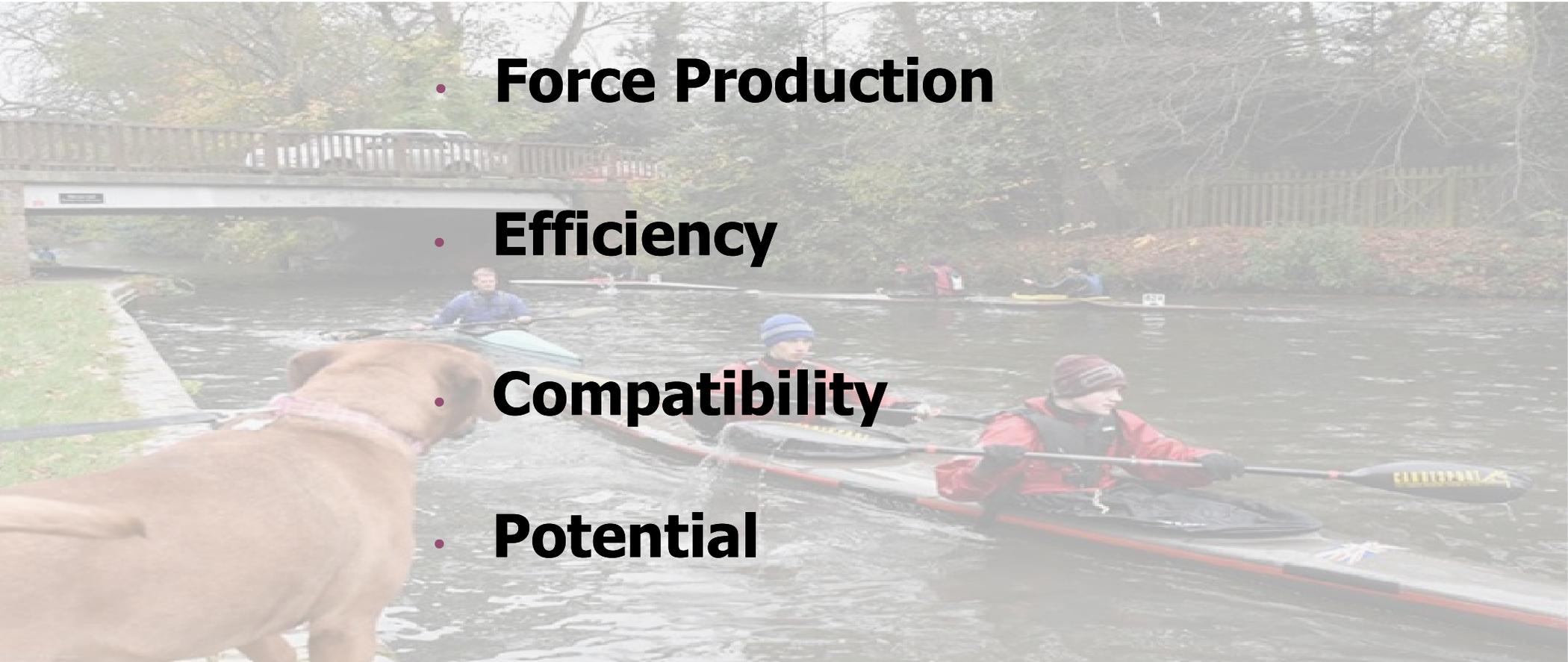


REASONS FOR ADOPTING GOOD FORWARD PADDLING TECHNIQUE

- **Force Production**
- **Efficiency**
- **Compatibility**
- **Potential**



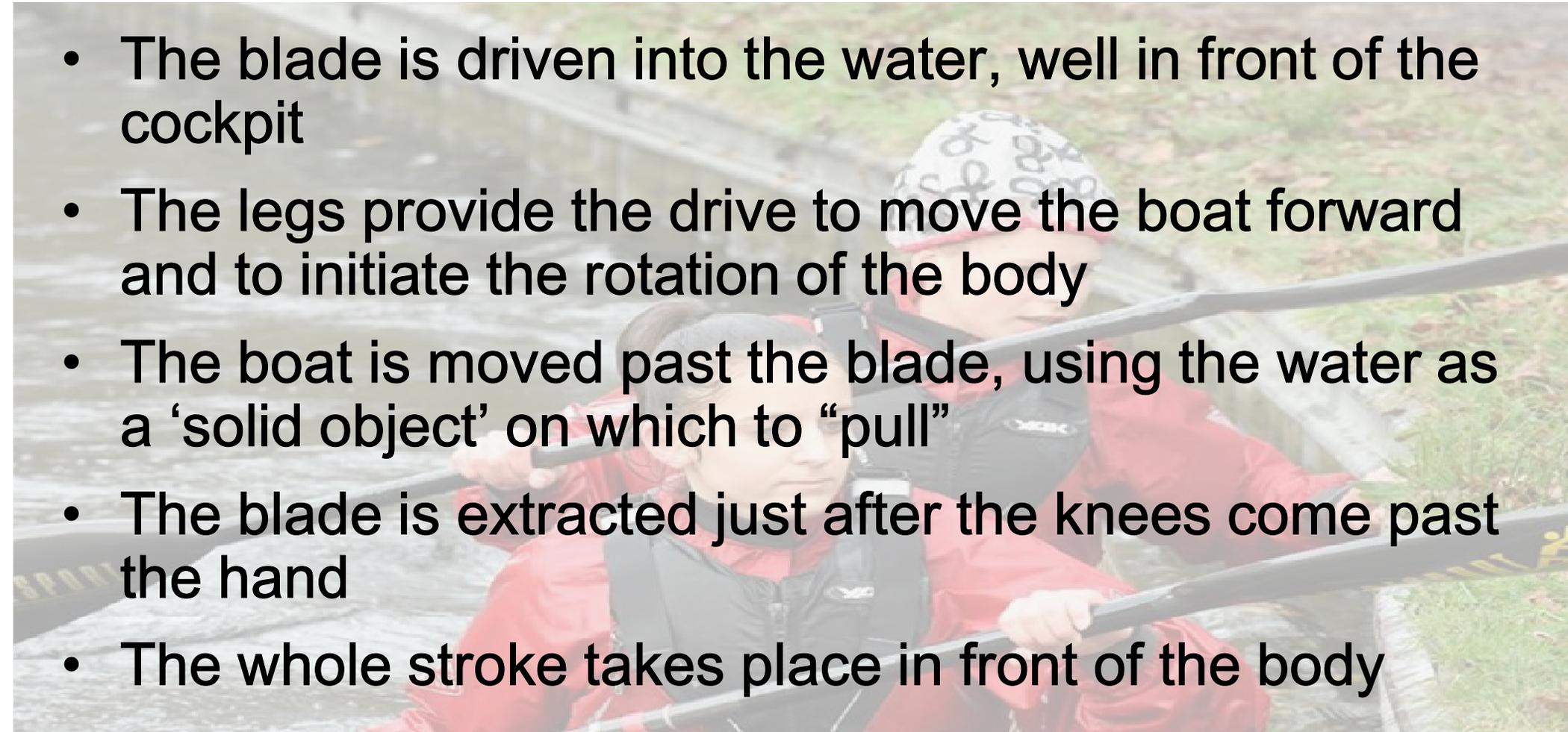
FORWARD PADDLING TECHNIQUE FUNDAMENTALS

- **Posture**
- **Connectivity**
- **Power Transfer**
- **Feel**

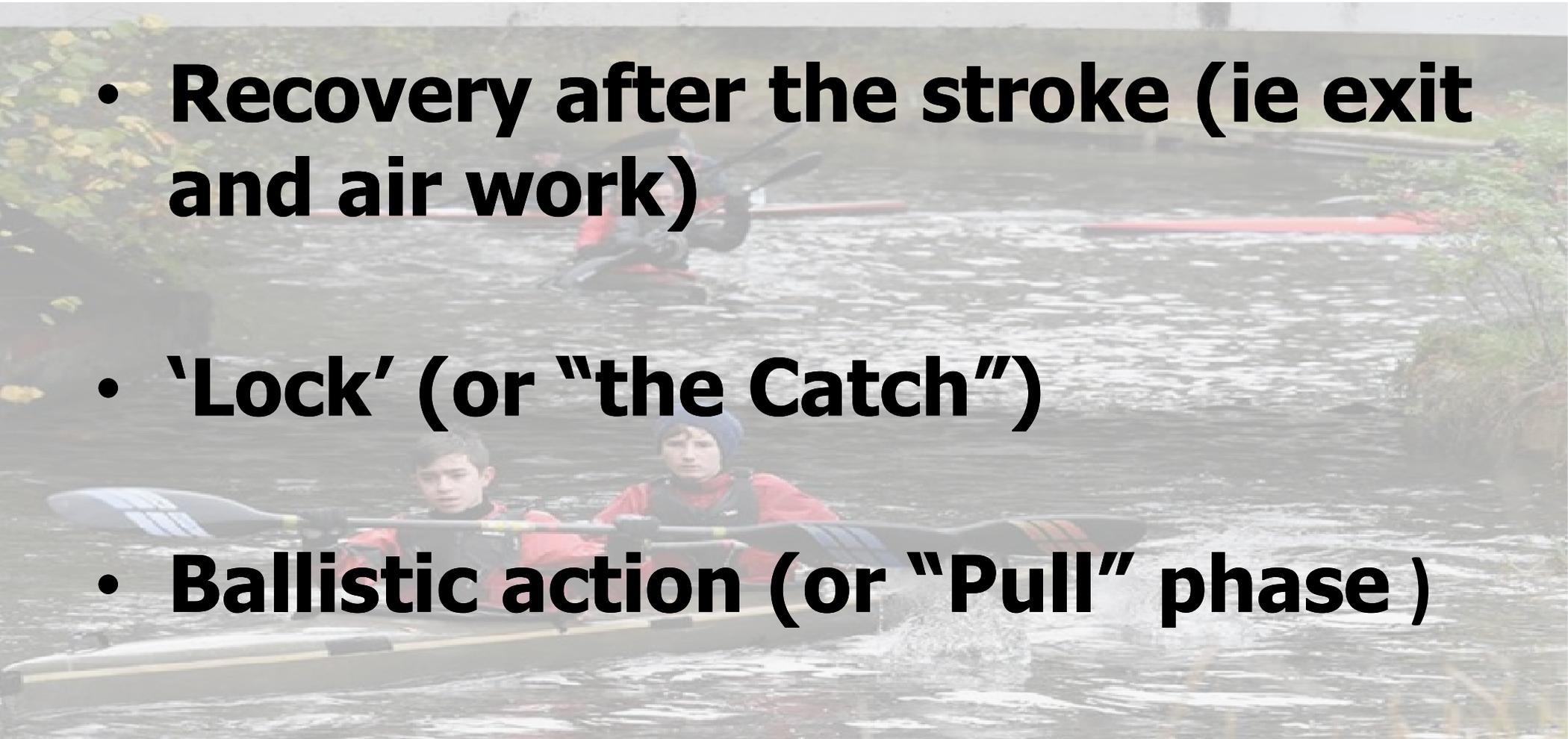


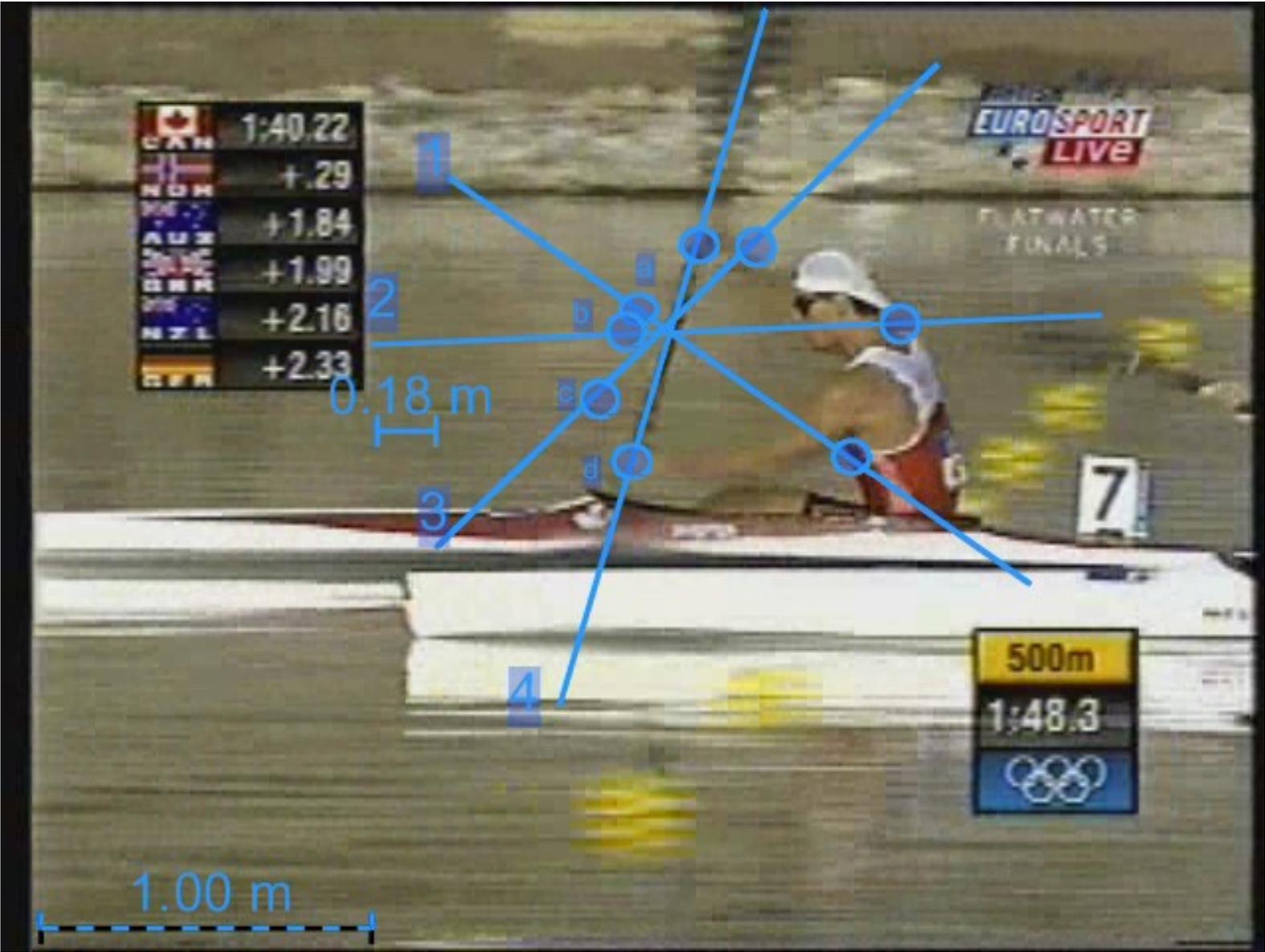
