



The Rowing Stroke



The 'Finish'

- 1) Sit tall, with a straight back and your chin up
- 2) Now "tap down" to lift the blades out of the water.
- 3) Then "feather" the handles to rotate the blades 90° in the air



The 'Recovery' phase

- 4) With a light grip, move your hands away from your body on a level plane while keeping your body, head and shoulders still
- 5) As your arms become fully extended, begin to sit up tall...



...

- 6) Allow your pelvis to become a hinge for the body to rock over
- 7) Relax your legs slightly to assist in the body coming forwards
- 8) Hands stay at same height so blades are clear of the water



4

- 9) Continue to hinge until the body reaches the 'catch' position
- 10) Make sure the back and shoulders remain straight.
- 11) Bend at the knees to allow the seat to slide forwards



5

- 12) Once the hands are past the knees, start to roll the handles
- 13) Aim to arrive at the catch with blades fully square.
- 14) Sit tall with your chin up and your hands at equal heights



The 'Catch'

- 15) As the seat slide stops moving, relax your shoulders
- 16) Allow shoulders to pivot, dropping the blades into the water
- 17) Ensure that your hand heights are still equal, with flat wrists



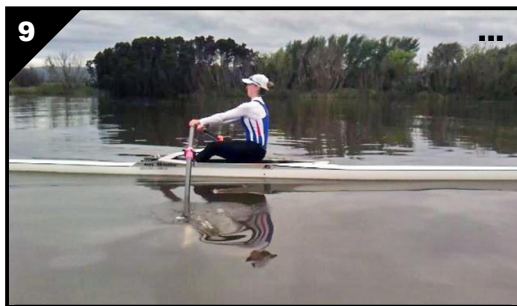
The 'Drive'

- 18) Engage the lower core and begin to push away with the legs
- 19) The hands and shoulders stay set for height and position
- 20) The arms locked out straight and the wrists stay flat



8

- 21) Begin to accelerate through the drive phase using your legs
- 22) When the legs are half straight, start to open from the hips making sure the arms stay locked out straight



9

- 23) Continue to open the hips with the body now upright
- 24) Drive hardest through this middle phase using the legs and core
- 25) Minimise the gap between your hands through the crossover



10

- 26) As the leg drive comes to an end, the arms begin to draw in
- 27) Make sure the chin is up and the back is still straight
- 28) Equalise your hand heights straight after the crossover



11

- 29) As the drive finishes, keep the back straight and hips open
- 30) With the blades still buried, relax the pressure on the arms ready to 'tap down' with your elbows stuck out



12

The 'Finish'

- 31) Make sure the hands are even in height to balance the boat
- 32) Slow the handle speed down until you are no longer pulling with the arms and are set for the blade extraction.... REPEAT!