



Paddling technique

Duration

- Two hours in one session .

Content

- Learn to regulate the kayak and know the position of paddling.
- Rowing optimizing movement .
- Learn and practice the effective propulsion paddling.
- Circular stroke and row back.
- Rotate, brake, row back and correct course .
- Secure a good paddling technique.
- Low pressure support .
- 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.
- Oriented tractions .
- Bass support static and high support static.
- Bass support dynamic and high support dynamic .

Price

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