

Manoeuvres for sheltered water coaches

General purpose kayak	Technical In order	Practices for each objective	variation
Forwards			
Stern check			
Edge control/lean			
Carry speed through turns			
Carry speed through tight turns			
Stopping and going backwards			
Sideways pull 2 metres in one stroke			
Glide/stern rudder			

Solo Canoe

Acceleration using a trailing paddle. First gear			
Acceleration using power pry. 2nd gear			
Holding edge and swapping knees			
Static turning towards blade			
Static turning away blade			
Turns on move inside and outside			
Sideways.1 Pull. Boat continues to glide after blade comes out			
Sideways away from the blade cross deck			
Sideways away from the blade pry			
Backwards for stopping and reversing			
Cruising J stroke fourth or fifth gear			

Tandem Canoe

Turn using draws at front			
Steering at back			
Turns using cross deck draw at front			

Sea Kayak

Edge control			
Static turns			
Wide turn on the move			
Forwards paddle accelerating			
Forwards cruising			
Backwards for stopping and reversing			
Sideways in one pull			