



FINDING THE EDGE (teaching progression $\frac{1}{2}$ day course)

Premise

participants have beginning intermediate skills- we're coaching them to explore increasing edge/lean in their boat, with linked, well-timed strokes

INTRO/OUTFIT

- participant goals? paddling background?
- current physical or other reason for not participating in full clinic?
- stance/symmetry/torso pivot/edge should be solid-now it's timing/coordination-working the "edges" and learning to "dance"
- paddles-difference in sizing of blade/shaft
- boats-design differences/proper fit for solid bracing
- brief warm up and buddy check for gear/boat/paddler readiness
- define #1 (slight), # 2 (seam of kayak in h2o), # 3 edge (cockpit/skirt in h2o)

FWD STROKE REVIEW ON SHORE

- "prp"-stance,symmetry,torso pivot-USE CHAIR for demo/practise
- catch/pivot(power phase)/recovery sequence
- separation of shaft from chest-keeping upper hand in horizontal plane across stroke to maintain shaft angle throughout- same concept for turning/bracing

ON WATER

- short paddle, quiet corrections, raft, capsize drill, whistles & safety
- warm-up stretches using variety of paddle/body positions & silly strokes

FWD/REVERSE/STOPPING STROKES

- landmark front edge of cockpit rim for keeping shaft away from chest
- long arms for max reach on catch-reduce power just before hips
- catch is key-insert entire blade before applying power-in at toes/out hips
- lower body-load left leg -left stroke, right leg - right stroke
- loose grip on paddle shaft
- intro braking drill - tap,tap, dig,dig
- reverse paddling-consider same as fwd stroke-upper hand describes same horizontal plane in front, shoulder-check both ways

SCULLING BRACES/DRAWS

- independence of upper/lower body & strokes/braces as continuum/dance
- use dark water-relax upper body/head- slow the scull
- play with different shaft angles - use greenland paddle for fun
- recovery as sweep forward as well as backward (lay forward vs layback!)
- timing key- recover with lower body hip snap same time scull pressure increases

BOW/CROSS BOW RUDDER

- powerful static turn strokes initiated with off side sweep/momentum
- use inside and outside edge
- link to dynamic draw and forward stroke for coordinated movement

OFFSIDE LOW/HIGH BRACE TURNS

- review low/high brace turns with #3 inside edge
- try outside edge for low/high brace turns-tricky but fun
- great way to emphasize torso pivot and to rely on outside edge

BOW JAM

- fun turning stroke improving edge control
- practice at slow speeds cause its a good way to flip-use outside edge
- try both with two hands and one hand

STERN RUDDER

- practice steering boat both directions - paddle stays on one side parallel to boat - try changing blade/shaft angle to initiate turns both ways
- #3 edge at which point paddle can go into low brace for support

RUNNING DRAW

- effective rescue / raft / landing stroke
- emphasis on good torso pivot
- practise using fixed objects (buoy, dock, another boat-play with blade angle)
- start with neutral hull progressing to #3 inside/outside edge

SUMMARY

- obstacle course linking combo of as many of these strokes, skills as possible
- turn) around buoy using only one blade one side, then one blade anyside
- the learning never stops-keep playing and experimenting