

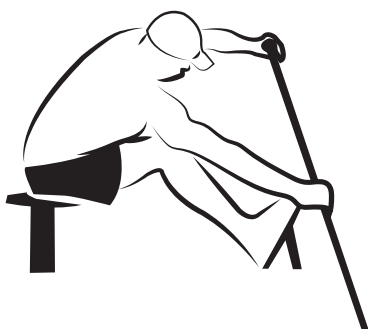


SIMPLIFIED TECHNIQUE FOR OUTRIGGER AND DRAGON BOAT



SET UP

- The torso is tall with a slight forward lean to improve leverage.
- The top arm is as open with a slight bend to find the strongest possible upper side support.
- The bottom arm is parallel to the “water” and not over extended.
- The paddle side is wound through the torso with the legs stabilizing the set up position to optimize a sense of pre-loading the stroke.



CATCH

- The motion to the catch is slightly downward to ensure both upper and lower side recruitment.
- The catch is best done with paddle side oblique compression and hand motion timed to ensure torso recruitment as much as possible.



PULL

- The body spreads the de-rotation through the pull phase by keeping the upper shoulder back as long as possible in mid-pull.
- The paddle side leg/hip engages to stabilize and contribute to torso recruitment as desired.
- The pull phase generates power by mainly torso rotation, but also assisted with an upper side downward pressure as the paddler presses up through the stroke.
- The paddle side shoulder stays low through the last part of the pull phase to ensure the best possible connection as long as possible before the exit.
- The stroke continually accelerates through the pull phase to ensure the highest degree of pressure/connection at all times.



RECOVERY

- The exit is as clean as possible with the paddle tracking back to the set up with the minimum of extraneous motion of the arms and a brief relaxation to prepare for the next pre-loaded set up.