

Coach's Corner by Chris Crain

We'll plan to introduce new topics in each month's newsletter, then adding them to a 'library' on our club's website. Enhancing our skills can make outings both safer and more enjoyable.

Three Golden Rules of Paddling a Kayak are a set of principles that help you paddle most efficiently, comfortably and safely. Check out the YouTube links below.

- Cooperative division of the body, with upper and lower parts performing separate tasks.
- Maintain the power position, in which arms, chest and paddle form a box in front of you.
- Rotate your torso, twisting at the waist to use the power of your upper body, rather than just pulling with our arms. This is the key to efficient paddling.

Three Golden Rules (2:35) <http://youtu.be/sjnUIRdelx8>

How to Maintain Proper Torso Rotation (1:36) <http://youtu.be/vR5Bc8TyvBs>

Torso Rotation (5:19). <http://youtu.be/yck584hONLU>

