

## FreeStyle Instructor Standards (Solo)

FreeStyle instructor candidates are expected to demonstrate these maneuvers at high standards as outlined below.

Note: When actually teaching, instructors may demonstrate or teach additional variations/enhancements, as appropriate.

- Forward Stroke
  - Emphasize slow, smooth extensions so that students can see all parts of the maneuver.
  - Solid catch, significantly forward of the knees with power ending at or shortly behind the hips.
  - Ability to start canoe in a straight line using a Mild C or blade angled toward hull (if necessary) for the 1<sup>st</sup> stroke to avoid yaw.
  - Paddle shaft vertical, fore and aft as well as side to side.
  - Stroke straight back, not following the curve of the hull.
  - Gentle J correction (when necessary) near the stern.
  - Both in water and out of water recoveries.  
(In water recoveries should be with clean/neutral slices)
  - Use of loaded, in-water recoveries (blade angles) to hold canoe in a straight line.
  
- Cross Forward Stroke
  - Emphasize slow, smooth extensions so that students can see all parts of the maneuver.
  - Short with a solid catch, far forward and always ending before the knee.
  - Paddle shaft vertical, fore and aft as well as side to side.
  - Stroke straight back, not following the curve of the hull.
  - Clean, in-water recoveries
  
- Forward and Cross Forward Maneuvers (Include Axle, Post, Christi, & Wedge) All maneuvers to clearly show, initiation, placement (include riding the placement) and conclusion.
  - Three Point Stance
    - Minimal bobble
    - Pronounced heel
    - Good posture
  - Two Point Stance
    - Minimal Bobble
    - Heeled to (or very close to) the rail
    - Good posture
    - Bow noticeably pitched down
  
- Reverse Stroke including Far Back and Compound Reverse
  - Solid catch, at or behind the hips

- Paddle shaft vertical, fore and aft as well as side to side.
  - Stroke straight forward, not following the curve of the hull.
  - Gentle reverse J correction (when necessary) near the bow.
  - Both in water and out of water recoveries.  
(In water recoveries should be with clean/neutral slices)
  - Show loaded, in-water recoveries (blade angles) to hold canoe in a straight line.
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- Reverse Maneuvers (Include Rev. Axle, Rev. Post, Rev. Christi, & Rev. Wedge)
    - Three Point Stance
      - Minimal bobble
      - Pronounced heel
      - Good Posture
  
    - Cross Reverse Stroke
      - Solid catch, at or near the stern
      - Paddle shaft vertical, fore and aft as well as side to side.
      - Stroke straight forward, not following the curve of the hull.
      - Gentle x reverse J correction (when necessary)
      - Both in water and out of water recoveries.  
(In water recoveries should be with clean/neutral slices)
      - Show loaded, in-water recoveries (blade angles) to hold canoe in a straight line.
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- Cross Reverse Maneuvers (Include X Rev. Axle, X Rev. Post, X Rev. Christi, & X Rev. Wedge)
    - Three Point Stance
      - Minimal bobble
      - Pronounced heel
      - Good Posture
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- Static Side Slips (drawing and prying) (forward and reverse) (cross forward & cross reverse)
    - Demonstrate ability to find the “sweet spot” (proper placement).
    - Vertical paddle
    - Ride the side slip for at least two seconds without drifting significantly off course
    - Hull to be flat or heeled away from the direction of travel.
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- Sculling Side Slips (drawing and prying) (forward and reverse) (cross forward & cross reverse)
    - Demonstrate the ability to maintain direction (perpendicular to the length of the canoe).
    - Vertical Paddle
    - Hull to be flat or heeled away from the direction of travel.