Principles

- The blade is driven into the water, well in front of the cockpit
- The legs provide the drive to move the boat forward and to initiate the rotation of the body
- The boat is moved past the blade, using the water as a 'solid object' on which to "pull"
- The blade is extracted just after the knees come past the hand
- The whole stroke takes place in front of the body



FORWARD PADDLING TECHNIQUE - PHASES

- **Recovery after the stroke (ie exit and air work)**
 - **'Lock' (or "the Catch")**
 - **Ballistic action (or "Pull" phase)**
- 



03.Hollmann K [analysis-catch1]



01.TimB - front



Whole “Power / Glide” action



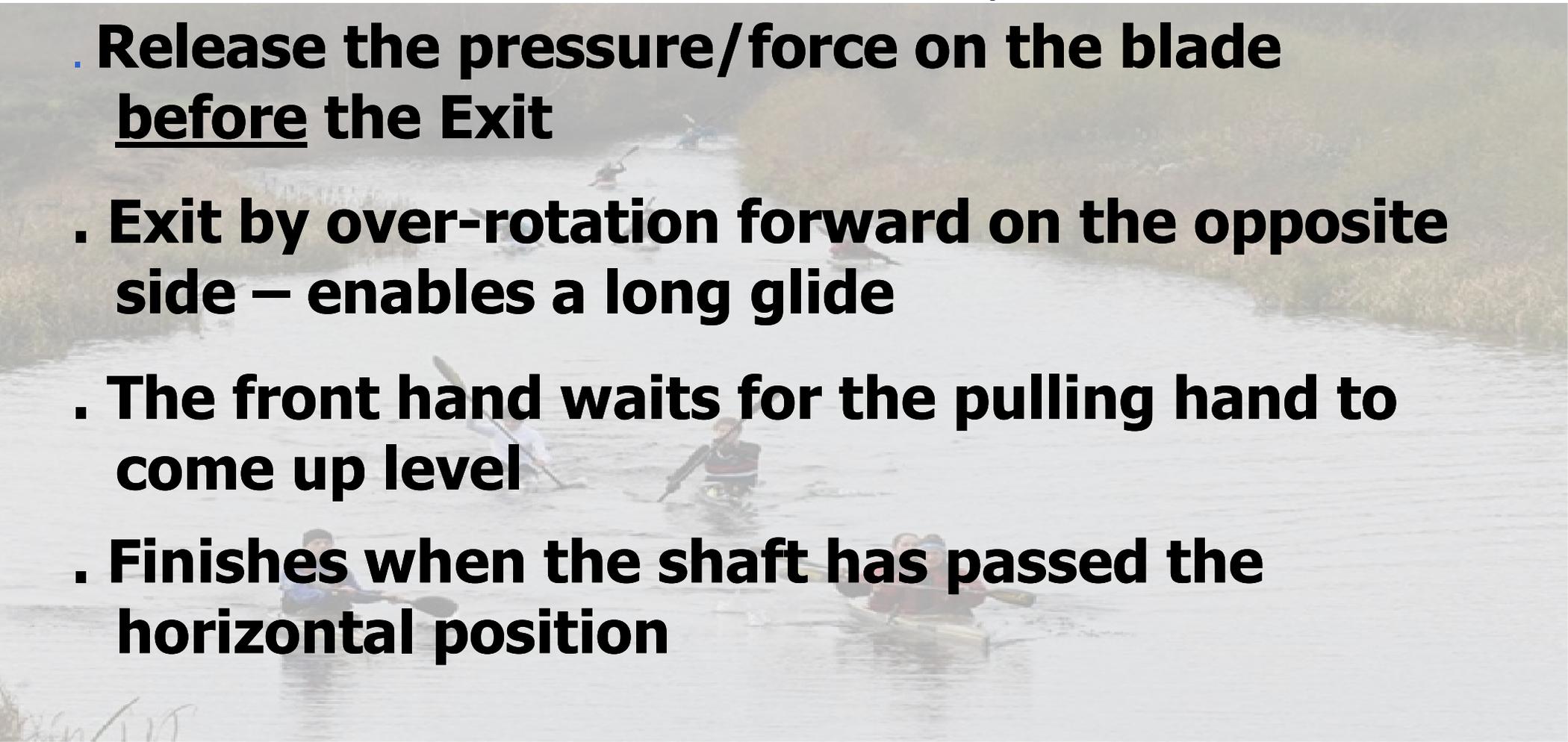
The Power Stroke

The trunk rotates to lever the boat past the blade.
Arms merely link the trunk to the blade.

