

Paddling: Kayaking, Canoeing, & Rowing

Types of Strokes:

- Propelling
- Turning
- Bracing

Canoe Strokes:

- Bow Strokes: forward, draw, sweep, back, cross draw.
- Stern Strokes: forward rudder, sweep, back, draw, J stroke.
- Forward, back, pry, draw.
- Strokes per Minute:

Two Basic Types of Paddling:

1. Sweep (like a broom):
 - One oar with both hands
 - Pairs (2s), Four's (4s), Eights (8s)
 - Coxswain: the person who steers the boat and acts like an on-water coach).
 - ALL 8s have a coxswain.
 - 2s & 4s may choose to have a coxswain or not.
2. Sculling:
 - Two oars, one in each hand.
 - Singles (1x), Doubles (2x), Quads (4x).

Miscellaneous Information:

- The side of the canoe which you want to paddle is your “on-side”.
- The hand on the “on-side” side is the “shaft hand”.
- The other hand is the “grip hand”.
- Shaft hand: the hand that holds the shaft of the paddle; shoulder-width apart; arms straight.
- Grip hand: The hand that rests on top of the paddle's grip and controls the angle of the blade.