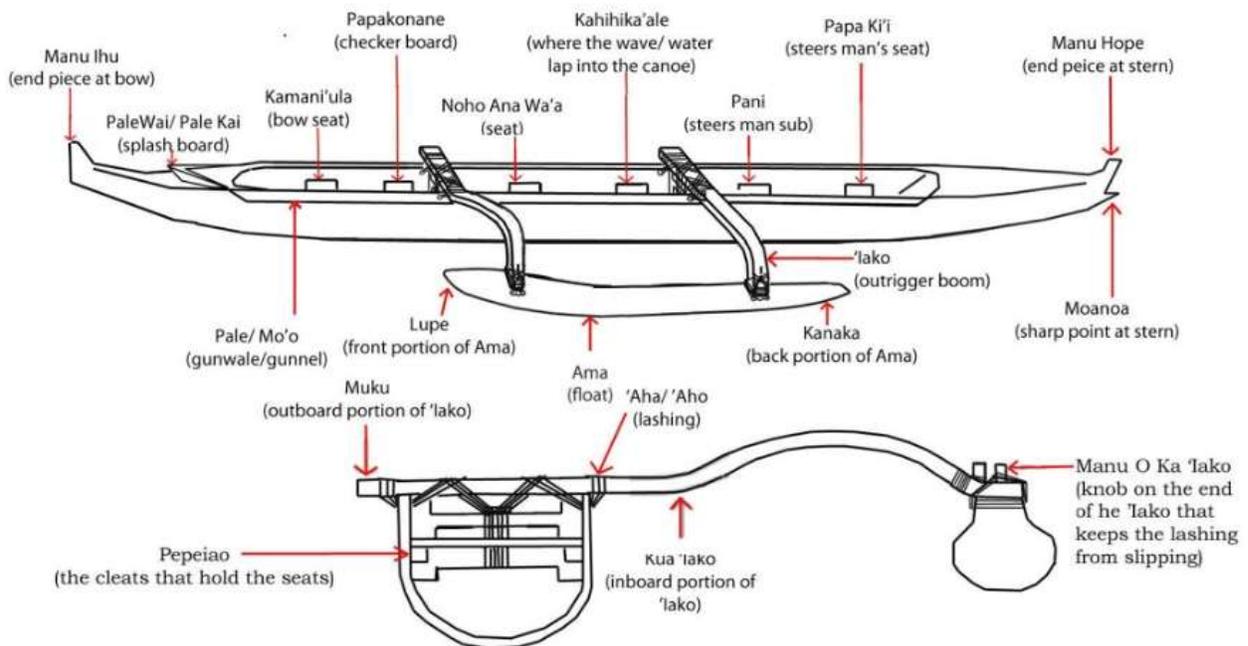


PADDLING AND TECHNIQUE GUIDE



Terminology

- Va'a: The canoe
- Mana: The Spirit
- Ama (pronounced ar-ma): The float device attached to the left side of the canoe
- Iako (pronounced ee-ar-ko): The wooden struts between the canoe and the ama
- Gunnels or Gunwales: The rim of the canoe
- Lashings: The rope used to bind the iako to the ama or canoe
- Snap Lashings: A faster, modern method, of lashing or as reinforcement to lashings
- Huli: When the canoe capsizes or flips unexpectedly
- Blade: The flat piece of the paddle, also used to describe the whole paddle



Traditions

- Blessing of Canoes –All canoes are blessed to seek safe passage for the canoe and its passengers
- Pointing the Outrigger to sea – Where possible we always try to store the canoe with the bow pointing towards the sea. This is seen as a sign of respect for the canoe, but probably stems from the days of war canoes and the need to make a quick get-away.
- Never Step Over a Canoe – Never step over the hull of an outrigger canoe always walk around as another sign of respect.
- Never Stand in the canoe – You may cause the canoe to flip over.
- No Swearing in the canoe – It is disrespectful to the canoe and may offend fellow paddlers.
- Do not drag the canoe -Dragging the canoe damages the paintwork and skin of the canoe, treat all canoes with care they belong to you.

Seat Positions and Responsibilities

Each paddler in the canoe has a specific function. When everyone paddles in time, the paddlers work as a united team and the canoe glides effortlessly through the water.

As a Hekili team member you will, at some stage, sit in each seat of the canoe. The experience is invaluable and team members will support you - enjoy the opportunity! For races, the club coaches will determine teams and seating positions, based on certain selection criteria.

- Seat 1 - sets the paddling rate for the rest of the team and assists the steerer in keeping the canoe aligned.
- Seat 2 - mirrors seat 1's timing and provides encouragement and support for seat 1.
- Seat 3 - calls when to change sides paddling (calls the HUTS) and provides strength and power with each stroke.
- Seat 4 - also part of the powerhouse - they provide strength and power and maintain a watch on the ama to ensure the canoe doesn't flip.
- Seat 5 - provides strength and power and supports the steerer if necessary.
- Seat 6 - steers the canoe, calls directions and has overall control of the canoe.

Directions (typically provided by Seat 6 or Seat 3)

- Hold Water - Put whole blade in the water to hold the canoe in position.
- Paddles Set - Assume the set up position - hips are rotated, torso inclined forward, there is a slight angle in the blade, and you are ready to surprise the water with your first stroke.
- Go / Hit - Start paddling. All blades should hit the water together. In a race situation, the steerer will take the cue from the drop of a flag.
- Hut- You have one more stroke before you change sides, usually called every 12 to 15 strokes.
- Rate Up / Down – this directs the speed of the strokes, set by seat 1 and followed by the rest of the canoe.
- Power Up / Down – this directs the strength applied to the front of the stroke by team members.
- Draw Left / Draw Right – Seat 1 and sometimes 2, reach out and plunge the blade deep into the water and pull in so that you push water under the canoe (not alongside it). This instruction is usually given to change the direction of the canoe.
- Delayed Changes - In rough weather, the steerer require seat 5 to do two extra strokes when paddling on the left side, before changing sides to maintain stability.
- Paddles Up – Stop paddling.

Basic Outrigger Stroke Technique

To develop the OC6 outrigger stroke consider the following when paddling:

1. **Sit up tall** – keep your weight centred in the canoe - use your thighs to press on the inside of the gunnel to keep you centred.
2. **Rotation is the key** – rotate from the hip/ waist with a slight bend forward to engage the lateral muscles of your shoulders and back. Do NOT simply reach forward and bend but twist forward leading from the hip. Then rotate the hip back during the pull phase for maximum power. It is important that the rotation ceases when the body is square. Avoid over rotation similar to the end of a kayak stroke.
3. **Be long and powerful** but do not over-reach upon entry at the catch.

4. **Bury the entire blade at the entry point** – the “catch” of the paddle. Use a tiny pause to set up the entry of the blade at the catch. Try and get a “clean” catch at the entry point- the paddle entry should be quiet and the paddles should be locked in the water.
5. **Explode and accelerate at the catch** – you want the power application at the catch. Engage your hips, legs and feet at the catch for maximum power in the pull phase – push off your lead leg at the catch.
6. Keep a vertical paddle as you pull alongside the canoe hull – do not flare out an angle.
7. Ensure you have a clean exit at your mid-thigh to hip-feather the blade on exit by rolling the wrist and bringing the blade just above the water to the forward vertical position for the next catch, the recovery phase of the stroke.