The Glide

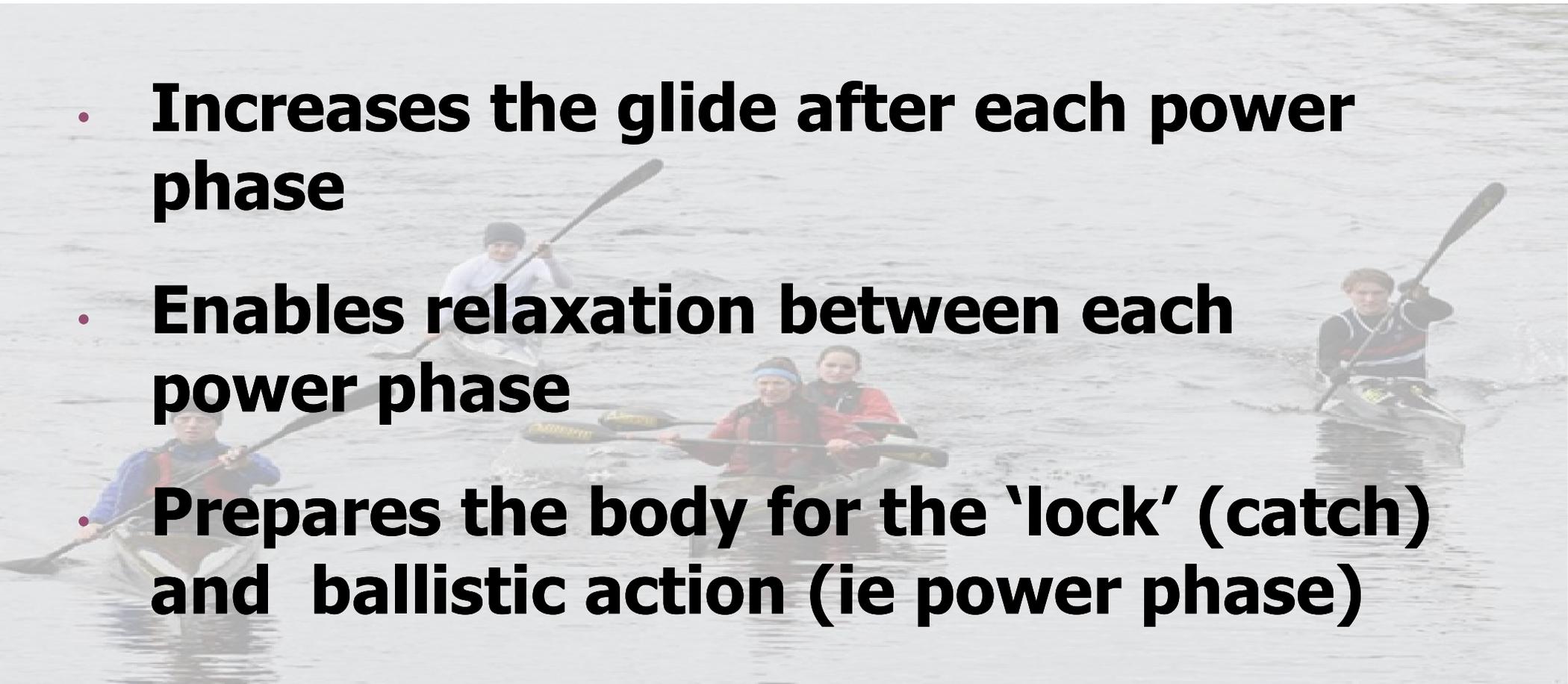
Both blades out of the water during the glide phase.
Forward hand “waits” at shoulder height

The Recovery

- **Release the pressure/force on the blade before the Exit**
 - **Exit by over-rotation forward on the opposite side – enables a long glide**
 - **The front hand waits for the pulling hand to come up level**
 - **Finishes when the shaft has passed the horizontal position**
- 

Benefits of the Recovery

- **Increases the glide after each power phase**
- **Enables relaxation between each power phase**
- **Prepares the body for the 'lock' (catch) and ballistic action (ie power phase)**



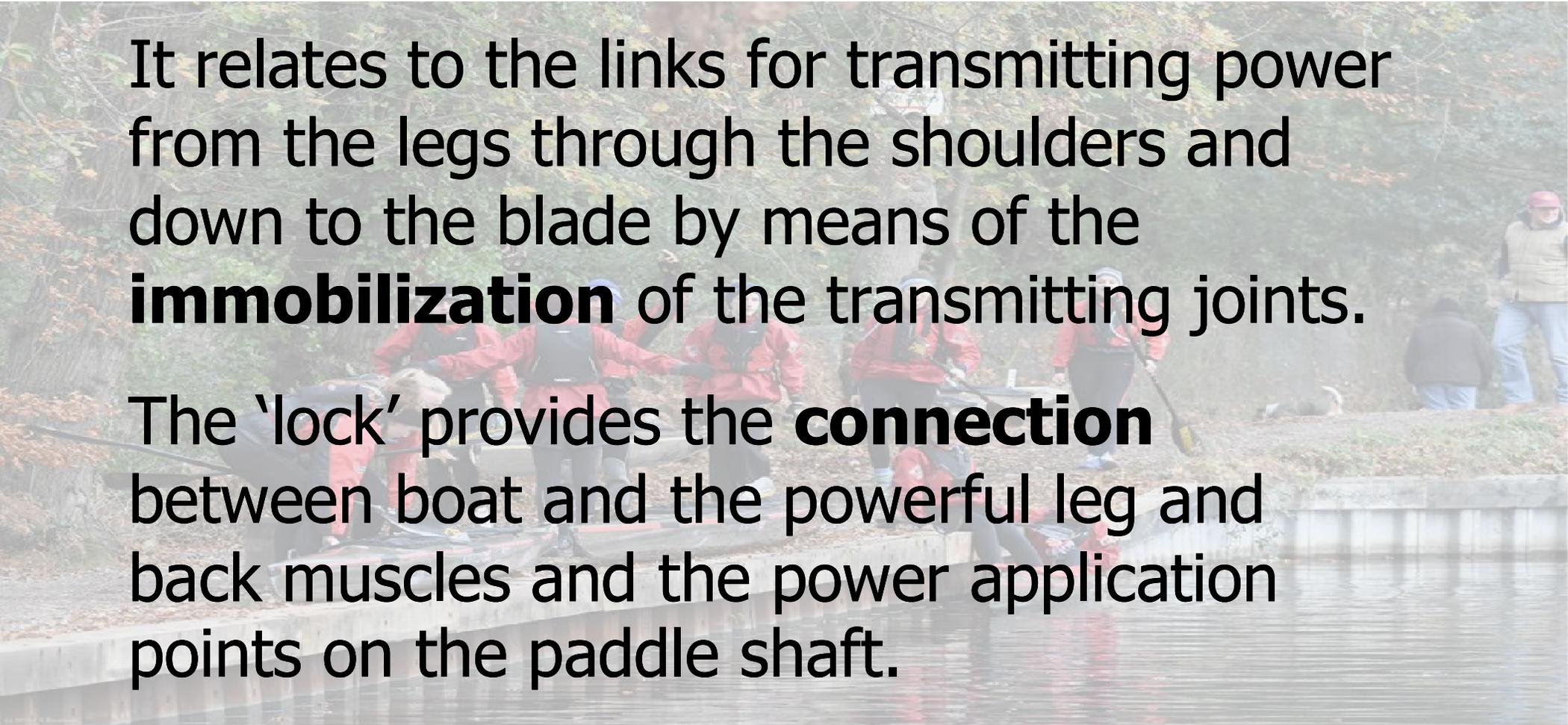
THE 'LOCK' or CATCH



What is the “Lock” ?

