



General Stroke Techniques

- Good **posture**
 - Torso & head upright – leaning slightly forward is good
 - Feet on properly adjusted pedals
- Arms & paddle form a **“box”**
 - Maintain blade angle & power, protects shoulder against injury
- **Loose grip** → Loose hips → staying right side up
- **Torso twist**
 - Use core abdominal/side muscles, rather than arms and shoulders
- **Eyes track** the working paddle blade
- Catch → Blade motion → Release → Catch (next stroke)....
- **Blade in the water = kayak stability**
 - Move directly into the next stroke
- Kayak angle (“edge”) is **INDEPENDENT** of upper body
 - Release your “inner salamander”

Put Your Kayak on Edge

Example:

Edge with right side of kayak high, curving torso & hips like a capital “J”

How?

Raise hip & thigh on high side using **abdominal & oblique muscles**

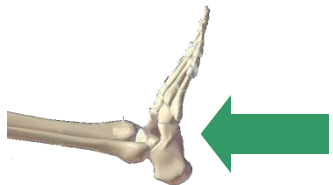
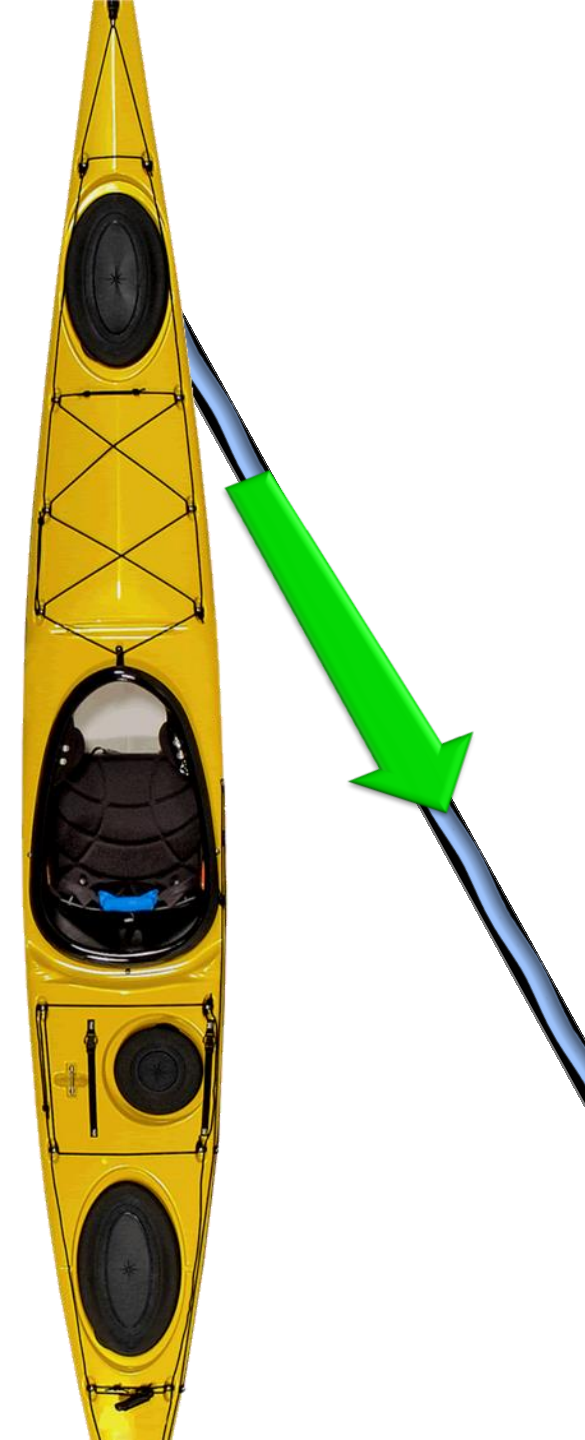
Note:
kayak remains balanced!





