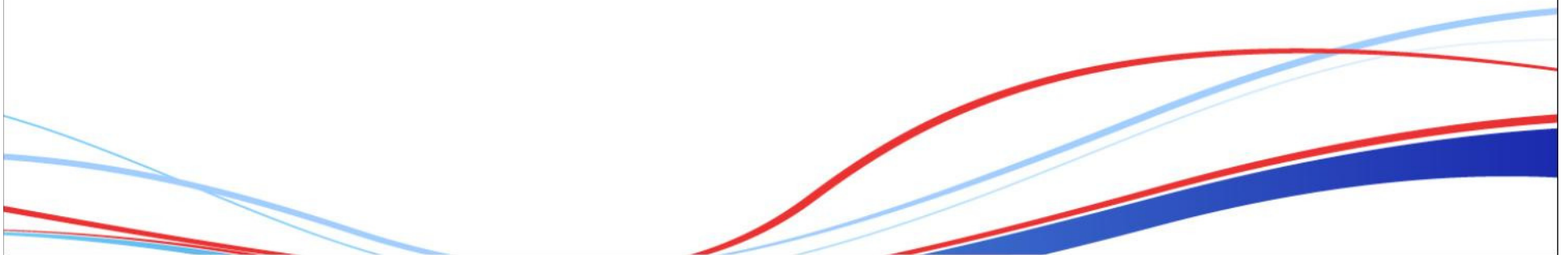




CKC KAYAK TECHNICAL TEMPLATE: “The Block” Concept





CKC Technical Template: “The BLOCK” Concept

DEFINITION: The “*Block Position*”

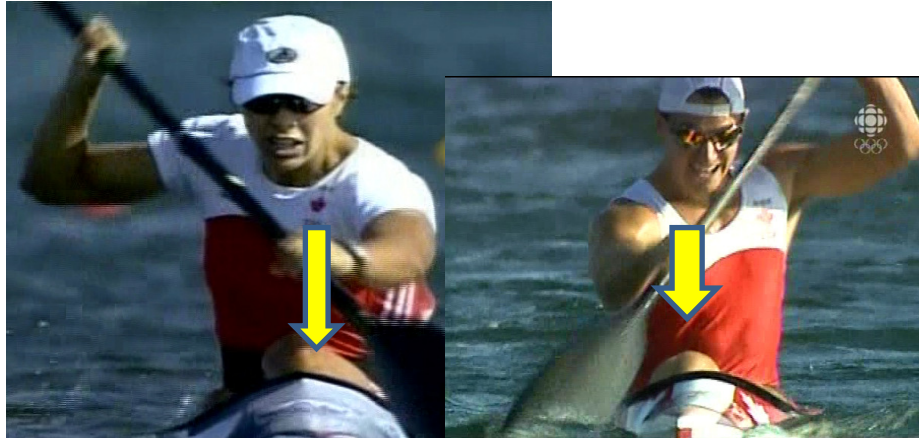
- ✓ Shaft parallel to chest, moves at speed of body
- ✓ Shoulder aligned with hips
- ✓ HOLD IT FOR THE FULL DURATION OF THE WATER PHASE





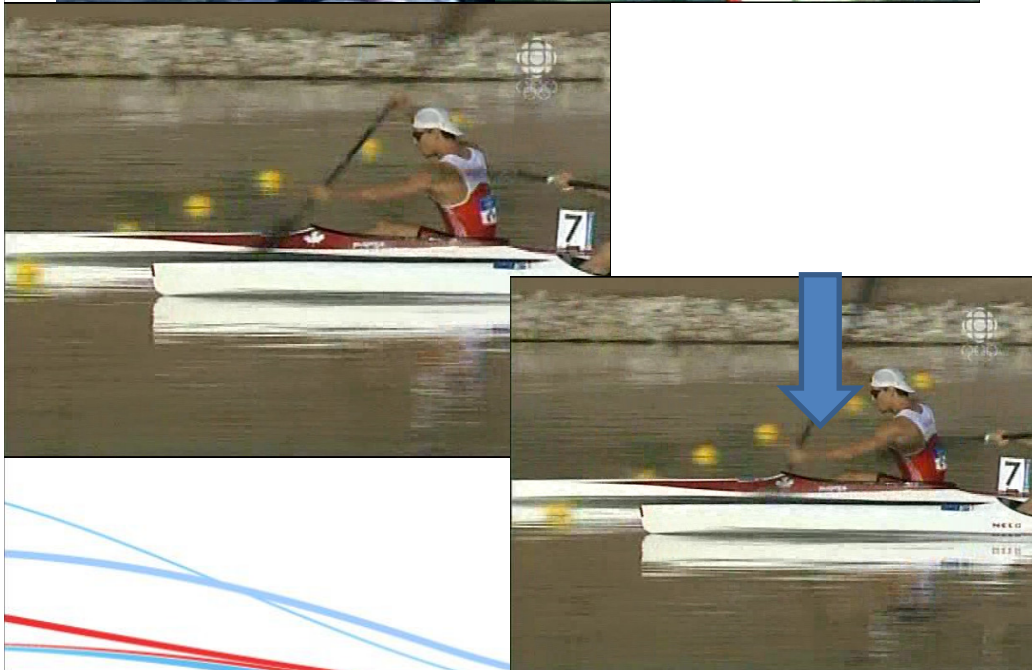
KAYAK

Set-Up & Catch



- ❑ Knee on paddle side stays bent and **BLOCKED** torso stays in full rotation until paddle is submerged.