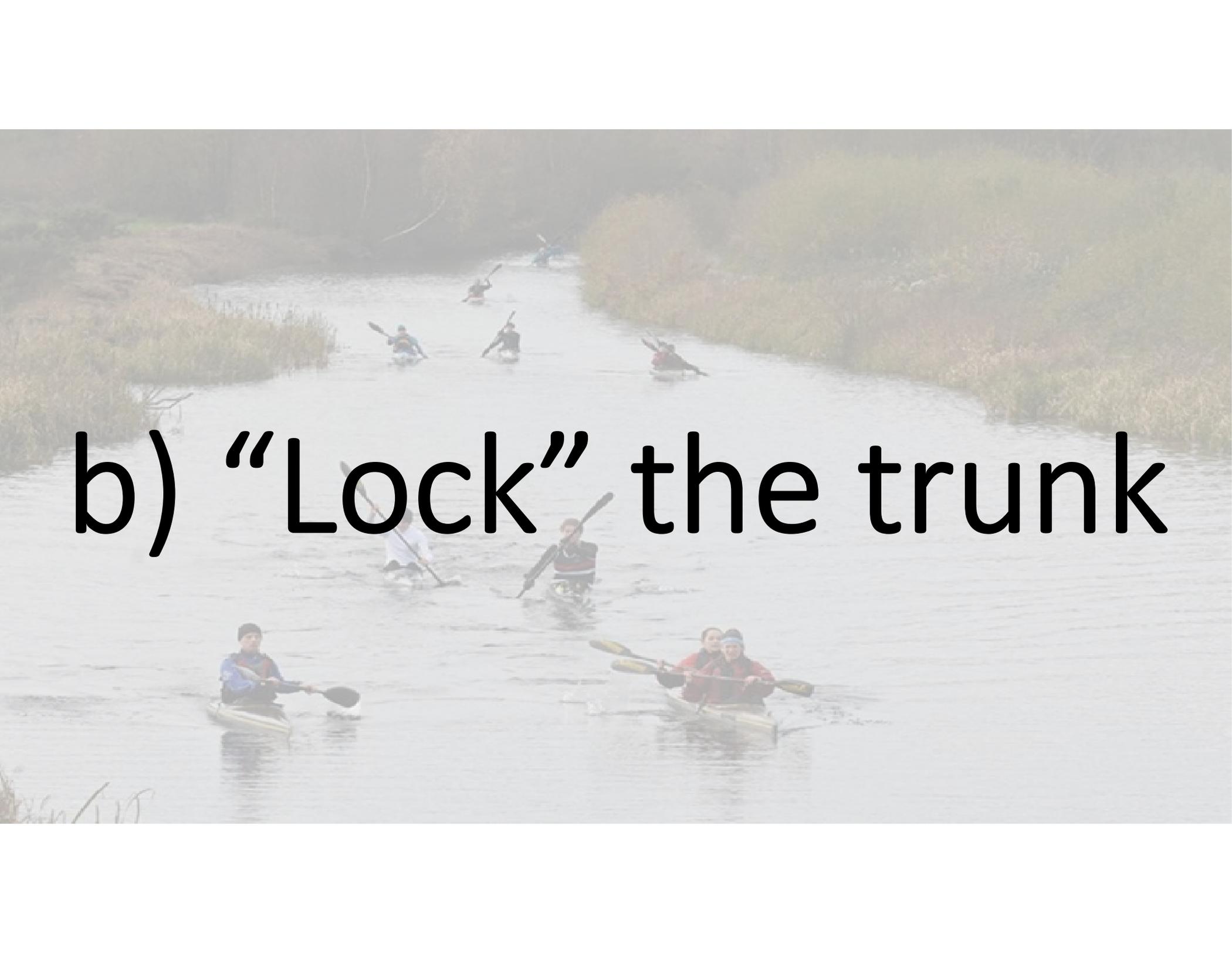
It relates to the links for transmitting power from the legs through the shoulders and down to the blade by means of the **immobilization** of the transmitting joints.

The ‘lock’ provides the **connection** between boat and the powerful leg and back muscles and the power application points on the paddle shaft.



