

Forward Paddling



CATCH

- Full vertical blade driven downwards as close as possible to boat
- Back straight, torso rotated, lower arm fully extended
- Clear 'A' shape with boat, paddle and body



PULL

- Vertical blade pulling with back then arm
- Pressure through footrest on same side as stroke
- Blade exiting before hips

BODY

- Forward lean from hips (not from mid or upper back)
- Top arm extends out between shoulder and eye level
- Good shoulder rotation
- Flat boat with minimal rocking