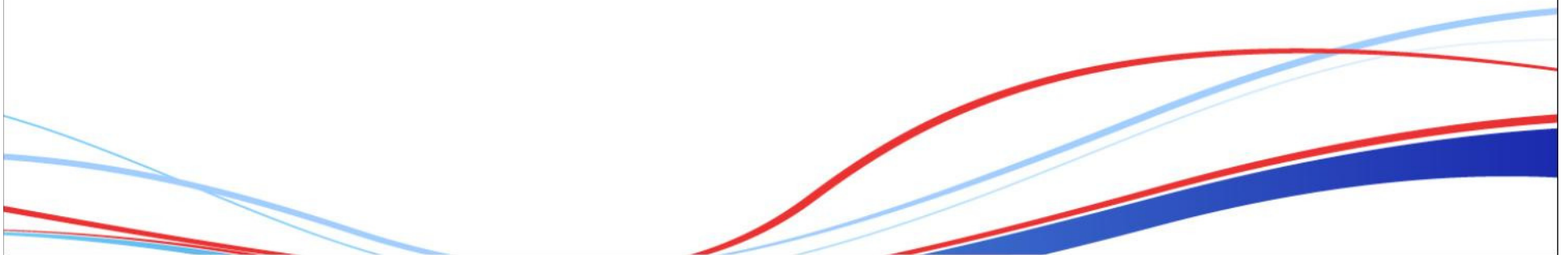




CKC CANOE TECHNICAL TEMPLATE: “The Block”





CKC Technical Template: “The BLOCK” Concept

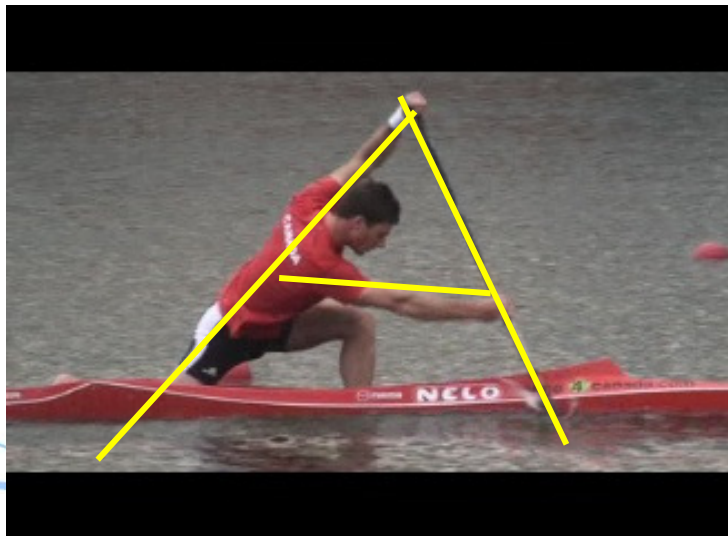
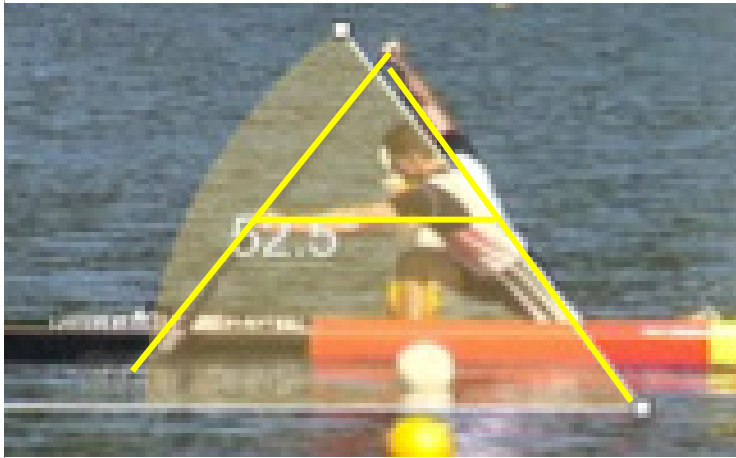
DEFINITION: The “*Block Position*”

- ✓ Shaft parallel to chest, moves at speed of body
- ✓ Shoulder aligned with hips
- ✓ HOLD IT FOR THE FULL DURATION OF THE WATER PHASE



CANOE:

Set-Up and Catch



Hip and back held in forward rotation until blade is buried at The Catch.

- ✓ Body remains in blocked A-Frame position
- ✓ Hold rotation in A-Frame until blade is sunk
- ✓ Shift weight to blade and stay on blade from catch to exit
- ✓ Weight goes onto paddle
- ✓ Minimize centre of gravity movement towards the back of stroke
- ✓ No backwards movement of hips to achieve catch

DRAW PHASE



Blade stays vertical during draw phase:

- ✓ Hip counter rotation initiates pull
- ✓ Sit up
- ✓ Hand and pulling shoulder stays parallel to gunwhale until the end of the hip rotation
- ✓ Hold **block position** with arms
- ✓ Timing of holding blade fixed in water
- ✓ Legs are connected to the boat and are *following / complimenting* the hip movement













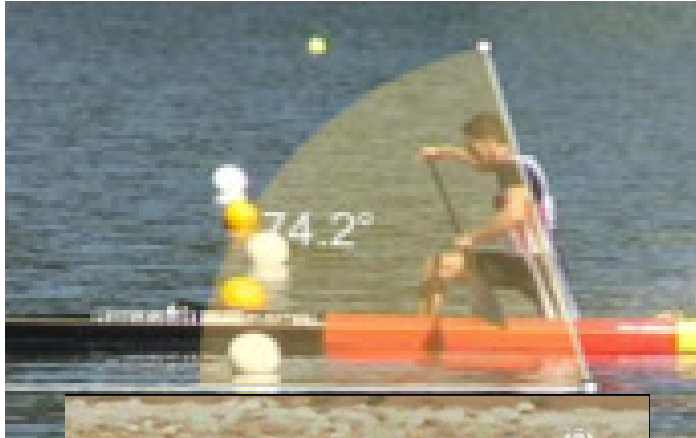




Canoe: Exit

**Body is aligned with
kneeling leg at exit**

- ✓ Hip comes forward,
paddle exits while
accelerating boat



EXIT



- ❑ Hip comes forward, paddle exits while accelerating the boat.
- ✓ Maintain pressure on the blade by pulling up with bottom arm and pressing down and in with top arm.
- ✓ Sit up tall with slight lean into the stroke.
- ✓ ***Keep moving forward!***

