

Canoeing



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Here is a list of stroke techniques, which can be used in canoeing. Tick those you are familiar with. Research online, the strokes you are not familiar with and write down the technique involved in accomplishing each stroke.



- Forward Paddling
- Reverse Paddling
- Emergency Stop
- Forward Sweep Stroke
- Reverse Sweep Stroke
- Draw Stroke (Pulling)
- The Sculling Draw
- Support/Brace Strokes
- Low Support Stroke
- High Support Stroke
- Low Brace Turn
- Stern Rudder
- Bow/Draw Rudder
- Bow Rudder
- Sculling for Support
- Linking Strokes
- Leaning and Edging

Forward Paddling

Reverse Paddling

Emergency Stop

Forward Sweep Stroke

Reverse Sweep Stroke

Draw Stroke (Pulling)

The Sculling Draw

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