



# Natural Rowing Technique

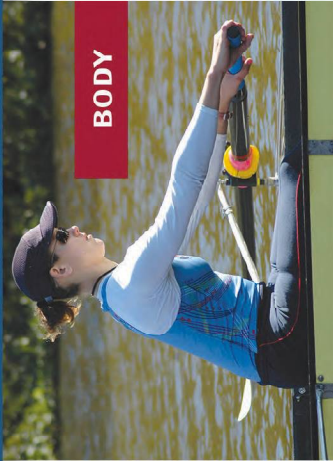
## RECOVERY SEQUENCE



**HANDS**

### THE FIRST PART OF RECOVERY – “HANDS”

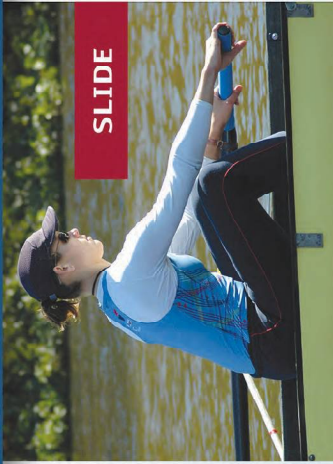
- The athlete sits in the finish position, relaxed with knees down.
- The blade is out of the water.
- The hands start moving away from the body to almost full-arm extension, but not locked.



**BODY**

### BODY PREPARATION – “BODY”

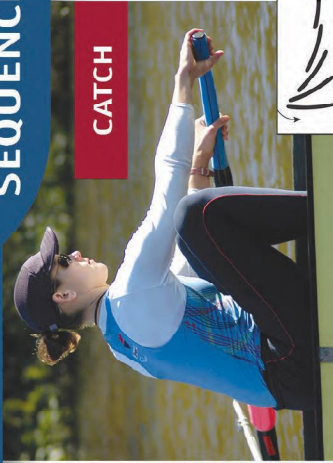
- The rower straightens the arms and pivots the body forward to the full reach position.
- The hands have gone over the knees, but the knees are still down.
- Now, the athlete is ready to start his or her slide forward towards the catch.



**SLIDE**

### LATE PART OF RECOVERY – “SLIDE”

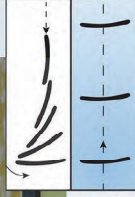
- The rower continues gliding forward to the catch, without any change to his or her body position.
- Avoid additional reaching out (diving) on the end of slide. It slows down the boat.



**CATCH**

### CATCH, THE ENTRY OF THE BLADE INTO THE WATER

- The rower arrives at the front of the slide, tall and relaxed, with the body angle maintained exactly the same as during the last part of the slide.
- The shins are almost vertical in “fully compressed” position.
- The arms are totally relaxed and extended forward.
- The arms and the hands move upwards in a small motion to place the blade into the water.



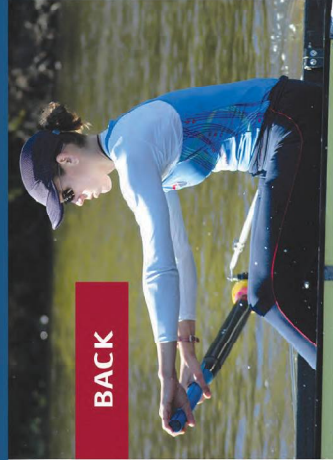
## THE DRIVE SEQUENCE



**LEGS**

### THE FIRST PART OF THE DRIVE – “LEGS”

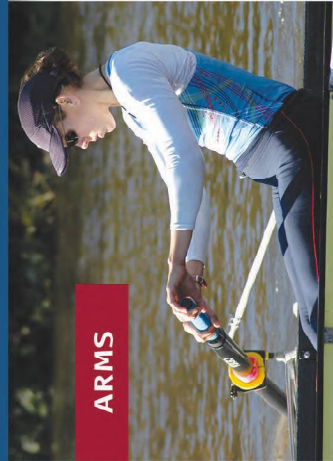
- The blade is already in the water. The legs push against the footboards and the whole body changes direction and starts moving towards the bow.
- The arms are stretched; the rower passively hangs on the oar handle.
- The body position remains unchanged for the first part of the drive.



**BACK**

### THE MIDDLE PART OF THE DRIVE – “BACK”

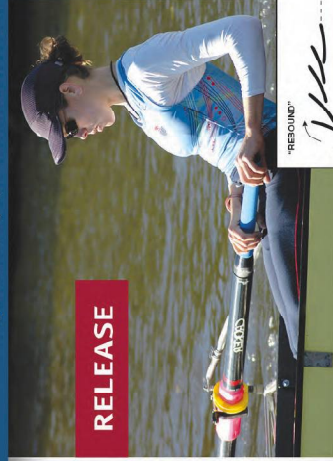
- The seat is approaching the last third of the slide.
- The back extends to open (uncoils), so it appears as if the body swing takes over from the leg drive. The tall upper body is pivoting from the hips.
- The arms are still stretched and the body hangs on the oar handle.
- Mechanically, the most efficient part of the stroke.



**ARMS**

### THE FINISH – “ARMS”

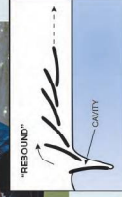
- The legs are flat and the rower sits back in a position of about 10 degrees past vertical.
- The head and chest are behind the oar handle without slouching.
- The arms continue the last few inches of the draw. Outside forearm is horizontal and pulling through.
- The rower continues to keep pressure on the footboards.



**RELEASE**

### THE RELEASE

- The rower sits tall with some support against the foot stretchers. The head and chest are behind the oar handles.
- The hands make a semicircular tapping motion down, without touching the body.
- The blade comes out of the water.



*Caryn Davies, Olympic Gold Medalist in '08, '12*