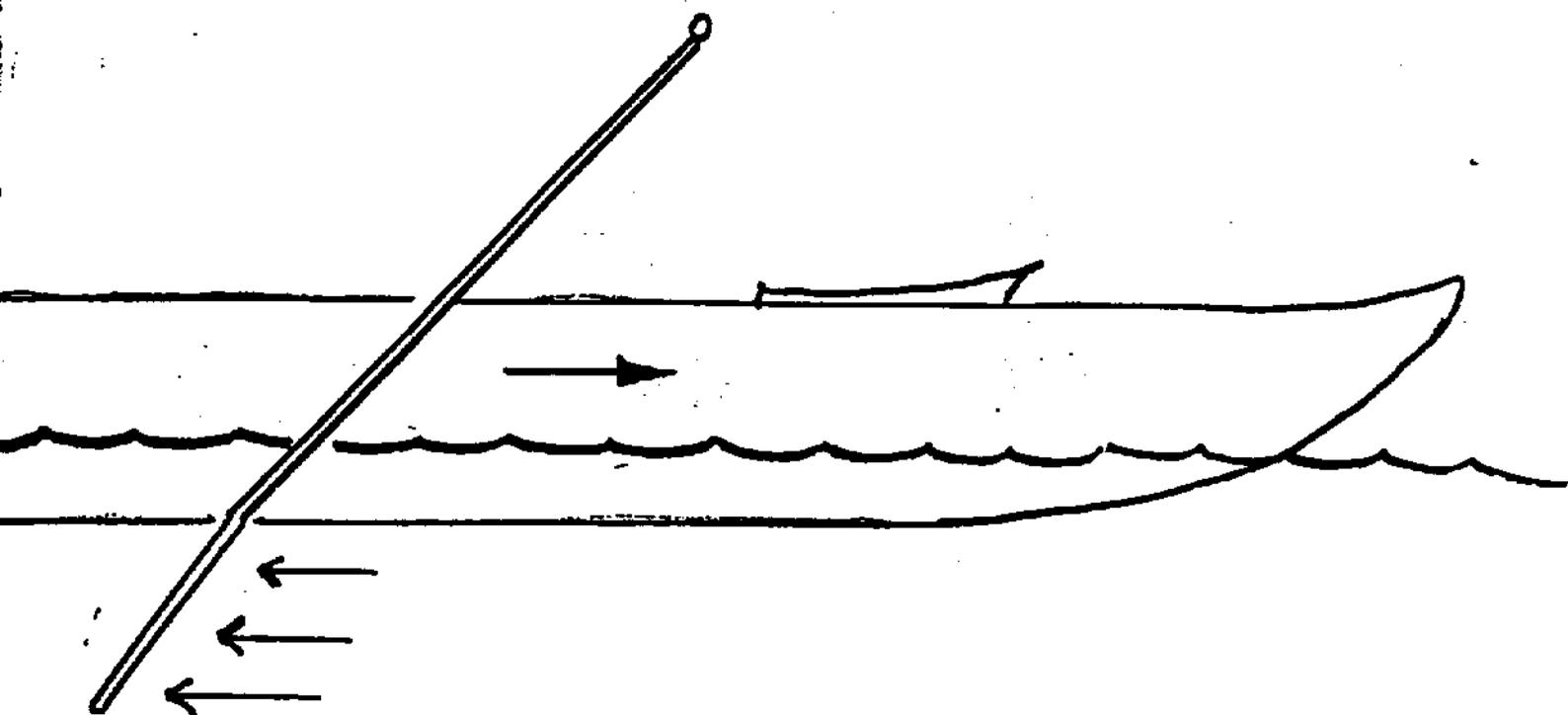


**YOU WILL ALSO START TO RUB THE PADDLE SHAFT ON THE GUNNEL**



**IF YOU BEND YOUR LOWER ARM TOO SOON, YOU WILL TIRE MORE RAPIDLY AND LOSE POWER BY USING YOUR ARM MUSCLES INSTEAD OF THE MUSCLES IN YOUR BACK**

