

## FreeStyle Instructor Standards (Tandem)

Freestyle instructor candidates are expected to demonstrate these maneuvers at high standards as outlined below. Candidates must each demonstrate from bow and stern.

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 the canoe in a straight line.
  - Paddle shafts vertical, fore and aft as well as side to side.
  - Strokes are straight back, not following the curvature of the hull.
  - Gentle J correction (stern paddler) when necessary.
  - 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.
  - Cadance (both paddlers should be in sync). Bow paddler's motions should be smooth and slow so that the stern paddler can keep up.
  
- Cross Forward Stroke
  - Emphasize slow, smooth extensions so that the students can see all parts of the maneuver.
  - Short with a solid catch, far forward and always ending before the knee.
  - Paddle shafts vertical, fore and aft as well as side to side.
  - Strokes straight back, not following the curvature of the hull.
  - Clean, in-water recoveries
  - Cadance (Both paddlers should be in sync.) Bow paddler's motions should be smooth and slow so that the stern paddler can keep up.
  
- Forward and Cross Forward Maneuvers (Include Axle, Post, Wedge & Tangent.) All maneuvers to clearly show initiation, placement (including riding the placement) and conclusion.
  - Demonstrate counter balance technique.
    - Both paddlers extend outward (in low brace position) keeping the hull flat.
    - Both paddlers extend outward, heeling the hull both to the on-side and to the off-side.

- Three Point Stance
  - Minimal bobble
  - Pronounced heel
  - Good posture
  
- Two Point Stance
  - Minimal Bobble
  - Heeled to (or very close to) the rail
  - Good posture
  
- Reverse Stroke including Far Back and Compound Reverse
  - Solid catch, at or behind the hips.
  - Paddle shafts vertical, fore and aft as well as side to side.
  - Strokes straight forward, not following the curvature of the hull.
  - Gentle correction (near the bow) by the bow paddler as necessary.
  - Both in-water and out of water recoveries. (In-water recoveries should be clean/neutral slices.)
  - Show loaded, in-water recoveries (blade angles) to hold canoe in a straight line.
  
- Reverse Maneuvers (Include Rev. Axle, Rev. Post, Rev. Wedge & Rev. Tangent)
  - Three Point Stance
    - Minimal Bobble
    - Pronounced Heel
    - Good Posture
  
  - Cross Reverse Stroke
    - Solid catch
    - Paddle shafts vertical, fore and aft as well as side to side.
    - Stroke straight forward, not following the curvature of the hull.
    - Gentle correction (near the bow) by the bow paddler as 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.
  
- Cross Reverse Maneuvers (Include X Rev. Axle, X Rev. Post, X Rev. Wedge & X Rev. Tangent)
  - Three Point Stance
    - Minimal bobble
    - Pronounced heel
    - Good posture

- Static Side Slips (drawing and prying) (forward & reverse) (cross forward & cross reverse)
  - Demonstrate the ability to find the “sweet spot” (proper placement).
  - Vertical paddles
  - Ride each side slip for at least two seconds without drifting significantly off course.
  - Hull to be flat or heeled away from the direction of travel.
- Sculling Side Slips (drawing and prying) (forward & reverse) (cross forward & cross reverse)
  - Demonstrate the ability to maintain direction (perpendicular to the length of the canoe).
  - Vertical paddles
  - Hull to be flat or heeled away from the direction of travel.