

Coach's Corner by Chris Crain

Edging your kayak is different than “leaning,” because you keep your body vertical for better balance while “edging”. Edging is a great skill to practice, building your comfort level in waves, allowing you to turn your kayak much more easily, and to deal with cross-winds. Check out the links below.

- Edging Technique <https://www.rapidmedia.com/adventurekayak/categories/skills/1179-edging-kayak-technique.html>
- Turn Your Kayak Quickly (Edge and Sweep) (4:27) <http://youtu.be/9BysHoOHUvU>
- How to Turn Sea Kayak (2:20) <http://youtu.be/AT-73owZUeA>