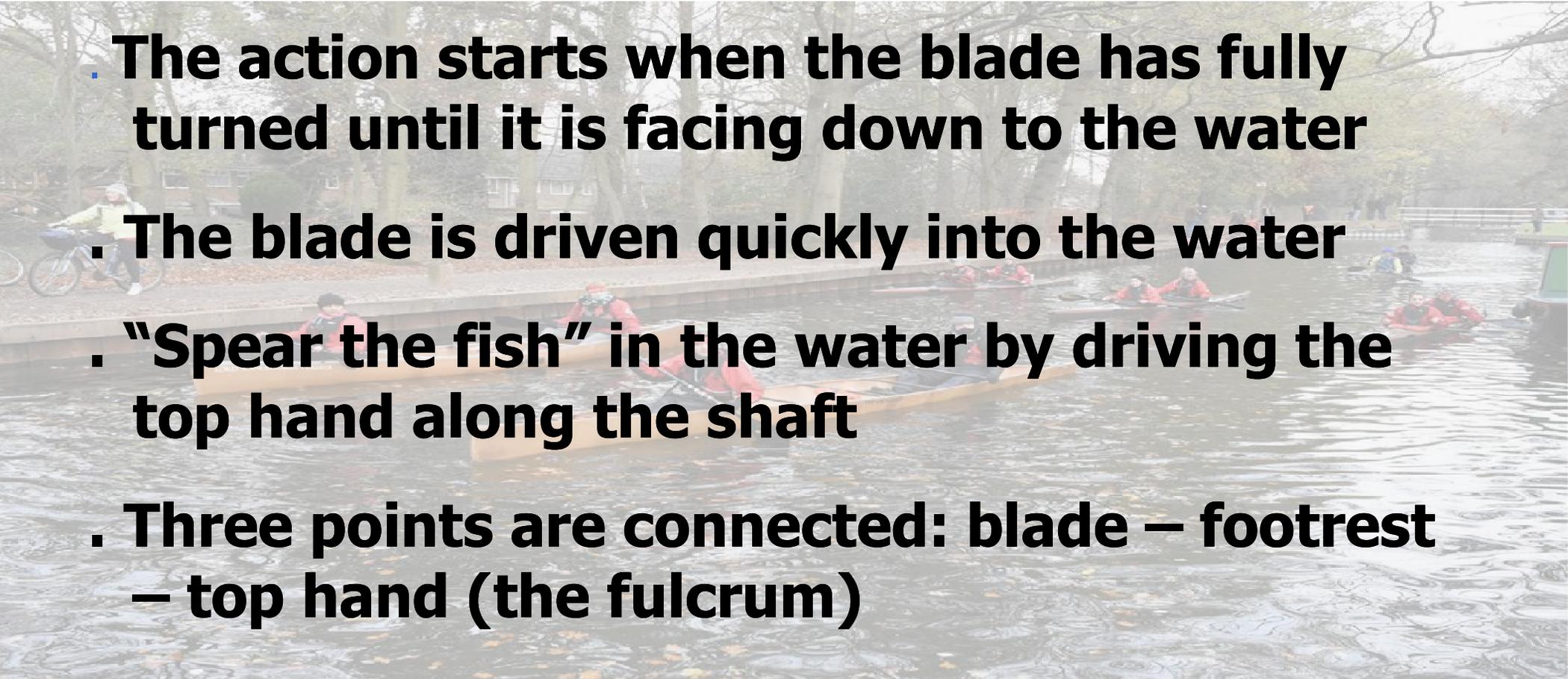
A photograph of two women in kayaking gear. One woman is sitting in a kayak on a river, wearing a red jacket, a grey headband, and a black life vest. The other woman is standing on the grassy bank, also wearing a red jacket and a grey headband. They are both smiling and looking at each other. The background shows a river with a metal guardrail and some trees.

a) “Lock” the blade

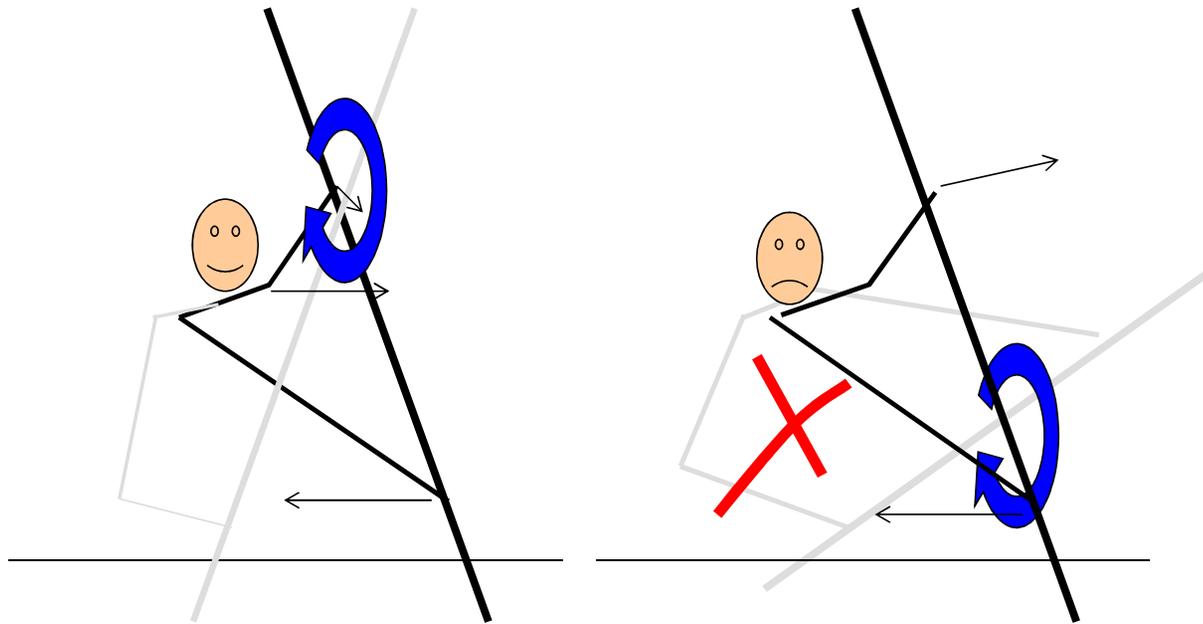
A group of about ten kayakers are on a river, moving away from the viewer. The river is surrounded by tall grasses and trees. The text "b) 'Lock' the trunk" is overlaid in the center of the image.

b) "Lock" the trunk

Conditions for the “Lock”/Catch

- . The action starts when the blade has fully turned until it is facing down to the water**
 - . The blade is driven quickly into the water**
 - . “Spear the fish” in the water by driving the top hand along the shaft**
 - . Three points are connected: blade – footrest – top hand (the fulcrum)**
- 

The Pivot Point (Fulcrum)





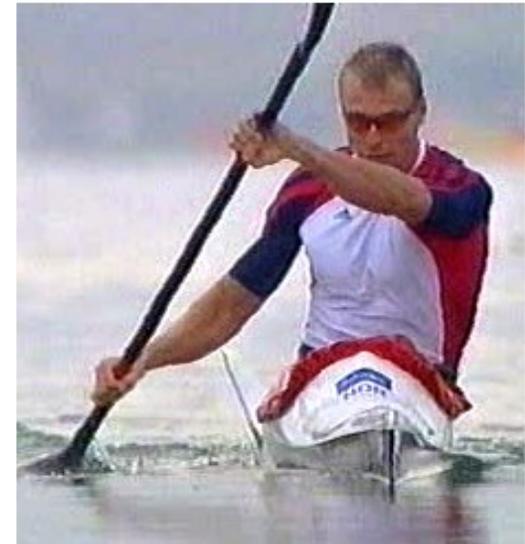
Coaching Points to look for:

- The paddle shaft and a line between the shoulders remain parallel



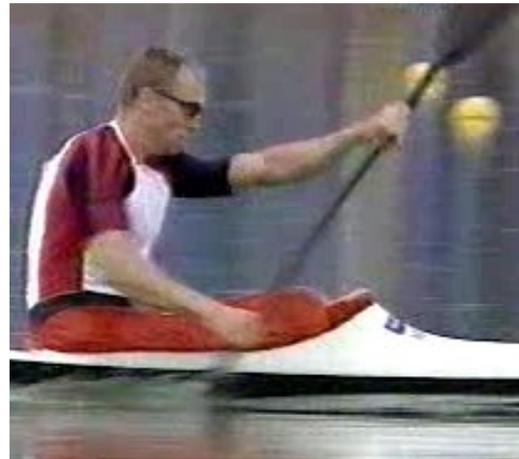
Coaching Points to look for

The angle of the paddle shaft across the body remains constant from Catch to Exit



