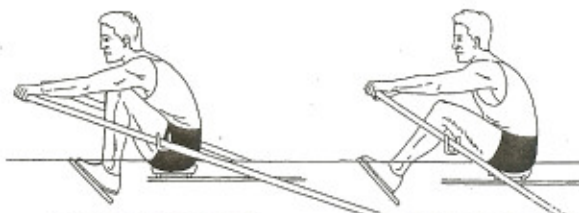


# BASIC SCULLING TECHNIQUE



## CATCH

- No stop of the hands or seat.
- Blades 'catch' the water smoothly, continuously and directly.



## EARLY DRIVE

- Initial drive with legs through a strong body.
- Shoulders same height.
- Extension of knee and hip joints.



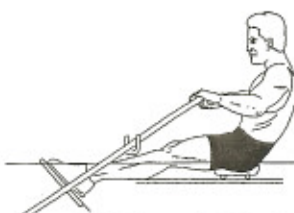
## MID DRIVE

- Legs and body in powerful 'hang' position - suspension of body weight between handle and feet.
- Arms straight, shoulders directly above seat.



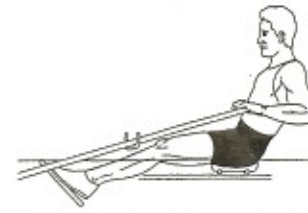
## MID LATE DRIVE

- Hands at 'cross-over' position.
- Shoulders and arms start to draw.
- Shoulders behind the seat.
- Legs work vigorously down.



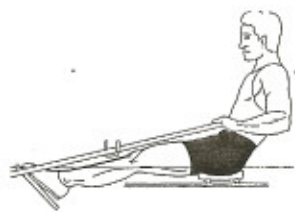
## LATE DRIVE

- Shoulders behind the seat.
- Shoulders and arms draw in the accelerating handle.
- Attempt to finish handle simultaneously with the leg drive.



## FINISH

- Powerful position of the body, arms and shoulders:
  - Wrists flat
  - Forearms horizontal
  - Elbows/Shoulders pulled back
  - Hands ready to circle down.



## RELEASE

- Body does not move.
- Hands move down to release blade, then feather (see GRIP below).
- Shoulders and elbows same as finish.



## HANDS AWAY

- Hands move away approaching the 'CROSS-OVER' (see below).
- Legs straight and relaxed.
- Arms straight and relaxed.



## EARLY RECOVERY

- Body swings over
- Knees allowed to lift.
- Centre of gravity between seat and feet for stable, balanced position.



## MID RECOVERY

- Forward body swing continues.
- Seat moving at constant speed.
- Blade starts to square - roll handle into base of fingers.



## LATE RECOVERY

- Body swing complete.
- Arms fully extended, wrists flat.
- Blade almost square.



## FULL REACH

- Full compression forward with:
  - Shins vertical
  - Chin above knees
  - Chest on thighs
- This may be slightly more upright than sweep oar
- No stop of seat or hands.



## CATCH

- Enter blades in the water with hand lift only - both head and shoulders remain same height.
- Legs compress but not stop.
- Catch is quick but not hard.



DRIVE

- Flat wrist in square (vertical) blade position.
- Handle is held in base of fingers and top of palm.
- Second joint of fingers is most distant from body and half way around the handle.



RECOVERY

- Wrist is flat in the feathered (horizontal) blade position.
- Handle is rolled out into the fingers AFTER depressing the handle to release the blade from the water - note slight gap between handle and palm.
- Third joint of fingers is most distant from body.



SIDE VIEW:



ABOVE:

## DRIVE PHASE CROSS-OVER

- Left hand is above and slightly astern of the right hand.



## BLADE-WORK

# ROWING TECHNIQUE

BY THOR NILSEN & KRIS KORZENIOWSKI



## 1. CATCH

- RAISE ONLY THE HANDS.
- DO NOT "OPEN".
- ENTER THE WATER BEFORE BEGINNING THE LEG DRIVE.

## 2. DRIVE No.1

- ALMOST NO CHANGE IN THE BODY POSITION.
- THE BODY IS "HANGING" ON THE OAR & FOOT-STRETCHER.
- WORK IS DONE EXCLUSIVELY BY THE LEGS.

## 3. DRIVE No.2

- UPPER BODY SLOWLY TAKES OVER THE LEG DRIVE.
- THE BODY STARTS TO "UNCOIL" IN A NATURAL WAY.

## 4. DRIVE No.3

- LEGS ALMOST FINISH THEIR WORK.
- THE UPPER BODY STILL CONTINUES ITS SWING.
- THE ARMS BEGIN THEIR WORK.

## 5. DRIVE No.4

- END OF THE "LAYBACK".
- THE ARMS MOVE QUICKLY & STRONGLY TO THE BODY.



## 6. FINISH

- FOREARMS & OUTSIDE HAND MOVE OAR HANDLE DOWN & AROUND IN FLUID AND CONTINUOUS MANNER.

## 7. RECOVERY No.1

- HANDS MOVE AWAY FROM THE BODY AT A CONSTANT SPEED.

## 8. RECOVERY No.2

- AT THE ENDING OF THE SLIDE, ARMS ARE NOT THE KNEES.
- THERE IS EARLY FORWARD BODY ANGLE PREPARATION.

## 9. RECOVERY No.3

- THE SLIDE IS HALF WAY THROUGH.
- THE ARMS & UPPER BODY HAVE FINISHED REACHING OUT.

## 10. BEFORE CATCH

- LAST PART OF THE SLIDE.
- ALL MOVEMENTS ARE FINISHED EXCEPT CONTINUATION OF SLIDE WITH CONCENTRATION ON A DIRECT CATCH.