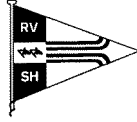


Learning Guide



Always hold on the oars!

Check hand and seat position regularly:



Sit up straight with legs outstretched!

**Hold on to end of oar!
Keep thumbs on outside of grips!
Hold right hand closer to stomach and close underneath left hand!**



Step 1: Blades flat on surface of water

**a) Alternate raising one hand and lowering the other hand simultaneously!
Switch hands!**

**b) Hold both sculls in one hand! Alternate, learning to the right and to the left side!
Change sides!**



Step 2: Blades squared in the water

Turn hands until blades are squared!

Keep a light grip on the oars so the blades stay squared as they float in the water!

**Step 3:
Rowing Forwards**

Turn both blades until square! **Squared!**
Pull both hands into the stomach! **Pull!**
Feather both blades again until flat! **Feather!**
Push both hands away to the knees, with blades flat on the water! **Push away!**

**Step 4:
Rowing Backwards**

Pull both hands into the stomach, keeping blades flat on the water!
Square up both blades!
Push the hands away to the knees!
Feather both blades again until flat!

Step 5: Rowing forwards on one side

Square up one blade!
Pull both hands into the stomach!
Feather the blade again until flat!
Push both hands away to the knees, keeping both blades flat on the water!

**Step 6:
Rowing backwards on one side**

**Step 7:
Leg drive**

**Step 8:
Turning**