**YOU BEND YOUR LOWER ARM TO RELEASE THE PADDLE FROM THE WATER AT THE VERTICAL POSITION AT THE END OF THE POWER STROKE**

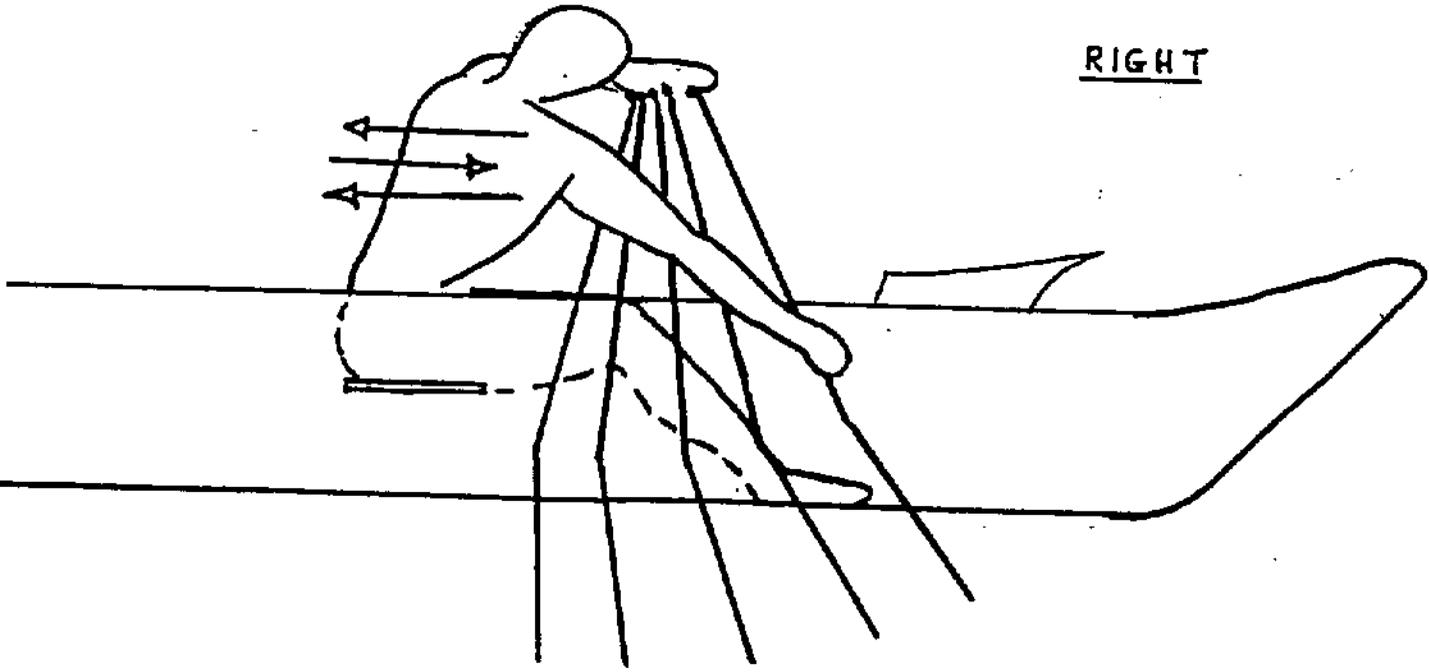


**IF YOU LEAVE THE BLADE IN THE WATER TOO LONG PAST VERTICAL, YOU START TO CREATE DRAG IN THE WATER, KILLING THE GLIDE**

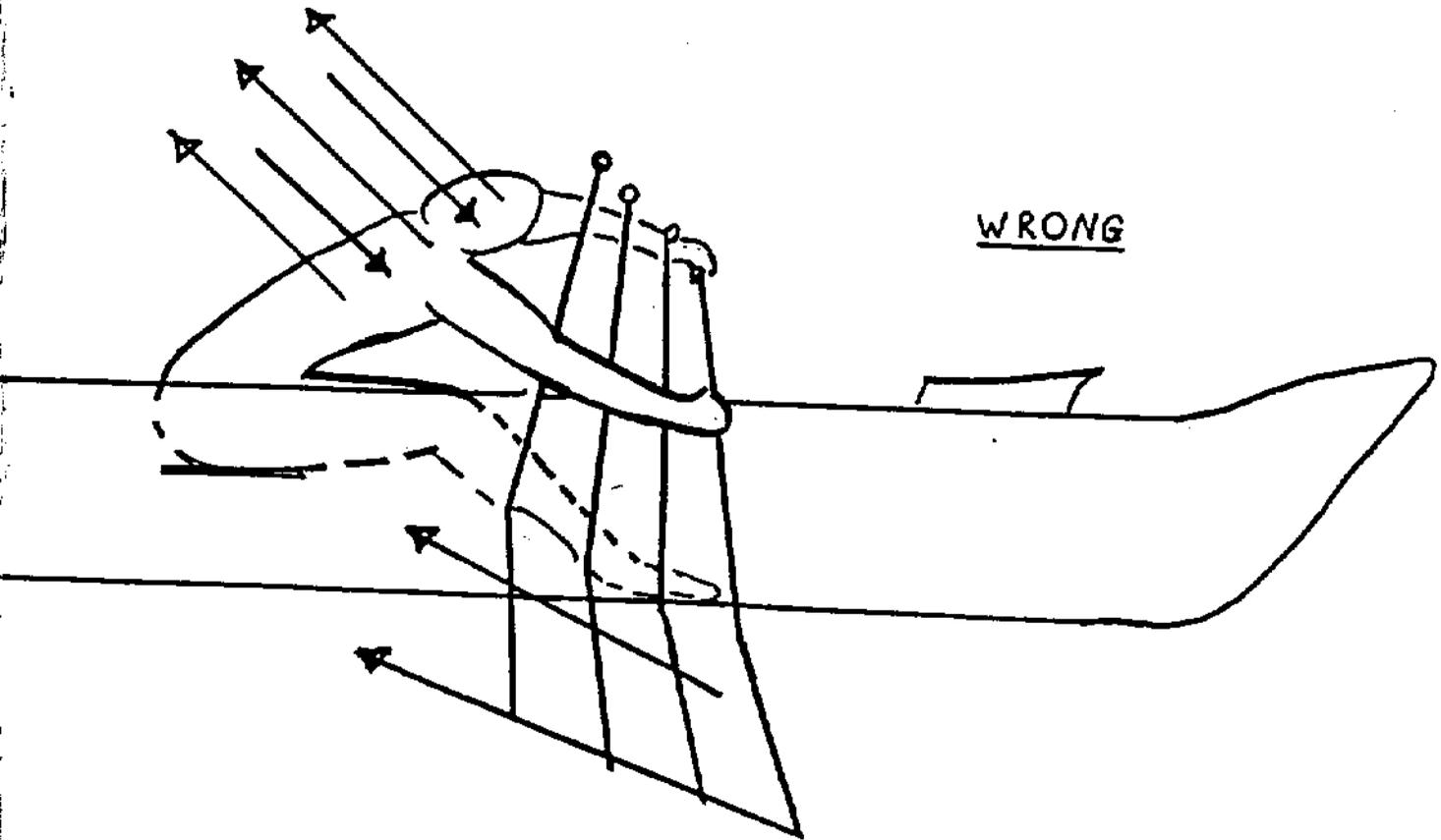
**YOU ACCELERATE THE GLIDE (MOMENTUM) BY PULLING IN FRONT OF YOU, NOT BY PUSHING BEHIND YOU**

REACH BY TWISTING, ELBOWS EXTENDED

RIGHT



WRONG



IF YOU GET YOUR REACH BY BENDING, YOU WON'T BE PULLING HORIZONTALLY THROUGH THE WATER AND YOU WILL BOUNCE THE CANOE, KILLING THE GLIDE.