

## CAPTIONS USED IN IVAN'S MASTERCLASS

- The need to create a fixed point for the fulcrum using the top hand. The rowers have an outrigger to fix the fulcrum but canoeists do not have that luxury. This fixed point is achieved by fixing the top hand in relation to the body (*ie the high fulcrum*). It must NEVER be motivated to go forward whilst the opposite blade is in the water. It is only pushed forward to full extension during air work in the recovery. Whilst applying force to the blade, the top hand must stay fixed in relation to the body and only move *sideways* with the rotation of the body to finish in front of the opposite shoulder.
- When the blade is in the water on the left, focus on trying to get the right elbow to cross over until it is above the knee. This can only be achieved through rotation from the hip. The amount of rotation required is not great as it comes from the hips and not from the waist.
- Whilst the power is being applied to the blade through rotation of the body, neither the top arm nor the bottom arm are doing anything (*ie they are not pushing forward or pulling back*). Canoeing is not an arm sport. It is more about pushing (*with the leg and the opposite shoulder*) than pulling.
- Efficiency is measured in how far the boat moves forward on each stroke. Do not rush into the next stroke as the boat is at its fastest at the end of each stroke (*ie maximise the glide between strokes*)
- To put downward force on the blade, you should try to stand up off the footrest whilst pushing down with your shoulders. The more you push downwards from the shoulder, the more you will place your weight on the blade. Downward force on the blade from the shoulder will generate lift in the boat and it will shoot forward.
- All the forces (*pushing, pulling, levering*) must be focussed into the boat and not away from the boat.
- The boat is moving at its slowest speed at the Catch.
- Place the blade into the water at the Catch using the top shoulder (*or arm*)
- There should be a positive angle at the Catch (*ie the top hand should be just behind the bottom hand*). As soon as the top hand is in front of the bottom hand no further power can be applied effectively *and the emphasis in the stroke switches to Exit and Recovery*
- Do not “hit the Catch”. Wait until the vacuum behind the blade has been filled before applying power to the blade (*ie the blade must be fully submerged at the Catch before the power is applied*)
- You do not know when the Catch has happened, you just know it has. *This refers to the Catch being part of one single ballistic movement incorporating the Catch and the Drive. For analysis, the two are separated but in practice it is all one movement – not two separate movements*
- Need to maintain a strong top arm when the blade is in the water. Resist the pressure for the top arm to shoot upwards into the “Please Sir” position (*this indicates that downward pressure is not being applied to the blade in the water and it is a weak position for the forward push from the shoulder*). At no stage should the elbows be higher than the shoulder (*keep the elbows and shoulders low*)

- Canoeing is about sequencing. Do not rush into the next stroke but focus on the stroke that is taking place.
- The correct sequence is to engage the big muscles before the smaller muscles (*ie legs, torso, shoulders, arms*). Use the big muscles to generate power at the start of the power phase of the stroke and the smaller muscles to generate speed towards the end of the power stroke before the Exit.
- The (ballistic) movement of the “pulling” arm has a natural path (*from shoulder height down towards the water*). The Exit starts at the bottom of the arc. (*Nb. This will avoid the stroke extending behind the body*)
- At the Exit, take the blade out using the back of the hand and keep the elbow low. As long as the paddle comes out parallel (*with the shoulders*) and to the side it will not scoop water
- Avoid the “concertina” effect where the chest dips to the side. Maintain the gap between the pelvis and the rib cage. Do not let the chest collapse and dip to the side opposite the blade in the water. This loses all the power that has been built up by the leg push. Chest and shoulders should remain level throughout.
- Do not bob forward in an attempt to reach as far forward as possible or to place your weight on the blade because it is not then possible to maintain effective pressure on the footrest and therefore the connection to the boat is lost. Push against the footrest with the leg on the paddling side, sit tall, raise the chest and counter this force by pushing forward and down with the opposite shoulder. Another reason for avoiding bobbing is because it causes the bow to dip down into the water during the power phase (and rise during the recovery) when it should be being lifted up (and drop in the recovery).
- Moving the knees up and down means nothing unless it is caused by pushing with one leg to drive the hip back and maintain contact with the boat during rotation. Do not push with both legs at once

The blade must grip the water. This means avoiding spilling water round the side of the blade. It must stay in position and not move sideways.