



Eskimo Roll

- Progression of the method to assimilate the different manoeuvres involved in the process of rolling, technique that allows you to return to the initial position of the kayak without leaving this .
- It is the self-rescue technique par excellence .
- It is difficult to establish the time necessary to learn this manoeuvre. It depends on the degree of improvement you want to acquire, on the flexibility at the hip level and the coordination of it with the upper trunk. For most students, two two-hour courses are sufficient .
- Dry demonstrations by the instructor will help visualize the different parts of the manoeuvre .

Duration Two-hour session

Content

- Become familiar with the situation of overturning .
- That the water is not strange to us, that it does not make us nervous .
- Underwater orientation: being inside the underwater kayak changes the spatial references to which we are accustomed. We should learn to take references of the new situation to be able to execute the subsequent exercises .
- Eskimo rescue .
- Coordination exercises without paddle.
- Initial position .
- Hip blow, lateral support .
- Dump without preparing initial position .
- Eskimo roll.
- Eskimo roll under pressure .

Price

- **65 € / person**
- 10% discount with own material .
- Rate with VAT included .