

# paddling Technique Overview – Abbreviated

We are looking for a LIFT & THRUST rhythm; not a place and pull.

Major Points:

1. Each stroke starts and finishes at the 'set-up' position ("**Spear the Fish Set-Up**") with paddle shaft parallel to water at shoulder/eye height. This creates **SEPARATION** – each stroke being separate from the one before.



2. The torso stays side on until the blade enters the water – back shoulder, foot, knee and hip do not move until blade enters.
3. "**Spear the Fish**" - the blade enters the water in a downward and forward 'spearing' motion creating **LIFT** of the boat out of the water – the front hand extends forward & down from bent to straight and back hand drives down the length of the shaft; not forward.
4. The **THRUST** forward comes from driving with the body first (felt in lats and under arm-pit), then arm bends to exit blade out of the water.

KEY WORDS/PHRASES:

- **LIFT & THRUST**
- **SEPARATION**
- **BODY FIRST THEN ARMS**
- **SPEAR THE FISH**
- **THE FASTER YOU WANT TO GO, THE FASTER THE FISH!!!**