

Fancy Pants Paddling - Lesson Outline for White Squall's Kayak / Canoe Festival – May 3 & 4 – 2008

Instructor: Graham Ketcheson

Bow Rudder

- powerful dynamic turning stroke initiated with off side sweep & momentum
- practise using inside and outside edging (outside usually works best)
- paddle position: power face towards hull and bow of boat with slight angle towards sky or surface of water
- hand position: bottom hand reaches forward, arm almost fully extended, top hand (back of wrist) to forehead or over to opposite shoulder
- paddle shaft: parallel to kayak
- link it into dynamic draw and forward stroke for coordinated movement

Stern Rudder

- great correction stroke to stay on course when surfing or running with waves downwind.
- practice steering boat both directions with paddle staying on one side parallel to boat - changing blade angle to initiate turns both ways
- edge away from direction you want to turn

Cross Bow Draw

- powerful dynamic turning stroke –
- paddle position: power face towards hull, slightly towards sky, opposite side (right blade on left side of boat and vice-versa)
- hand position: hand & arm cross over hull and placed almost fully extended on opposite side of kayak
- edge away from paddle side

Bow Jam or Pry

- fun turning stroke improving edge control & balance
- blade is placed against hull at bow and slid down into water – power face towards boat.
- practice at slow speeds because its a good way to flip- edge kayak to paddle side
- try both with two hands and then one hand (other free hand – hold out for balance or hold onto hull of kayak)

Reverse Rudder

- turning stroke while kayak is traveling in reverse
- paddle position is similar to stern rudder but water is pulled in towards stern using power face (stern rudder pushes water away from paddle)
- edge away from paddle side