**Kayak Skills**

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| **Forward paddling** – *practise paddling around the pool.*  *Why not try it with a canoe paddle in your kayak?*  *Try forward paddling in a figure of eight.* | http://www.roguepaddler.com/image/paddler.gif | **Backwards paddling -**  *Practise paddling in a straight line backwards. Try paddling in a figure of 8 backwards* | **http://www.paddling.net/guidelines/Images/art501_stroke4.gif** |
| **Stopping**  *How quick can you stop?*  *Make sure you stop in a straight line.* | http://media.lehighvalleylive.com/events_impact/photo/9262422-large.jpg | **Sweep strokes**  *How fast can you turn your boat round on the spot?*  *Can you turn all the way round with one stroke?*  *Try a combination of forward and backwards* | http://www.paddling.net/guidelines/Images/art_181_forward.jpg |
| **Sideways – Draw**  *Aim for vertical blade – the top hand should be over the water* | http://atlantickayaktours.com/images/photos/Expert-Center-Photo/Propulsion/Draw-Strokes/draw_jm-01.jpg | **Sideways – Sculling**  *Keep is smooth – can you do it without any sound* | http://www.kayarchy.co.uk/images/02technique/017%20sculling%20draw.jpg |
| **Bow draw** – *used to turn the boat* | http://i.ytimg.com/vi/HoQS3nX93n4/0.jpg | **Draw stroke on the move** – *try to make your kayak jump sideways when paddling forward* | http://img.wonderhowto.com/img/29/91/63475377111664/0/move-your-kayak-laterally-with-draw-stroke.300x140.jpg |
| **Hanging draw** - *get some momentum and then plant the paddle so that the water moves it sideways* | http://thepaddler.co.uk/images/hanging-draw.png | **Edging** – *holding the boat on an edge – how big an edge can you do before the boat capsizes.* | http://www.wavelengthmagazine.com/Images/2009/JA09/JA09_Edging5.jpg |
| **Edging** – paddling on different edges  *This is an essential skill as you move onto white water* | http://www.firstcoastoutfitters.com/wp-content/uploads/2012/10/Riding-the-Edge.jpg | **Hip flicks**- use the pool side to help | http://i1.ytimg.com/vi/G7SXUjeS26g/maxresdefault.jpg |
| **Hip flicks** *on someone’s hands – as little pressure as possible. Get the person supporting to grade the pressure 1-5* | http://www.sundancekayak.com/wp-content/uploads/2011/09/Kayak-Roll.jpg | **Self rescues –** *capsize and swim to the side*  *Try with and without a spray deck* | http://udleditions.cast.org/indira/docs/call_of_the_wild/glossary-images/capsized.jpg |
| **Self rescues** – *climbing back into the boat from deep water with no help* | http://s1.dmcdn.net/AgVCm/x240-EDE.jpg | **Deep water rescues** – *help a swimmer back into their boat* | http://www.csuci.edu/recreation/images/Picture%20952.jpg |
| **Eskimo rescues** | http://t2.gstatic.com/images?q=tbn:ANd9GcTS6nFN_5p1xxU1zcUHxUD4VSTcxzOcuEhjez0QrS-9TqzLQ8Wd | **Capsize** away from side and swim upside down to side and get do hip flicks | [http://www.kayakdesigns.net/wp-content/uploads/2013/01/Michael-upside-down-kayak-1.jpg](http://www.google.co.uk/url?sa=i&rct=j&q=upside%20down%20kayak&source=images&cd=&cad=rja&docid=8cJUNQCsZfzBpM&tbnid=7qGbqQs58AqPOM:&ved=0CAUQjRw&url=http://www.kayakdesigns.net/about-me/&ei=-2MJUpToGO-10QWY_oDICA&bvm=bv.50500085,d.d2k&psig=AFQjCNGI7oD9MOhBoF2-YAwIwE79k2_ZhQ&ust=1376433515422352) |
| **Support strokes – low brace** | http://static.ddmcdn.com/gif/kayak-6.jpg | **Support strokes – high brace** | http://www.kayarchy.co.uk/images/02technique/013%20edgeandlean.gif |