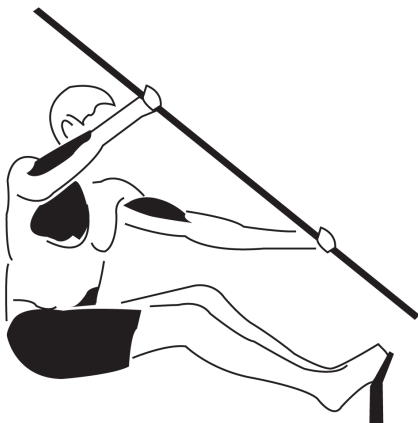
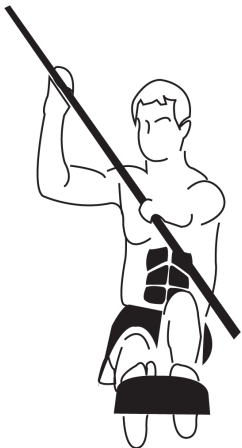


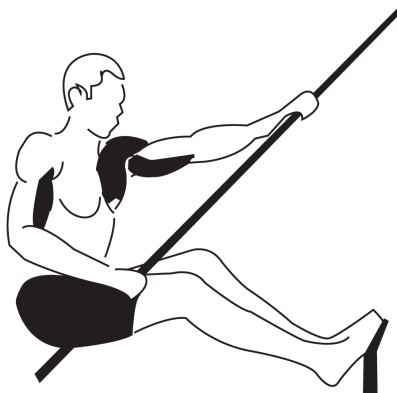
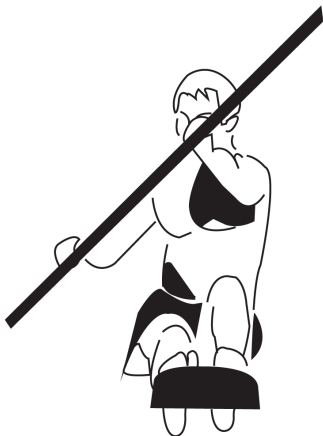
# KAYAKPRO

## SIMPLIFIED TECHNIQUE OVERVIEW



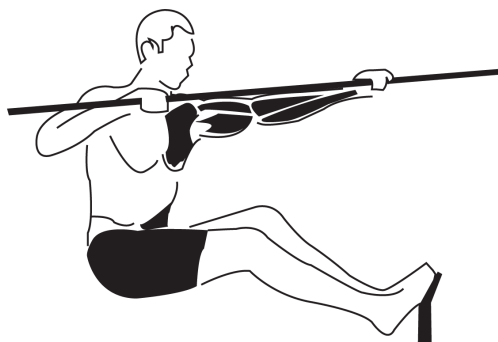
### ENTRY PHASE

- ENSURE TORSO ROTATION
- STRAIGHTEN PULLING ARM
- RESISTING ARM - SHOULDER / EYE HEIGHT
- ELBOW OF RESISTING ARM GREATER THAN 90 DEGREES
- PRESSURE THROUGH STROKE SIDE LEG
- AVOID EXCESSIVE RESISTING ARM CROSSOVER
- ENSURE FULL BLADE ENTRY AT FOOTREST



### PULL & EXIT PHASE

- UNWIND TORSO
- EXTEND STROKE SIDE LEG
- PULL BLADE BACKWARDS
- BLADE EXIT ON STROKE SIDE AT HIP
- SIMULTANEOUSLY, RESISTING ARM STRAIGHTENS, FINISHING AT SHOULDER / EYE HEIGHT, WITH HAND RELAXED
- ELBOW REMAINS LOWER THAN HAND AND SHOULDER ON RESISTING ARM
- TRAPEZIUS REMAINS RELAXED THROUGHOUT PADDLE CYCLE



### AIRWORK / RECOVERY

- STRAIGHT LEAD ARM
- AFTER EXIT OF BLADE - INITIATE TORSO ROTATION
- TRAILING ARM HAND LIFT TO SHOULDER / EYE HEIGHT

