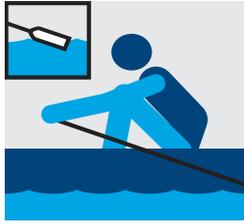


2.3 How to row

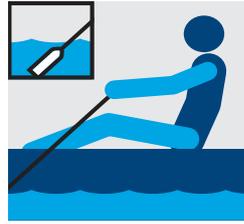
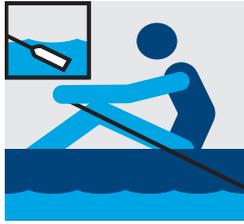
1 Entry/Catch

- Raise only the hands
- Do not “open” the body
- Enter the water before beginning the leg drive



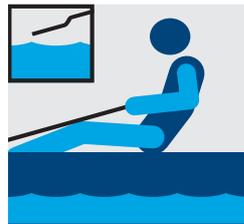
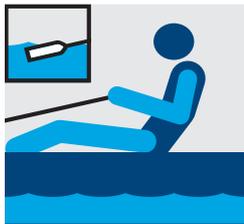
2 Drive No. 1

- Almost no change in the body position
- The body is “hanging” on the oar and footstretcher
- Work is done exclusively by the legs



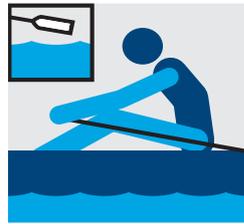
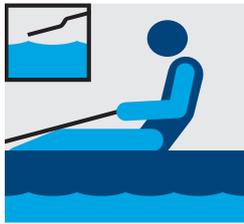
3 Drive No. 2

- Upper body slowly takes over the leg drive
- The body starts to “uncoil” in a natural way



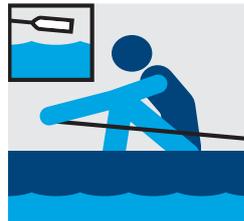
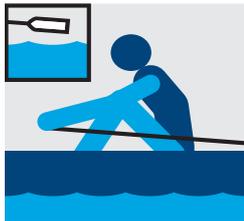
4 Drive No. 3

- Legs almost finish their work
- The upper body still continues its swing
- The arms begin their work



5 Drive No. 4

- End of the “layback”
- The arms move quickly and strongly to the body



6 Finish/Release

- Forearms and hands move oar handles down and around in a fluid continuous manner, releasing the oars from the water

7 Recovery No.1

- Hands move away from the body at a constant speed

8 Recovery No.2

- At the beginning of the slide, arms are past the knees
- There is early forward body angle preparation

9 Recovery No.3

- The slide is at half-way
- The arms and upper body have finished reaching out

10 Before Entry

- Last part of the slide
- All movements are finished except continuation of slide with concentration on a direct entry