

Efficient Forward Paddling Technique-Jenni Harrison

	Flat water	Oncoming waves	Following sea	Beam on waves
<b>Boat</b>	<ul style="list-style-type: none"> <li>-must be set up correctly for heel pushing</li> <li>-must fit you well</li> <li>-should be able to push on heels without pressing</li> <li>rudder pedals</li> </ul>	<ul style="list-style-type: none"> <li>-Powerful paddle stroke when boat is on top of wave-don't waste energy trying to push your boat uphill</li> <li>-use the energy of the water and the downhills to move your boat efficiently</li> <li>-analogy-roller skates</li> </ul>	<ul style="list-style-type: none"> <li>-feel the boat, don't look behind</li> <li>-power on as back of the boat lifts with passing of last wave</li> <li>-use top of wave to turn boat</li> <li>-think about skeg or rudder</li> <li>-use energy of the wave to drive the boat</li> </ul>	<ul style="list-style-type: none"> <li>-Will be side on or angled to waves</li> <li>-use energy of waves to drive boat</li> <li>-skeg position</li> </ul>
<b>Body</b>	<ul style="list-style-type: none"> <li>-should be upright, pelvis tilted forward, not back</li> <li>-slight lean forward</li> <li>-legs straight on bottom of boat, not locked into thigh braces</li> </ul>	<ul style="list-style-type: none"> <li>-aggressive body position, leaning forward into wind</li> <li>-legs flat to enable strong leg drive through torso</li> </ul>	<ul style="list-style-type: none"> <li>-aggressive body position for surfing, leaning forward</li> <li>-legs locked in for increased boat control-turning, edging, bracing into waves</li> </ul>	<ul style="list-style-type: none"> <li>-upright position</li> <li>-legs locked in or straight</li> </ul>
<b>Paddle</b>	<ul style="list-style-type: none"> <li>-paddler's box</li> <li>-relaxed grip</li> <li>-place blade in water as far forward as possible-smooth deep entry-spearfing motion</li> <li>-hands almost to water</li> <li>-engage heels, legs, torso, whole pulling side and rotate body-paddle follows wake line, doesn't dive</li> <li>-top hand across horizon, arms almost straight</li> <li>-exit water when paddle is at hip, top hand should have completely crossed midline</li> <li>-should be set up for next stroke</li> </ul>	<ul style="list-style-type: none"> <li>-strong wind requires powerful paddle stroke, using full leg drive</li> <li>-place paddle into top of wave as you get to the top then use powerful pull to pull you over the top and down the other side-deep plant, paddle stays closer to boat</li> <li>-paddle goes in closer to the body but stays in further behind you</li> <li>-pull the boat past your paddle</li> <li>-can be a lot of fun if you get it right and not too much hard work!</li> </ul>	<ul style="list-style-type: none"> <li>-paddle hard into back of passing wave</li> <li>-racing stroke-keep speed up and try to keep on the wave or even overtake wave in front</li> <li>-don't stop paddling when you are on a wave, keep speed up</li> <li>-stern rudder to steer boat</li> <li>-bracing strokes, sweep strokes</li> </ul>	<ul style="list-style-type: none"> <li>-paddle always into top of wave</li> <li>-enters water into top of wave on approaching side</li> <li>-next stroke in opposite side as wave passes underneath you</li> <li>-use powerful push and torso rotation to push you down the back of the wave and up onto the top of the next wave</li> </ul>
<b>Cadence</b>	<ul style="list-style-type: none"> <li>-will vary with paddler</li> <li>-will be regular and rhythmic</li> <li>-to go faster, start running!</li> </ul>	<ul style="list-style-type: none"> <li>-irregular</li> <li>-look for top of wave</li> <li>-transition strokes in between, don't waste energy in the trough</li> </ul>	<ul style="list-style-type: none"> <li>-fast when back of boat lifts</li> <li>-varies with position of wave</li> </ul>	<ul style="list-style-type: none"> <li>-will be irregular, timed to match waves</li> </ul>