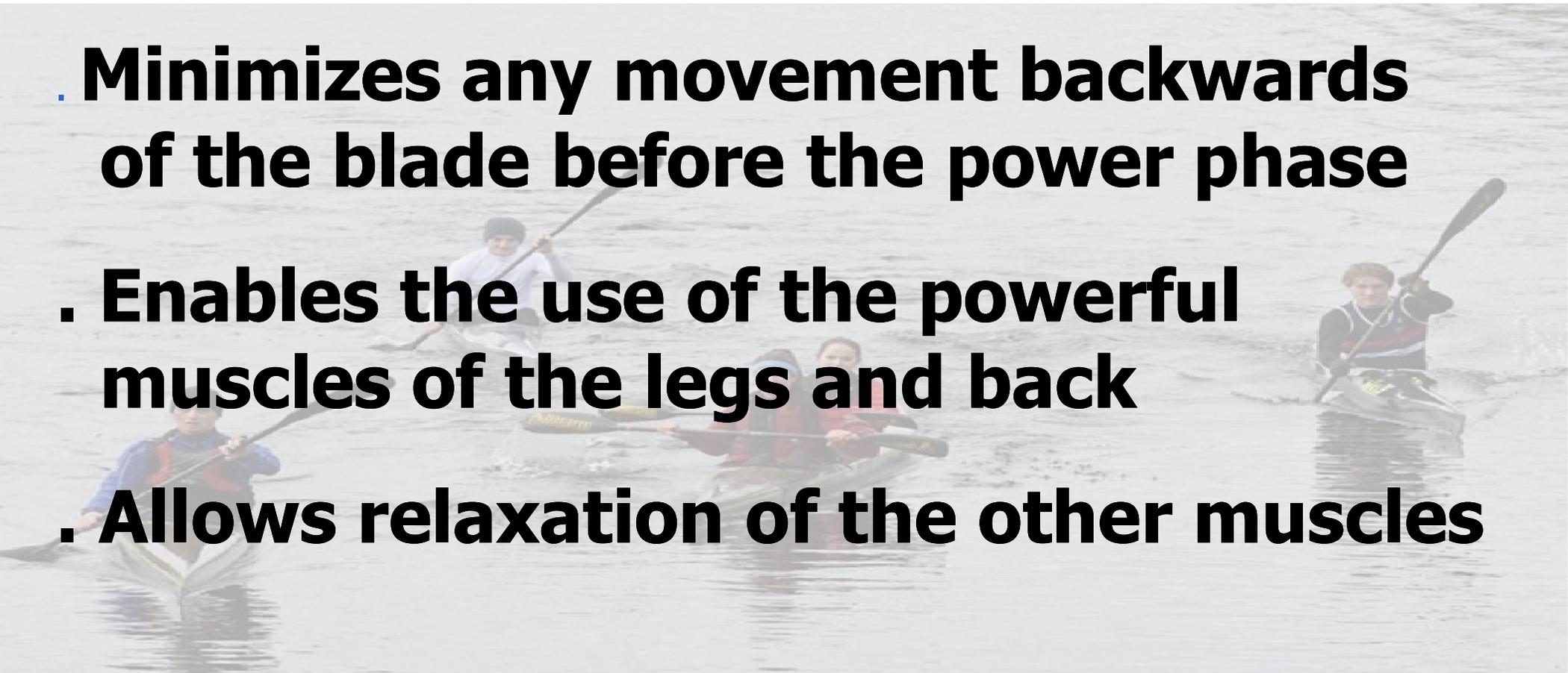
Coaching Points to look for:

- The blade is already exiting the water as the hip comes up level with it



Benefits of the “Lock”

- . Minimizes any movement backwards of the blade before the power phase**
- . Enables the use of the powerful muscles of the legs and back**
- . Allows relaxation of the other muscles**

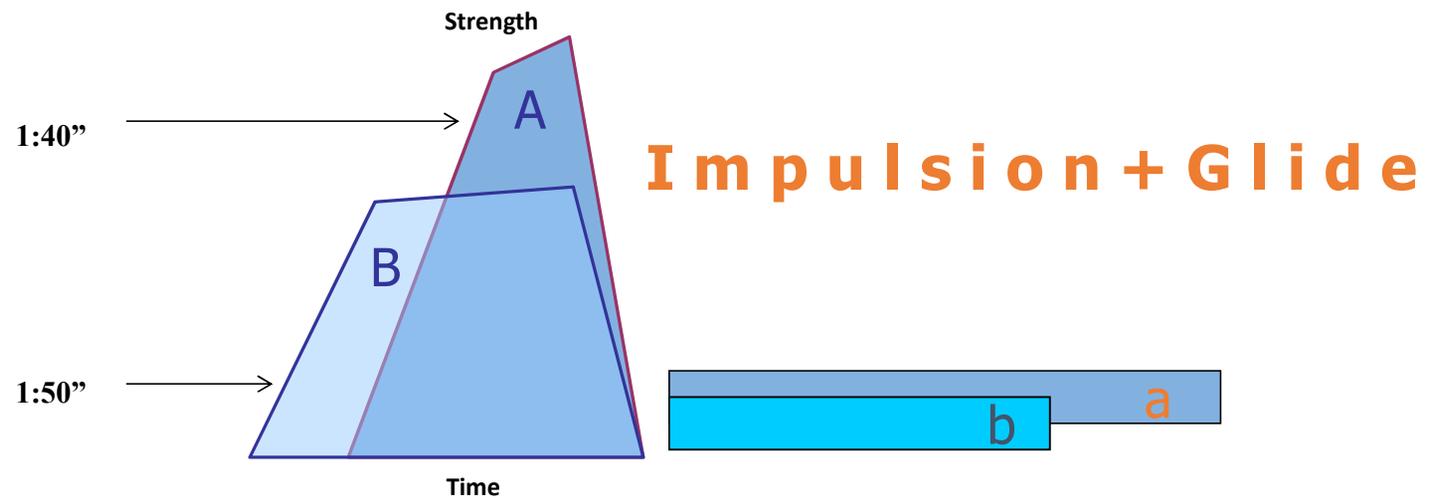


A photograph of two women in red jackets and headbands on a boat. One woman is kneeling and the other is sitting. The text "BALLISTIC ACTION or Power/“Pull” Phase" is overlaid on the image.

