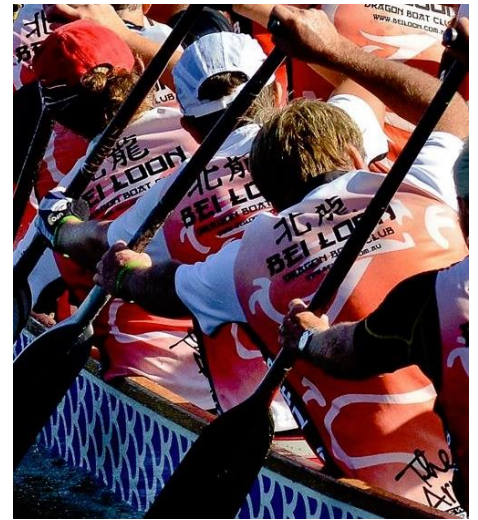


BEI LOON: PADDLING TECHNIQUE SELF-ASSESSMENT

SETUP

- My backside is hard against the side of the boat.
- My bottom hand is one fist width above the top of the paddle blade.
- My grip is firm but not tight, shoulders relaxed.
- I am sitting **forward** on my seat, hinging from my hips.
- My top hand is 10cm above my head.
- My inside elbow is above eye level, so my seat partner is in view.
- My bottom arm is locked **straight** at the elbow.

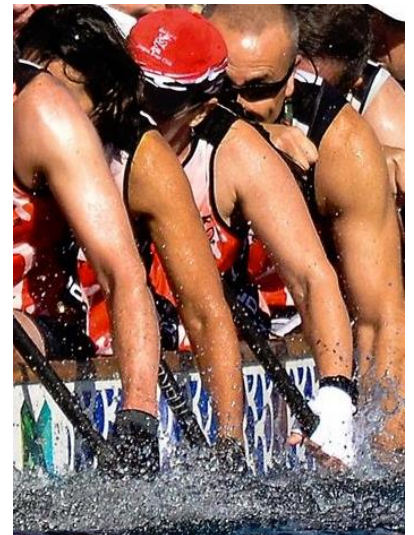


CATCH

- I reach forward from my **hips** as far as I can, lifting my inside butt cheek for extra length.
- I **open** my chest to the middle of the boat, looking under my arm to my seat partner.
- My outside shoulder is further forward than my inside shoulder, giving more **reach**
- I place my blade just above the water, having a slight pause before entering.
- My paddle is **vertical** and my top hand is outside my eye line.
- My paddle enters the water at a 45° angle, way past the hips of the paddler in front.
- My blade is fully submerged before pulling back, with my bottom hand getting wet at the start of every stroke (see photo).
- Entry of each stroke into the water is “quiet” ie. No plonking sound made.
- I keep my **head up** and look to the front opposite side of the boat for timing.

DRIVE

- I bend my driving knee then push back **hard** from my foot.
- At the same time I apply **pressure** from my top driving hand down onto the stroke, using my torso (not just arms) and twisting my shoulders on the pull back.
- I maintain a **straight bottom arm** for the first half of my stroke.
- My top hand goes no lower than mid-chest level, straight up and down in a piston action (not circular).
- My paddle stays **deep** in the water and I pull straight along the side of the boat.
- My breathing is controlled and rhythmical.



EXIT

- As I pull back momentum sits me up and I **lift** my paddle out as it passes my knee.
- I lift quickly straight up in the air, and only with my top hand.

- My return is **faster** than my pull stroke to enable a slight pause in the “set up”.

RETURN

- My bottom arm **punches** forward with elbow locked (refer photo).
- I relax going forward.
- NOW LETS DO IT ALL AGAIN.