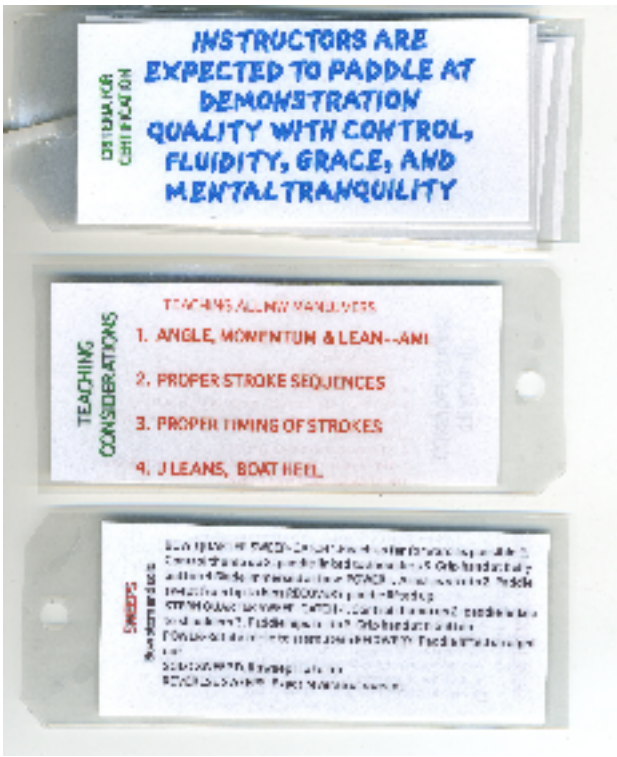
ICW Flash Cards

By Tom Lindblade

Anyone who has taught an IDW in any of the disciplines knows how much material must be covered in a very limited amount of time. We also know that there isn't one place for a candidate to find easily accessible outlines of all they are required to know and perform.

I had a couple of requests for more detailed stroke analysis that could be used as a memory aide, so I decided to create a set of cards which contain most of what is covered in a canoe IDW. There are now 18 cards in the series.. Before an IDW, I print them out double sided, cut them out, laminate them, punch them so that I can string them together with a small cable tie and give them to the candidates. This way they have a detailed memory aid that can be carried in the boat or clipped to the deck of a kayak, and will survive immersion. There are now 18 seperate cards which back to back make 9 laminated cards. Some of the cards will be the same for all disciplines, but obviously stroke mechanics will vary, so new cars would have to be made. PDFs of all of the cards available



TELL ME AND I WILL FORGET

SHOW ME AND I MAY REMEMBER

INVOLVE ME AND I WILL UNDERSTAND

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TEACHING CONSIDERATIONS

SUBJECT PRESENTATIONS

1. Keep your presentations SAFE

2. Keep your presentation SIMPLE (only what they need to know, not what you want them to know)

3. Carefully observeTIME LIMITS, avoid telling too many personal stories

4. Find a way to creatively INVOLVE participants from the beginning

5. AVOID LECTURE (too much talking)

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TEACHING CONSIDERATIONS

SKILL PRESENTATIONS (strokes and maneuvers)

1. Make sure the venue is SAFE
2. Make sure you can be heard and seen at all times
3. MOTIVATE-Why would you want to learn this
4. D/3-DESCRIBE what you are going to do. DEMONSTRATE model slowly, DO Have them perform then give feedback

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TEACHING ALL MW MANEUVERS

1. ANGLE, MOMENTUM & LEAN--AML
2. PROPER STROKE SEQUENCES
3. PROPER TIMING OF STROKES
4. J LEANS, BOAT HEEL

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PADDLING CONCEPTS FOR TEACHING ALL STROKES

1. CATCH, PROPULSION, RECOVERY--CPR
2. TORSO ROTATIO
3. GRIP HAND, SHAFT HAND, CONTROL THUMB
4. ON SIDE, OFF SIDE
5. PHYSICAL REFERENCES-hip to tip, belly button, control thumb up or thumb down, vertical paddle shaft, hands stacked
6. STAYING IN THE PADDLER'S BOX
7. THE CLOSER YOUR BLADE STAYS TO THE CENTERLINE THE STRAIGHTER IT WILL TRAVEL

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FLATWATER MANEUVERS

FORWARD IN A STRAIGHT LINE
1. TANDEM- Bow, forward stroke
Stern-Forward stroke w correction
Strokes are coordinated by stern paddler
2. SOLO-Forward stroke w correction
WIDE TURN
1. TANDEM- Bow, forward stroke or sweep
Stern Forward stroke w sweep
2. SOLO-Forwrd w sweeps
SPINS
TANDEM-Bow and stern do draws, push aways or prys on opposite sides, or

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FORWARD STROKE & CORRECTIONS

Stern (w Corrections) bow and solo

CATCH-1. Erect body, vertical paddle shaft, hands stacked, torso rotated forward, 2. Propulsion-Shaft drawn back vertically to hips. Grip hand stays level with your nose. RECOVERY- Feathered back to catch. CORRECTIONS-added to forward st
THUMB UP (OR STERN PRY) CATCH-1. Control thumb pointed up 2. Grip hand lowered POWER-Shaft hand pulled outward
THUMB UP (J STROKE) CATCH-1. Control thumb pointed downward,Wrist fully rotated POWER-1. Grip hand lowered 2. Shaft hand pulled outward

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C & PITCH STROKES

Solo/Stern, solo

CATCH-1. Torso rotation 2. Arms relatively straight 3. hands outside gunnel POWER-1. Paddle follows a "C" Shape patteern, starting wit h a bos draw, then a forward stroke, ending with a thumb up or thumb down correction RECOVERY-Paddle is feathered foreard for another C or a forward stroke.
PITCH STROKE / RUNNING J STROKE (stern, solo)-CATCH-1. Vertical paddle, hands stacked 2. Griip hand slig htly bent POWER-Blade starts perpendicular to the centerline and then is rotated constancly with a thumb down rotation through the power phase RECOVERY-Paddle Feathered forward