- ✓ Legs and torso held until blade is sunk.
- ✓ Pressure on Footrest, from two hands down the Paddle shaft, and on paddle side of seat
- ✓ Hold angle of entry as long as possible



DRAW PHASE



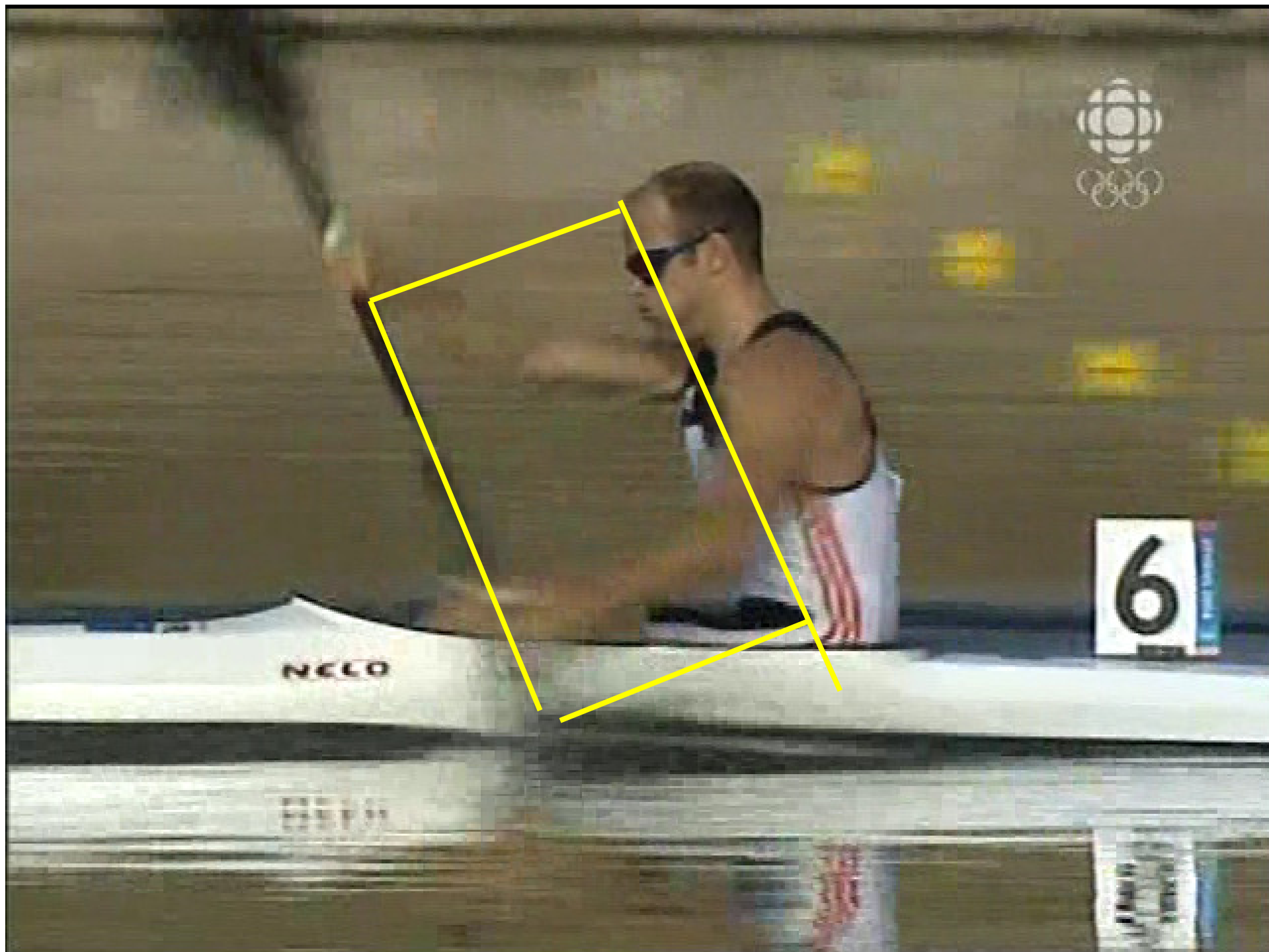
- ❑ **Torque and forward propulsion are created from block position – Hold blocked position from start to finish of water phase**

