

Manoeuvres to coach to deliver 2 star

General purpose kayak	Technical breakdown	Delivery methods
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		
Backwards for stopping and reversing		
Cruising J stroke fourth or fifth gear		

Tandem canoe

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

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		