



Kayak Technique

- 1. Spear the water by pushing forward and down.** Catch close to the side of the boat.
- 2. Bury the blade in the water before pulling.** The entire blade is in the water before it is pulled on.
- 3. Powerful Bicycle.** Push vigorously on the footboard with the leg and hip on the pulling side. Bend the opposite knee and move that hip forward by pulling on the footstrap.
- 4. Keep your bodyweight on the paddle by vigorously rotating the upper body.** Pull the bottom shoulder back and push the upper shoulder forward. The top arm remains locked and slightly bent. The bottom arm pushes down and back.
- 5. Angle the path of the paddle.** The paddle follows a natural path at an angle away from the side of the boat.
- 6. Accelerate past the buried paddle.** The boat moves while the blade of the paddle stays in the same place in the water.
- 7. Both legs rotate and press slightly towards the blade.** This pressure helps to eliminate some of the torque created during the stroke.
- 8. Snappy exit at the hip.** Pull the blade out quickly by bending the elbow and raising the hand to ear level.
- 9. Relax and twist in the air.** Relax your grip on the paddle while it is in the air. Reach with the leading hand and twist your torso.
- 10. Paddle is parallel to the water in the recovery.** The paddle stays parallel with the water, at ear level, for as long as possible in the recovery.