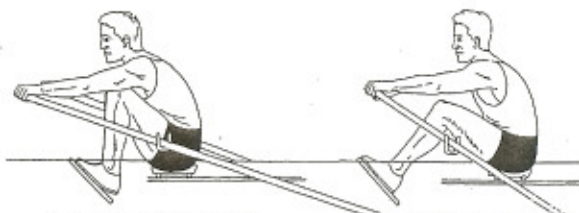


BASIC SCULLING TECHNIQUE



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.



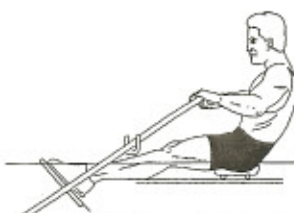
MID DRIVE

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



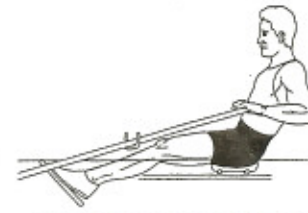
MID LATE DRIVE

- 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.



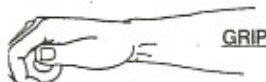
FULL REACH

- 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.