Forward Stroke

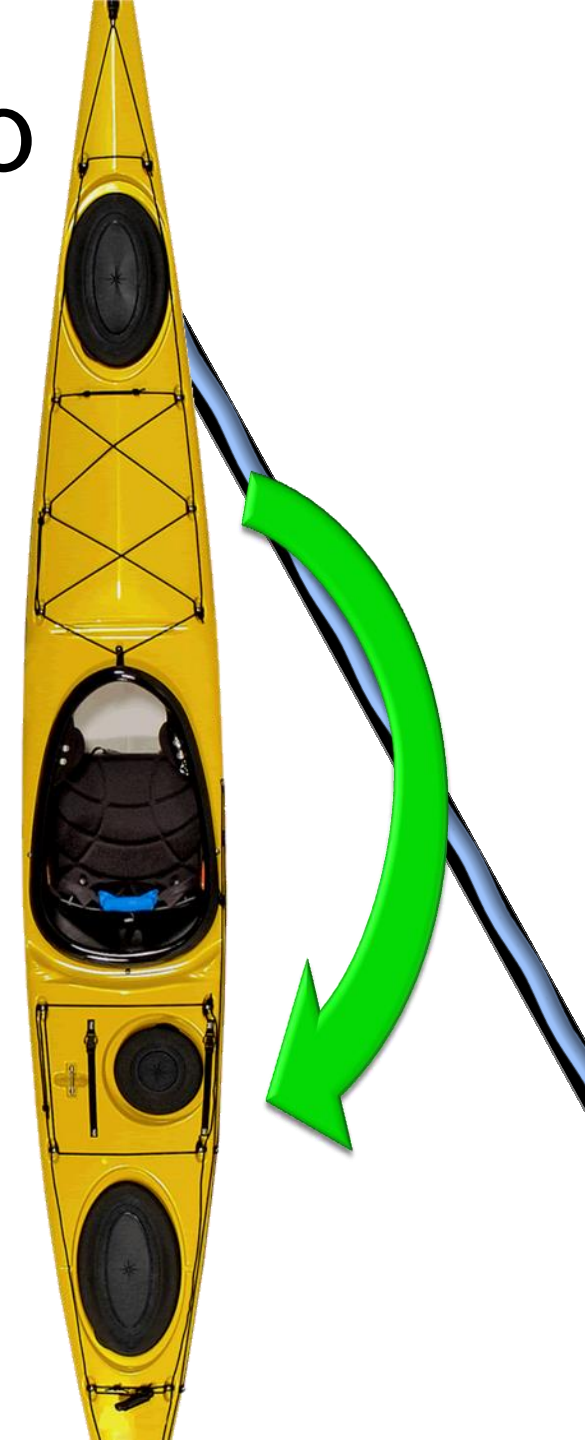
- All the General Techniques, plus...
- Blade fully inserted using **POWER FACE** near foot
- **Blade path** follows wake line angling outward from kayak
 - Slight climbing angle on the blade
- **Paddle-side foot** presses into peg
 - Translates core muscle power into kayak motion
- **Upper hand motion** across face
- **Release** blade near hip
 - Sooner than you think!
- No significant **splash** or turbulence





Forward Sweep

- All the General Techniques, plus...
- Blade inserted on **POWER FACE** near **foot** at slightly flatter angle (stretch the tip further forward)
- Blade path in **wide, smooth arc**
 - More climbing angle on the blade
- Steady **paddle-side foot pressure**, plus steady **opposite thigh** on brace
- Keep **upper hand below chin**
- Release blade behind hip
 - Failure to **rotate torso** or waiting too long to release invites *ez!sdəɔ* !
- Slight turbulence on blade is normal
- **Edging toward sweep** side makes the sweep stroke far, far more effective





Reverse Sweep

- All the General Techniques, plus...
- Blade inserted near limit of **torso rotation**, on **BACK FACE** at **climbing angle**
- Blade path in **wide, smooth arc**
 - Significant climbing angle on the blade
- **Neutral foot pressure**, plus solid pressure on **opposite thigh brace**
 - Aids in edging and stability
- Keep **upper hand below chin**
- Blade **release near ankle**
 - Failure to **rotate torso** or waiting too long to release invites *ezisdeo* !
- Turbulence on blade is normal
- **Edging toward sweep** side makes the sweep stroke far, far more effective





Low Brace

- All the General Techniques, plus...
- **Paddle held in “push up”** near combing edge (arms in “paddler’s box”)
 - Slight climbing angle on the blade
- Blade placed on surface on **BACK FACE** perpendicular **near hip**
- Neutral foot pressure on pegs, plus on **opposite thigh brace** pressure
 - Aids in edging and stability
- **Release** blade when brace is no longer needed or kayak slows
- Splashing under blade is normal
- **Edging into brace** adds stability
 - Recover balance during brace if needed

