

UNITED STATES CANOE



Module #5: USCA Freestyle Canoeing

ASSOCIATION, INC.

Course Description

In this module paddlers will use the skills learned in the USCA Building Blocks for Canoe Module to build a solid foundation in Freestyle Canoeing. These skills can then be used functionally by paddlers to travel by canoe on the many lakes and rivers throughout the United States. In addition, some paddlers may choose to explore the world of Interpretive Freestyle Canoeing and design canoe programs choreographed to music. This module is divided into four sections that correspond to the four canoe quadrants (Forward, Reverse, Cross Forward, and Cross Reverse) in which Freestyle Canoeing is taught. Please note: strokes and maneuvers are presented for both Solo and Tandem canoe.

Introduction to Freestyle (Review as needed in each section)

Introductions and course overview & logistics

Environmental scan

Discussion of student goals and experience

Review of safety and life jacket use

Introduction to Freestyle

- History of Freestyle
- Functional vs. Interpretive Freestyle
- Canoe Quadrants
- Equipment specific to Freestyle – canoe hulls, paddles, kneeling pads
- Review paddling concepts as needed on the water:
 - Forward/reverse travel
 - Proper use of biokinetics – use of body, torso rotation
 - Integration of Body-Boat-Blade for efficiency and control
 - Proper use of hull – heel and pitch of canoe
 - Types of kneeling
 - Palm roll and slice

Freestyle Basics

- Parts of Freestyle maneuvers – initiation; placement; conclusion
- Heel and pitch for maneuvers
- Moving around in the canoe

Forward Quadrant Strokes and Maneuvers:

Review strokes and concepts as needed.

<p>Solo</p> <ul style="list-style-type: none"> • Axle • Post • Wedge • Christie • Sideslips • Gimbals • Maneuver Linkages • Free Spin 	<p>Tandem</p> <ul style="list-style-type: none"> • Axle • Post • Wedge • Tangent • Sideslips • Gimbals • Maneuver Linkages • Free Spin
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Reverse Quadrant Strokes and Maneuvers:

Review strokes and concepts as needed.

<p>Solo</p> <ul style="list-style-type: none"> • Reverse travel (under control) • Reverse Axle • Reverse Post • Reverse Wedge • Reverse Christie • Reverse Sideslips • Maneuver Linkages • Far Back • Compound Back 	<p>Tandem</p> <ul style="list-style-type: none"> • Reverse travel (under control) • Stern Axle • Stern Post • Stern Wedge • Stern Tangent • Stern sideslips • Maneuver Linkages • Far Back • Compound Back
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Cross Forward Quadrant Strokes and Maneuvers:

Review strokes and concepts as needed.

<p>Solo</p> <ul style="list-style-type: none"> • Cross Axle • Cross Post • Cross Wedge • Cross Christie • Cross Sideslips • Maneuver Linkages 	<p>Tandem</p> <ul style="list-style-type: none"> • Cross Axle • Cross Post • Cross Wedge • Cross Tangent • Cross Sideslips • Maneuver Linkages
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Cross Reverse Quadrant Strokes and Maneuvers:

Review strokes and concepts as needed.

Introduce Transverse Kneeling Position for Solo Canoe Paddlers

Solo	Tandem
<ul style="list-style-type: none">• Cross Reverse Travel (under control)• Cross Reverse Axle• Cross Reverse Post• Cross Reverse Wedge• Cross Reverse Christie• Cross Reverse Sideslips• Maneuver Linkages• Cross Reverse Far Back• Cross Reverse Compound Back	<ul style="list-style-type: none">• Cross Reverse Travel (under control)• Stern Cross Axle• Stern Cross Post• Stern Cross Wedge• Stern Cross Tangent• Stern Cross Sideslips• Maneuver Linkages• Cross Reverse Far Back• Cross Reverse Compound Back

Review & Conclusion

Additional options for instruction and course limitations

USCA membership information

Evaluations