## Introduction to Canoe & Essentials of Canoe Course

**Paddle Stroke Checklist**

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| **Stroke** | **Key Components** |
| **Paddling Considerations & Stroke Concepts** | **-** Quiet Boat - Quiet Paddle – Quiet Body- CPR: 3 parts of paddle strokes: Catch, Power, Recovery- Sit up strait- Move to the Paddle- Power Stops at the Knee or Hip- Dynamic vs. Static Strokes - Posture & Pelvis: Nose and Navel Over Centerline- Torso Rotation: - Stay in the Paddlers’ Box- Breathe- Intention - Less is Usually More - How a boat works: Bow wave, stern eddy, resistance, boat lean, initiating |
| **Forward Stroke** (Solo, Bow or Stern) | **Catch**Some torso rotationVertical Paddle (as seen from the front of the boat)Place blade in water near boatTop hand at eye level and arm slightly bentBottom arm extended at the catch**Power** Top arm straightens during strokeStroke ends between knee and hipRecoverySlice blade upward |
| **Forward Quarter Sweep** (Stern)Moves stern of the boat toward the paddle. Used mainly when the boat is sitting still. | **Catch**Control thumb upPaddle linked to shoulders, grip hand inside boatPaddle perpendicular to centerline of boatShaft mostly horizontal**Power - *“Hip To Tip”***Rotate torso to sternPaddle stays horizontal Blade stops alongside stern**Recovery**Lift paddle straight up |
| **Forward Quarter Sweep** (Bow) Moves bow of the boat away from the paddle. Used mainly when the boat is sitting still. | **Catch**Rotate forwardControl thumb points upPaddle linked to shouldersPaddle mostly horizontalBlade verticalBlade immersed alongside bow**Power - *“Tip to Hip”***Arms as struts Torso rotate to onsidePower stops when paddle is perpendicular to centerline**Recovery**Lift paddle straight up out of water |
| **Reverse Quarter Sweep**(Stern) Spins the bow of the boat towards the onside. Used mainly when the boat is sitting still. | **Catch**Torso rotate to onsideControl thumb upPaddle linked to shouldersPaddle mostly horizontalBlade verticalBlade immersed alongside stern**Power Phase - *“Tip to Hip”***Arms as struts Torso rotate forwardPower stops when blade is perpendicular to centerline**Recovery -** Lift paddle straight up out of water |
| **Reverse Quarter Sweep** (Bow)Used when the boat is going backwards. Moves the bow of the boat toward the onside | **Catch**Control thumb points upPaddle linked to shoulders, grip hand inside boatPaddle perpendicular to centerlineShaft mostly horizontal**Power - *“Hip to Tip”***Arms as struts Torso rotate forwardPaddle arcs forward until alongside bow**Recovery**Lift paddle straight up |
| **Forward Sweep**(Solo) Spins the bow of the boat away from the onside. | **Catch**Rotate onside shoulder forwardControl thumb points upPaddle linked to shouldersPaddle mostly horizontalBlade verticalBlade immersed alongside bow**Power *“Tip to Tip”***Arms as strutsTorso rotate to onsidePower stops when blade reaches stern **Recovery**Lift paddle straight out |
| **Thumb up Rudder** (Stern or Solo) Used for minor corrections while going forward. Keeps the boat traveling strait. | **Catch**Rotate toward onsideBoth hands over the waterBlade vertical and close to hull and in the water. “***Thumb up”*** on grip hand.**Power** None, blade just held in position. Blade can be moved slightly towards or away from boat to correct direction of travel.**Recovery**Lift blade out of the water. Comes at the end of a forward stroke Recovery, comes out of the water when shaft hand is between knee to hip |
| **Draw**(Solo, Bow or Stern)Tandem: moves end of boat toward paddle, usually while the boat is standing still.Solo: moves whole boat toward paddle.  | **Catch**Rotate to onsideDone off hip, perpendicular to centerlinePaddle shaft verticalBoth hands over water**Power** Pull boat to paddle with both arms**Recovery Phase**Lift paddle out of water |
| **Stern Draw**(Stern or Solo) Moves stern end of boat toward paddle, while boat is moving forward or standing still. | *Note: Linked to a forward stroke whenever possible***Catch**Paddle shaft horizontal, blade verticalStrokes starts at about 45 degrees to centerlineShaft arm is bentPaddle linked to torso rotation (arms, paddle shaft and shoulders form paddlers box)**Power Phase**Stroke ends with both hands over gunwale and blade against hullShaft hand is about 6-8" behind hip**Recovery**Lift paddle out of the water |
| Bow Draw(Bow or Solo) | CatchRotate grip hand so thumb is down at on-side shoulderPlace paddle with vertical blade in water approx. 2’ from side of boat towards bowHorizontal shaft angle**Power**Pull in towards boat hull near the bow**Recovery**Slice blade upwards before it reaches the boat |