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PITCH STROKE / RUNNING J STROKE (stern, solo)-CATCH-1. Vertical paddle, hands stacked 2. Griip hand slig htly bent POWER-Blade starts perpendicular to the centerline and then is rotated constancly with a thumb down rotation through the power phase RECOVERY-Paddle Feathered forward

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DRAWS

Bow stern and solo

DRAW

CATCH-1. Rotate to onside (face your work) 2.Paddle shaft verticle 3. Hands stacked POWER-Boat is pulled to paddle with both arms, hip thrust adds power Recovery-Slice paddle out, advanced -use in-water recovery

BOW DRAW

CATCH-Shaft hand moved forward, control thumb pointed towards shoulder POWER Shaft pulled towards boat RECOVERY-Paddle lifted up

STERN DRAW

usually linked to forward st.CATCH-Shaft almost horizontal towards stern POWER-Shaft pulled to boat

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STATIONARY DRAWS

Stern, bow and solo

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POWER-1. Leading edge of blade pointed away from boat, control thumb pointed towards shoulder2. Angle of blade varies dependidng on how much turn required 3. Keep shaft hand elbow down and close to body RECOVERY-Slice out for another stroke
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CATCH-Shaft angled towards bow, control thumb pointed at shoulder POWER-Blade held in catch position RECOVERY-Slice out or slice forward do a bow draw and then a forward stroke

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PUSH AWAY / PRY

bow stern and solo

PUSH AWAY-CATCH-1. Face your work torso fully rotated to onside 2. hands stacked 3. Control thumb points to stern 4. vertical paddle shaft 5. Blade sliced in next to hull
POWER-push away from hull until arms are straight
RECOVERY-Point control thumb straight out, slice blade back to hull. (in-water)
PRY-Catch-1. Face your work, torso fully rotated to onside 2. Blade sliced in under hull 3. Grip hand out over water 4. Shaft hand at gunnel POWER-1. Grip hand pulled straight back 2. shaft hand on gunnel used as fulcrum 3. Grip hand does not pass centerline RECOVERY-Point control thumb straight out, slice blade back to hull. (in-water)

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SWEEPS

Bow stern and solo

BOW QUARTER SWEEP- CATCH 1.Reach as far forward as possible 2. Control thumb up 2. paddle linked to shoulders 3. Grip hand at belly button 4 Blade immersed at bow POWER 1. Arms as struts 2. Paddle swept from tip to hips RECOVERY paddle lifted up
STERN QUARTER SWEEP- CATCH -1. Control thumb up 2. paddle linkec to shoulders 3. Paddle hips to tip 3. Grip hand at b button
POWER-Rotate torso to stern stern RECOVERY- Paddle lifted straight out
SOLO SWEEP Full sweepTip to tip
REVERESE SWEEPS-Exact reverse of sweeps

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STERN QUARTER SWEEP- CATCH -1. Control thumb up 2. paddle linkec to shoulders 3. Paddle hips to tip 3. Grip hand at b button
POWER-Rotate torso to stern stern RECOVERY- Paddle lifted straight out
SOLO SWEEP Full sweepTip to tip
REVERESE SWEEPS-Exact reverse of sweeps

SWEEPS

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SCULLING STROKES

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sculling draw-Catch-1. Face ypur work (rotate to onside) 2. Vertical pddle .with shaft about four inches from hull 3. Both hands over gunnel with hands stacked POWER-1. Grip hand shaft hand move back and forth as though spreading peanut butter (smooth back and forth movement) in an arc away from the hull 2. Blade angle varies with each pass
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SLLICE STROKE

Bow, solo

CATCH-1. Vertical paddle ahaft 2. Torso Rotation 3. Grip hand slightly bent 4. Leading edge of blade is set against hull POWER-1. Paddle is pulled back to hips 2. Angle of blade is held constant tnrougout stroke RECOVERY-Feathered back for next stroke

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FAR BACK STERN AND SOLO-CATCH-Fully rotate backward 2. Arms extended 3.vertical shaft POWER Pull boat to blade. Ends at hip RECOVERY-Paddle sliced out or grip rotated into positon for a back stroke
COMPOUND BACK Bow,stern (Combines farback, back stroke) J Stroke added for correction (stern only)

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BRACES / RIGHTING PRY
bow stern and solo

LOW BRACE-CATCH-1. Face your work (Rotate to onside) 2. Control thumb rotated towards bow 3. Paddle horizontal and perpendicular to boat with back face down 3. Grip and shaft hand over water, grip hand lower than shaft hand.4. Head is kept low and out over paddle.
POWER-1. Water is hit by entire paddle led by grip hand 2. Offside knee is pushed downward 3. paddle is pulled back towards centerline 4. Head kept low and moved back towards centerline with paddle..
RECOVERY-Raise head after boat is righted
HIGH BRACE-Replaced with Righting Pry
RIGHTING PRY-CATCH 1. Slice the blade under the boat 2. Grip hand out over the water as far as possible 3. Turn blade paralell to the centerline 4. Drive paddle down so that 12" to 15" of shaft are above the gunnel
POWER-Pull aggressively with grip hand 5. Press down with onside knee
RECOVERY-Slice paddle out of water or back for another righting pry

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INSTRUCTORS ARE EXPECTED TO PADDLE AT DEMONSTRATION QUALITY WITH CONTROL, FLUIDITY, GRACE, AND MENTAL TRANQUILITY

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