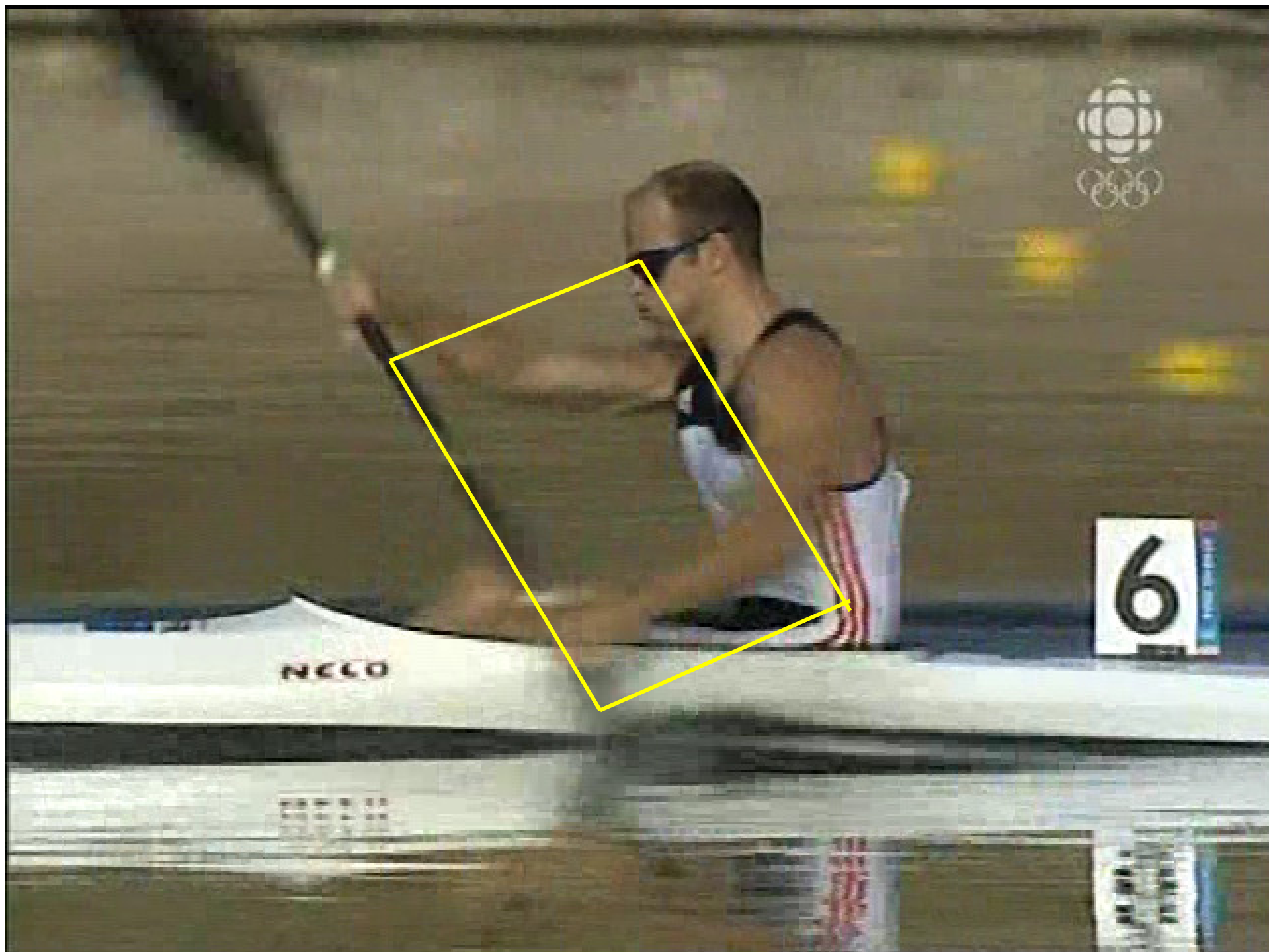
- ✓ Shaft remains parallel to chest
- ✓ Leg and blocked torso moves in relation to speed of boat
- ✓ The boat moves in relation to the speed of the leg and the block
- ✓ Paddle is fixed in water
- ✓ Pressure with the top hand throughout that phase – the whole time the paddle is in the water – press down through the shaft with continuous pressure with top hand

















EXIT

❑ Leg stays down until finish of stroke

- ✓ Keep pressure on footrest and extending leg until blade exits water
- ✓ Boat reaction - Boat leans toward exit
- ✓ Blade exits at the hip – ***hand never passes the hip***
- ✓ Hip / torso rotation finishes the stroke
- ✓ “top(front) hand” stays where it is – continues to apply pressure until paddle clears the water















