

Paddle Technique

If you are splashing yourself, then you have the wrong angle on the blade upon entry.

There can be several issue regarding correcting the splash at the catch.

Is your set up position correct?

-you want to have an "A" frame position or another way to say that is you want to have an angle of about 60 degrees

-you want palm open on bottom hand to achieve 60 degree angle - no deathgrip

-are your shoulders (torso) rotated, water shoulder is more forward than inside shoulder

-is your body leaning forward slightly?

-make sure that your bottom arm is straight across

-is top hand over the water?

How are you achieving push down?

-fully rotated at catch, rotate it in

-push down with top arm/shoulder

-use your body weight to push down

-have a good blend of all the above three points

-fully bury at 60 degree then by 90 degrees you should have fully buried

-by 90 degree your hand is no longer palm open.

To help feel this do the following:

-add a very very slight pause at the front of the stroke just before entry, count 1

-first moment of contact with water, count 2

-blade buried, count 3

Taken from an online Dragon Boat Forum

<http://www.network54.com/Forum/135730/>