

Efficient Forward Paddling Technique-Jenni Harrison

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