

Padding Position

Setting Up

- **Seated up right** – tight abs, tight lats (lower large back muscle group), tight obliques (under the arm along the side of the body) [Think of dropping your shoulder blades into your back pocket and pulling yourself up by a string while maintaining the curvature of the spine]
- **Leaning forward** – (still tight) weight shifts from your tailbone to your sit bones, 5 degree forward bend, also know as the “power position”. To achieve this position you hinge from the hips, lead with your chest. [Think of it as a bar going through you hips from the left to right and you hinge forward from it. Or imagine how a Barbie, Ken or G.I. Joe doll bends forward.] **Do not** collapse into a turtle position.
- **Leaning out** – **slight** lean out, brings the weight of you sit bones to 70% on the gunwale side and 30% on the other side.
- **Hips** – Your gunwale hip shifts forward (glut muscle), causing the gunwale knee to move forward past the inside knee. The inside hip will need to shift back.
- **Feet Position** – will depend on the type of boat. Try to keep both feet forward verses tucking the inside leg under the gunwale leg.
- **Lower back**- rotates forward on the gunwale side
- **Mid back** – rotates forward on the gunwale side
- **Upper back** – rotates forward on the gunwale side
- **Shoulders** – rotates forward on the gunwale side
- **Bottom Arm and Hand** – comes up parallel to the water, stretches forward and hand is out stretched with the index, middle, and third finger around the shaft. The bottom hand does not grip the paddle. There is a triangular space between your triceps and your rib cage that will be maintained until the stroke ends (better demonstrated)
- **Paddle** – Bottom hand is approx 1 ½ hand widths above the blade, the paddle is at a 45 degree angle.
- **Top hand** – is above the elbow, which above the shoulder, forearm bends in to allow the top hand to be placed on the T-grip of the paddle, the fingers point forward at the finish line. Distance of the top hand and arm from your face does not change through the stroke. The top hand maintains force downward through the entire stroke, you should feel this in your traps (muscles between your shoulder blades).
- **Hinge from the Hips** – The upper body will hinge forward to 20 degrees, lead with your chest. Hinge far as your body will let you up to 20 degrees and further if your abs are really fit.
- **Paddle** – is place into the water by lowering it with both shoulders, you will fell your trapezoids muscle between you shoulder blades. The paddles angle enters the water at a 45 degree angle and finishes at a 90 degree angle. The paddle hooks the water like a wall while at the 90 degree angle. The entire blade is in the water and the hand does not have to be buried.
- **Head position** – eyes forward, head forward, and once the blade is buried in the water you can see over your top hand.

De-Rotating - Bringing the Blade Through the Water

- **Top arm** – is applying pressure to the top of the paddle (you may notice a slight weight difference on the seat, less weight on the seat) the top arm position does not change [distance from your hand to your face – think of a ball between your face and hand, if you move it forward or back you will drop the ball].
- **Initiate leg drive** – rotate the gunwale hip back and the inside hip forward to square in the boat
- **Hinge back** – (at the same time as the rotation) – from 20 degrees back to 5 degrees
- **Rotate** – lower back, mid back, upper back, shoulders, **do not** break the elbow of the bottom arm to initiate an arm pull on the paddle.
- **Paddle** – is at a 90 degree angle until the bottom arm reaches approximately above hip. The shaft of the paddle will come to a 45 degree angle when the bottom arm reaches parallel with torso.

Exit

- **Top arm** – pulls the paddle out of the water on a 45 degree angle straight forward, toward the finish line
- **Bottom arm** – elbow now bends out slightly to remove the paddle from the water

Recovery

- **Body position** – moves in a linear motion back to the recovery of the stroke. The bottom arm snaps the blade forward into the paddles up position.