



# Canoe Technique

- 1. Pause and extend reach before catch.** Push hip and bottom shoulder forward to form an “A” shape with your body.
- 2. Spear the water by pushing forward and down with your bodyweight.** Break the “A” shape at the waist and keep your weight off the front foot.
- 3. Bury the blade in the water before pulling.** The entire blade is in the water before it is pulled on.
- 4. Start pulling with the hip and then the back.** The arms remain almost straight.
- 5. Bent shaft feeling.** Push down and back on the paddle with the shoulders and upper back to sit up. This motion is similar to that of a pole vaulter. (also called “growing over the paddle”)
- 6. Accelerate past the buried paddle.** The boat moves while the blade of the paddle stays in the same place in the water.
- 7. Hip moves forward when the shaft passes the front knee.** The hip and shoulder on the pulling side start to move forward before the end of the stroke.
- 8. Snappy exit.** Pull the blade out quickly by slightly lifting the bottom arm, following the hip and shoulder.
- 9. Relax and twist in the air.** Relax your grip on the paddle while it is in the air. Continue to push the hip and forward in the "crosschecking" position, setting up for the next catch.
- 10. Keep your hips in the boat.** Keep your body weight on the paddle by not letting the hips go out over the water away from the paddle.