KAYAK TECHNIQUE EVALUATION FORM

Name:		**Paddle Set-up**					
Date:		Design:					
Session:		Length:					
Average Paddling Speed (M/s)		Grip width:					
		Feather:					
		Boat Design:					
		(1) V Poor	(2) Poor	(3) OK	(4) Good	(5) V Good	**Comments/Improvement**
General Posture	Shoulders						
	Trunk						
	Head						
	Legs						
	Hips						
Position in boat	Seat length						
	Seat height						
	Seat position/trim						
Paddle	Hand placement						
	Grip						
	Horizontal position						
	Angle at the Catch						
	Blade						
	Stroke acceleration						
Boat Movement	Boat run/bouncing/bobbing						
	Rocking left to right						
	Yawing, tail moving L/R						
Stroke sequence							
Manage the Arms	Recovery						
	Set up (pre Catch)						
	Catch						
	Make Pivot in the Top Hand						

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	Exit						
Manage the Trunk	Maintain the frame						
	Drive with legs/hips						
	Weight on the blade						
	Shaft parallel to chest						
	Shoulders parallel to hips and water						
Manage the Whole Action	Ballistic (Forceful) stroke						
	Single ballistic movement						

NOTES:

Shoulders	Shoulders should be low and locked back during the power phase. No sign of hunching or pushing one shoulder forward to try to achieve extra reach
Trunk	Abs and lower back muscles must be firm when applying power to each blade. Back must be straight with a slight forward lean from the hips (not from the waist). Should be no sign of a curved spine or bending at the waist - either sideways or forward. Not slouched or leaning back against the rear of the cockpit.
Head	Upright - neck in line with the spine. Still - not rolling or looking from side to side. Eyes focussed a few feet in front of the bow
Legs	Hamstrings should be relaxed and not tense. This is achieved if the knees are bent at about 120 degrees. Knees should be close together but not touching - they must not be splayed out and touching the sides of the cockpit. Heels together; feet in contact with the T bar but not gripping it
Hips	Pelvis should be tilted forward and not back. Forward tilt enables a straight back with a slight forward lean. Backward tilt prevents weight being placed on the footrest and the body is in a less powerful position to lever the boat passed the blade.
Seat length	Adjust to ensure knees not too high or too straight (an angle of 120 degrees is about right) and hamstrings relaxed
Seat height	Optimum height for stability and application of power. Low seat (2 inches at the front) gives more stability but less power and more difficult to get out of the boat. A high seat (4 inches at the front) gives more power and easier to get out but much less stable and could negate the advantages. Most kayaks have a "normal" seat height of about 3 inches.

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Seat position/trim	Is the bow up or down when stationary? Does the bow come completely out of the water when under power? Correct trim is achieved when the bow is slightly down in the water when stationary. This allows the boat to run level at cruising speed and be slightly raised at maximum speed. Seat and footrest will need to be moved forward or back to achieve this. If the footrest has to be moved forward it may be necessary to move the T bar forward also to avoid more than 3 inches protruding through the footrest.
Hand placement	Equidistant from each blade. Not too wide apart (weak lever); not too close together (less control over the blade)
Grip	Relax the grip during the Recovery. Grip should be relaxed with 4 fingers round the shaft when the nearest blade is in the water.
Horizontal position of the shaft	This should be at or above shoulder height
Angle at the Catch	This should be a slightly positive forward angle with all 4 fingers curled round the shaft. If the angle is too shallow it will not be possible to curl all the fingers round the shaft.
Blade	Should be fully covered before completion of the Catch and before leverage is applied through body rotation. Should not be too shallow or too deep but just covered to the neck of the blade
Stroke acceleration	Overcome the initial resistance at the Catch with the big muscles in the torso and then accelerate through the stroke using the smaller muscle groups in the arms
Boat run (bouncing/bobbing)	Bow should not lift completely out of the water during the stroke. Bow should not bob down into the water due to leaning forward too far in order to place the blade in the water as far forward as possible.
Rocking left to right	Boat should run level and not rock from side to side - usually caused by inappropriate upper body movement such as leaning away from the stroke side
Yawing, tail moving left and right	Drive stroke should be straight - no sweeping sideways
Recovery (or air work)	Top hand no higher than the head when pushing forward during the Recovery. Shaft parallel to the water at no lower than shoulder height
Set-up (pre Catch)	Top hand extended well forward just before the Catch with the shaft having a sightly forward angle due to the rotation of the body
Lock the Blade (Catch)	Blade must not slip sideways; blade stays in the same place in the water; blade fully covered quickly to finish the Catch before the Drive phase
Make Pivot in the Top Hand	Top hand fixed in relation to the body whilst the opposite blade is in the water - there must be no forward movement of the top hand except during airwork
Exit	Lift from the elbow at the Exit to head height. Do not lift from the shoulder. Elbow should bend to 90 degrees during the lift with the hand raised no higher than the side of the head
Maintain the frame	Must not collapse at the waist on either side; lock the arms and shoulders during the Drive phase; body remains upright with a slight forward lean and does not bob forward and back. Rotate around a straight back. Do not allow the body to lean away from the blade on the paddling side
Drive with legs/hips	Leg drive related to rotation from the hip and enables contact with the footrest to be maintained so that you can try to lift your body weight off the seat; this drive with the leg on the paddling side is countered by pushing the opposite shoulder/hip forward
Weight on the blade	Lean slightly forward - must not lean back as it is more difficult to maintain pressure on the footrest; try to lift your weight off the seat by pushing down on the footrest whilst driving the blade down at the Catch
Shaft parallel to chest	Achieved by locking both arms and shoulders in relation to the body during the Power phase and not allowing the blade to drift behind the hip before the Exit
Shoulders parallel to hips and water	Upright posture; shoulders locked during body rotation; ribcage must not collapse into the waist; body must rotate from the hips - not the waist
Ballistic (Impulsive) stroke	Strong forceful positive stroke. Not weak, tentative and slow.

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Single ballistic movement	Catch and Drive is one single ballistic movement - even though these are analysed separately. Blade enters the water forwards and down which enables a ballistic curve in the stroke and is fully submerged before any "pull" is applied. Any splash behind the blade as it enters the water indicates that it is being pulled backwards before it is fully covered. Remember to "spear the fish" before levering past the blade.