

Forward Sweep

- Posture (Upright)
- Blade Immersed
- Low Shaft Angle
- Length of Stroke (Tip to Tip)
- Path of Paddle (Arc)
- Torso Rotation (Eyes on Paddle)
- Push/Pull Action at the End
- On Side Arm 6" to 8" behind body
- Both Hands Over the Water
- Feather Recovery

Reverse Sweep

- Posture (Upright)
- Low Brace Presentation (Elbow up)
- On Side Arm 6" to 8" behind body
- Both Hands Over the Water
- Low Shaft Angle
- Push Down and Out
- Torso Rotation (Eyes on Paddle)
- Blade Immersed
- Length of Stroke (Tip to Tip)
- Path of Paddle (Arc)
- Feather Recovery

Forward Stroke

- Paddle Shaft Approx. 45°
- Top Hand About Eye Level
- Posture Upright to 10° Forward
- Path of Paddle (Toe to Hip)
- Torso Rotation (10 to 2 o'clock)
- Bottom Arm Extended at Catch
- Top Arm Level During Power Phase then Drops at Exit
- Try for Quiet Boat, Quiet Paddle

Back Stroke

- Posture (Upright)
- Low Brace Presentation at Catch Phase
- Catch 45° from Stern
- Offside Arm Over Center of Spray skirt at Catch Phase
- Push Down, In and Forward
- Torso Rotates (10 to 2 O'clock)
- Power Stops Near Knee
- Water Arm Extends During Power Phase

Draw Stroke

- Posture (Upright and Faces Work)
- Vertical Paddle Angle
- Both Hands Over Water
- In Water Recovery (Top Thumb Points Away)
- Heel (Boat Dependent)
- The Boat Moves Evenly Abeam

Sculling Draw

- Posture (Upright and Faces Work)
- Vertical Paddle Angle
- Both Hands Over Water
- Blade Angle of Attack 45° or Less
- Heel (Boat Dependent)
- The Boat Moves Evenly Abeam

Sideslips

- Posture (Upright and Faces Work)
- Vertical Paddle Angle
- Both Hands Over Water
- Placement Close to Hip then Adjusts
- Blade Angle of Attack 45° or Less
- Leading Edge Pointed in Direction of Travel
- Heel (Boat Dependent)
- The Boat Moves Evenly Abeam with Static Blade

J Lean

- Posture (Relaxed and Upright)
- Steady Heel
- Upper Body & Lower Body Operate Independently

High Brace

- Power Face Presented to the Water
- Elbows Down, In, and Knuckles Up
- Keep Paddle at Shoulder Height
- Horizontal Shaft Angle, Blade Flat
- Paddle Placement Perpendicular to Boat
- Paddle Close to Chest
- Timing (Paddle then Body)
- C to C Motion
- Head Stays Down to the End
- Recovery: Slice Blade out with Knuckles Forward

Low Brace

- Back Face Presented to the Water
- Elbows Up and Knuckles Down
- Water Arm Elbow Bent
- Horizontal Shaft Angle
- Paddle Placement Perpendicular to Boat, Shaft as Low as Possible
- Paddle Close to Body
- Timing (Paddle then Body)
- C to C Motion
- Head Stays Down to the End
- Recovery: Slice Blade out with Knuckles Forward

Low Brace Turn Underway

- Fluid Transition Between Strokes
- Posture (Upright and Relaxed)
- Initiates Turn
- Paddle Placement in Low Brace Position
- Water Arm Elbow is Slightly Bent
- Conclusion – Bow Draw
- Onside J Lean (Steady)
- At Least 90° Turn