| **Stationary Bow Draw**(Stern, Bow and Solo) A static stroke that is used when the boat is moving to turn or move the end of the boat toward the paddle as in a turn or side slip | **Catch**Rotate to on-sideSlice in close to the boat and at about the knee (This position can vary from having shaft arm bent and against body to arm extended and blade away from the boat)Vertical shaft and both hands over the water**Power**Open power face with the leading edgeangled away from the boatAngle can vary up to 45 degrees dependingon the turn desired**Recovery**Slice out to do another strokeOr, slice forward and do a bow draw and then a forward stroke  |
| **Cross Bow Draw** (Bow and Solo)To move the bow of the boat towards the offside**Cross Bow Stationary Draw**Same as above, paddle planted in catch position, but not pulled to the boat. | **Catch**Rotate to offsidePaddle shaft horizontalPower face toward the boatBlade toward bow and verticalPlanted about 2 feet from boat**Power**Rotate to pull the boat to the bladeRotate until paddle is at hull**Recovery**Slice paddle up |
| **Pry**(Bow, Stern and Solo)Used in tandem to move the paddlers end of the boat away from the paddle.Solo, it moves the whole boat away from the paddle | **Catch**Torso rotate onsideControl thumb up, arms relatively straight,Paddle shaft mostly horizontal Immerse blade near sternSlice blade forwardControl thumb points aftShaft hand at railTop hand out over water**Power Phase**Grip hand moves inward toward centerlineShaft hand on rail used as fulcrumMostly an arm strokeGrip hand on power phase does not pass centerline**Recovery**Rotate control thumb away from torsoBlade is perpendicular to centerlineGrip hand moves away from centerline to catch position for next stroke |
| **Stern Pry**(Stern, Solo)Moves stern end of boat away from the paddle while the boat is moving forward or standing still. | *(Note: While the pry, static pry and sculling pry are done with a vertical shaft, the stern pry’s shaft angle is more horizontal.* *The word "stern" denotes the type of stroke done, not the position of the paddler in the boat.)*Linked to a forward stroke whenever possible**Catch** Torso rotated toward onsideBoth hands over the waterPaddle shaft horizontalPaddle blade inline with centerlinePaddle blade vertical, close to boat**Power Phase**Grip hand moves in 3-4 inches toward centerline of boatShaft hand stays still next to gunnelDone quickly (1/10th of a second)**Recovery** Paddle comes out of the water immediately after power phase |
| **Back Stroke**(Bow, Stern and Solo) Used to stop the boat and/or back the boat up | **Catch**Torso rotation to onsideBoth hands over the water, the shaft hand should be at about the hipUses back face of paddlePaddle horizontal to water**Power**Unwinding torso, pushing down with the shaft hand and pulling with the grip hand. (A rowing type motion)Power ends at about the knee**Recovery**Slice the blade out away from boat (When this stroke is done in the bow (tandem) or solo, a control stroke may be necessary, i.e. reverse J.) |
|  **Reverse Rudder (J Stroke)**(Bow and Solo)Bow paddler uses as a correction stroke , reverse J when the boat is going backwards | **Catch**Torso rotation to onsideBoth hands over the water, the shaft hand should be at about the hipUses back face of paddlePaddle horizontal to water**Power**Unwinding torso, pushing down with the shaft hand and pulling with the grip hand. (A rowing type motion)Power ends at about the knee**Recovery**Slice the blade out away from boat (When this stroke is done in the bow (tandem) or solo, a control stroke may be necessary, i.e. reverse J.)Thumb down , blade out to near bow, power face to bow |
| **Push Away** (Bow, Stern, Solo)Tandem: moves end of boat away from paddleSolo: moves boat away from paddle | **Catch**Rotate to onside Immerse blade alongside boatPaddle shaft vertical at hipBlade face parallel w/ centerline of boat w/ grip thumb pointing at sternHands over gunwale w/ elbows bentPowerPush boat away from paddle, straitening armsRecovery (underwater)Rotate grip so thumb points away from boatSlice blade back to starting positionRotate blade w/ grip thumb pointing to sternPush Away again |
| **J-Stroke**Essentials of River Canoe course only.  | *(Linked at the end of the Forward Stroke)*At the end of the Power Phase at the hip continue the stroke behind you while:rotating the grip hand wrist until thumb is pointing down and pushing the grip hand down.Stop grip hand just above and outside the gunwale & out from the thighHold and pause until effect is completeSlice blade up and out of water |

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