

## UNITED STATES CANOE



## Module #4: SOLO USCA Building Blocks for Canoe

### ASSOCIATION, INC.

#### Course Description

In this module paddlers will build upon the skills they learned in the USCA Beyond the Basics for Canoe Module. Additional strokes and maneuvers will be covered along with a more in-depth exploration of paddling concepts and dynamics. This Module provides a solid introduction to the advanced paddling skills needed for paddlers to move up to Freestyle Canoeing while also increasing on-water effectiveness and efficiency for canoe travel.

#### Introduction:

Introductions and course overview  
Discussion of student goals  
Review of safety, site logistics, & environmental considerations  
Equipment check, life jackets, clothing review  
Review of canoe transportation if needed

*Review of basic information from USCA Beyond the Basics for Canoe Module as needed*

Environmental scan  
Solo canoe types, paddle types (straight, bent, materials)  
Kneeling pads and options  
Review of biokinetics – use of body in paddling, torso-rotation, core  
Integration of body-boat-blade for efficiency and control  
Hull dynamics – use of heel and pitch, canoe trim

#### Strokes:

*Review strokes from USCA Beyond Basics for Canoe Module as needed*

- In-water Slice – teach or review neutral slice while canoe is stationary
- Forward Stroke with neutral slice for in-water recovery
- Forward Stroke with loaded slice at stern to maintain straight forward travel
- Palm Roll
- Palm Roll with slice recovery
- C-Stroke – refine as needed
- Sculling – draw and pry
- Cross scull – draw and pry
- Cross Forward with in-water recovery (*note that cross forward is almost always with an in-water recovery*) (*Emphasize that the stroke is far forward and short, with the stroke ending before the blade reaches the paddler's knee.*)
- Cross draw / diagonal draw
- Bow Jam

- Braces – high & low
- Box Stroke
- Reverse stroke with in-water recovery
- Far Back with in-water recovery
- Compound Back with in-water recovery
- Reverse J (for reverse travel)
- Introduce concept of stroke linkages

### **Maneuvers**

*Review maneuvers from USCA Beyond Basics Canoe Module as needed*

- Reverse travel with corrections and reverse J - refine
- Sideslips – drawing & prying
- Cross drawing and prying sideslips
- Kneeling positions – 3 point, 2 point
- Introduction to moving around in the canoe
- Drills using kneeling positions and practice shifting while underway
- Heel and Pitch

### **Review & Conclusion**

Additional options for instruction and course limitations

USCA membership information *and history as a handout*

Evaluations