



## Perfectioning - Level II

- Aimed at kayakers who want to be self-sufficient, improve their paddling technique, learn advanced manoeuvres and deepen technical and safety resources.
- It is necessary to accredit training having done a previous initiation course .
- We will see the technique to avoid the rollover and we will review the assisted rescues to finish learning the self-rescues.
- The technical concepts are adapted to the personal level of each student to optimize performance .

**Duration** Three hours in one session .

### Content

- Secure a good paddling technique.
- Low pressure support .
- Self-rescue with paddle float in deep water.
- Navigation in different conditions .
- Tilt the kayak .
- Inclined driving with the circular stroke and the braking stroke.
- Stern rudder .
- Bow rudder .
- Lateral movement with lateral zigzag stroke .
- Side displacement with lateral traction stroke .

### Price

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

