

Paddling 101:

The Class offered is for beginning paddlers who want to learn how to paddle and become part of the crew in an OC6 canoe.

We also welcome any paddlers who want to refresh and update their paddling skills.

Etiquette:

- 1) It is considered disrespectful to climb over a canoe. Walk around.
- 2) Park canoes with bow to water.
- 3) Never leave a canoe unattended unless well above waterline.
- 4) Never drag or drop an ama, they are very fragile.
- 5) Do not drive paddles into the sand.
- 6) Never tie a bailer, use quick release.
- 7) Never stop paddling until captain tells you to stop. Exception: if you become too tired, call your seat out, take a quick break/drink, then call your seat back in.
- 8) Once back to parking place, assist in washing down and locking up the canoe.
- 9) Help others bringing their canoes in.

Guidelines for Seat Responsibilities: (The captain may differ from below)

Seat one - (stroker), sets the paddling pace. More experienced, taken stroker class.

Kahi at captain's command. Controls front of boat. In charge if captain unable.

Seat two - mirror seat one on other side, assist seat one in kahi if asked, stabilize when resting, weight on 'iako.

Seat three - in noisy conditions repeat captain's commands. May need to bail.

Seat four - stabilize when resting, weight on 'iako. May need to bail.

Seat five - watch ama. Assist captain.

Calling:

Captain will assign the person which could be any seat. Seat three is often given the task because they see the stroker easily. 'Hut' is called the moment the stroker's blade enters the water, 'Ho' follows the moment the stroker's blade hits the water on the next stroke. Unless the captain tells you otherwise, count should be around 11-12. But, be aware, the timing of the call is more important than the exact number. Hold the call during a turn, also, when a change would occur on the breast of a wave, or, if the captain tells you to hold calling.

Note: You may be in a canoe where the caller only says the 'Hut'. This is not wrong and is standard in many clubs. Just do one more stroke after the call and then change. (Or call. The 'Ho' yourself).

Technique:

The single most important part of OC6 paddling is timing. Your paddle blade must enter and exit the water the same time as the paddle in seat one. If everyone is doing this you will all be in time, watch the paddle in front of you.

Holding the paddle: **Top Hand** on top of the handle, thumb pointing down, positioned over the gunwale. Blade positioned so it angles forward with a **less than** 45 degree

angle. Press down as paddle enters the water, slight bend in elbow.

Bottom Hand should hold the shaft a few inches above the blade. As you press down knuckles of bottom hand go into water and pull back.

Entire stroke is deep and long. Grip, firm but not tight. Stroke should be an inch or two from the side of the canoe to effectively pull the canoe through the water.

Be one with the canoe, sit back in the center of the seat, legs anchored against the sides, leg forward on the side you are paddling.

Stretch forward, curl your abdomen back as you push the paddle through the water past your hips, before coming out for the next stroke.

Remember: The stroke is a continuous movement, input, power phase of push and pull, exit and quick return, straight or with a quick inward feather. Rhythm is one, two through water, three return.

Never lean over on right. Keep eyes forward, head up.

Take Off Command:

Ho'omakaukau? (Are you ready?), hold paddle in front, reply 'hai'

Hoe Hapai. (Get set), paddle ready just above the water, arms straight.

Imua. (Go), start paddling, follow the paddle in front of you for timing.

Again, remember, the stroke is a continuous movement: input, power phase, (one, two), exit and quick return, (three)

Changes:

Pace should not slow down during a change. We will work on physically practicing changes in class before we go out on the water. If you find you are behind when you change, just hold a stroke or two and come back in on time.

Back Paddling:

Basically a mirror image of front paddling. Usually all on the left side, (reason: people leaning to right will more easily huli canoe).

Timing is important, otherwise you will hit another paddle. Remember, if you are not working as a team and pulling water the captain cannot steer the canoe in.

If the captain calls for a kahi, this only applies to the stoker, (sometimes also seat two), Everyone else must continue, uninterrupted, back paddling