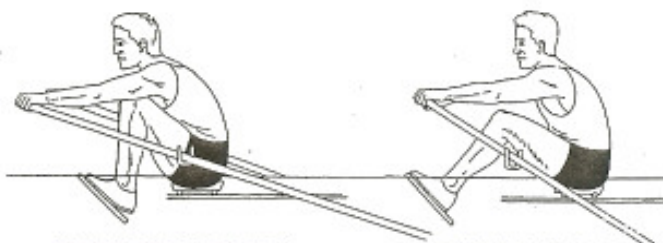


# BASIC SCULLING TECHNIQUE



## 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.



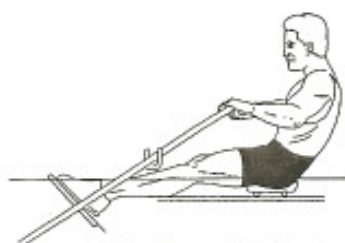
## MID DRIVE

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



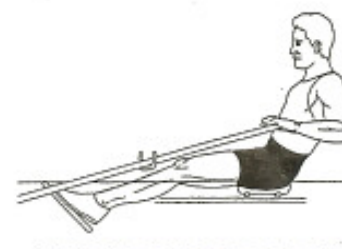
## MID LATE DRIVE

- 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 a 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.



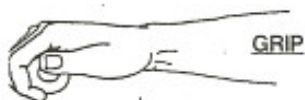
## FULL REACH

- 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 rem same height.
- Legs compress but not s
- Catch is quick but not he



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

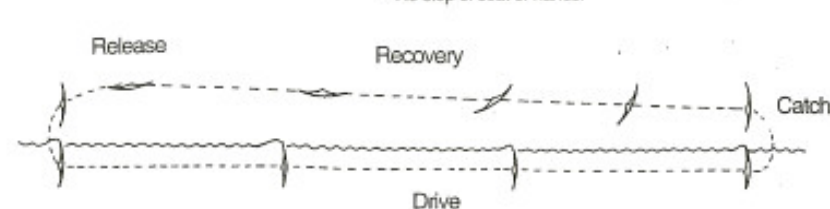


SIDE VIEW:

ABOVE:

## DRIVE PHASE CROSS-OVER

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



## BLADE-WORK