

TIM BRABANT'S CAPTIONS

Set-up (This is part of the Glide Phase during which both blades are clear of the water).

- Shaft parallel to the water at head height
- Front hand fully extended
- Rear hand level with the ear with elbow low and bent at a right angle
- Torso fully rotated – as though about to barge into someone

Catch (from where the blade touches the water to the point where it is fully submerged)

- Back hand punches forward to drive the blade down towards and into the water
- Front arm stays straight
- Back hand drives the blade down to the water over the outstretched forward hand
- Blade spears into the water as close to the vertical as possible, as far forward as possible and as close to the boat as possible
- Rear hand stops pushing forward (in order to fix the fulcrum at arm's length in front of the face) at the completion of the Catch
- Blade fully submerged in front of the cockpit
- Both arms fully stretched at the end of the Catch with the shaft vertical when viewed from the side at the front of the cockpit

Power phase (ie from the end of the Catch to the start of the Exit)

- Power generated by the rotation of the torso – elbows and shoulders locked
- Paddle sweeps slightly away from the boat but elbows still locked
- Upper arm stays locked at head height and above the front of the cockpit and only moves sideways due to the rotation of the body
- Paddle blade kept as vertical as possible in the water whilst power is applied through body rotation
- Shaft remains parallel to an imaginary line between the locked shoulders

Exit (ie lifting the blade out of the water)

- “Overextension” of the upper arm (clearly seen in the shot from above) helps to pull the blade forward during the Exit.
- Exit at the hips
- Lower arm lifts from the elbow until the hand is at head height to establish the set-up for the opposite side