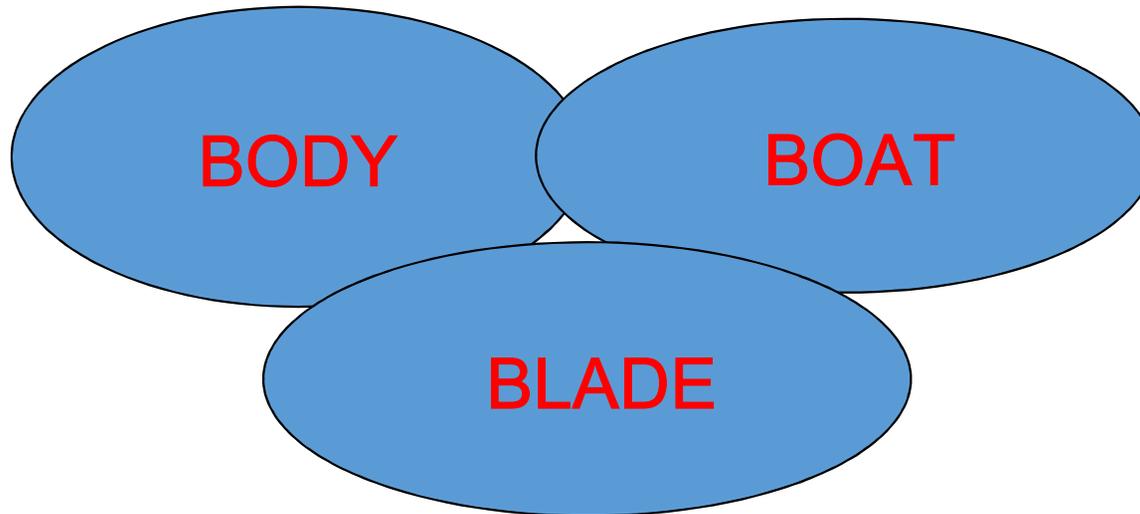
BALLISTIC ACTION

or Power/“Pull” Phase

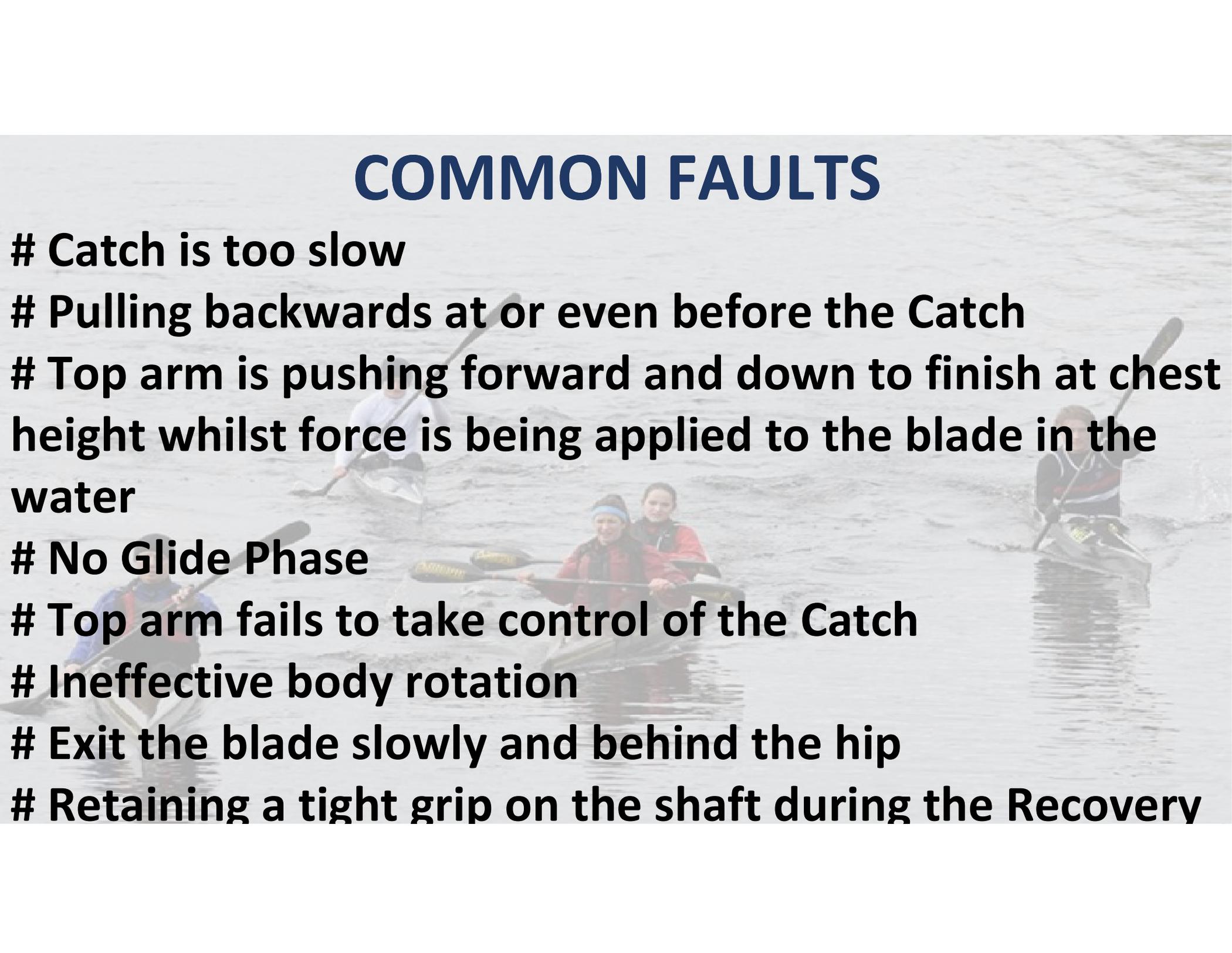
Paddling action:



Putting it together



COMMON FAULTS

A background image showing several kayakers on a body of water. The kayakers are wearing life jackets and are in various stages of a stroke. The water is slightly rippled, and the overall scene is in grayscale.

Catch is too slow

Pulling backwards at or even before the Catch

Top arm is pushing forward and down to finish at chest height whilst force is being applied to the blade in the water

No Glide Phase

Top arm fails to take control of the Catch

Ineffective body rotation

Exit the blade slowly and behind the hip

Retaining a tight grip on the shaft during the Recovery

Harmony



A group of five people are kayaking on a calm body of water. In the foreground, a man in a blue jacket and black beanie paddles towards the viewer. In the center, two women in red jackets are in a tandem kayak. To the right, a man in a dark jacket paddles away. In the background, another person in a white shirt is visible. The text "ANY QUESTIONS?" is overlaid in large, bold, black letters across the middle of the image.

ANY QUESTIONS?