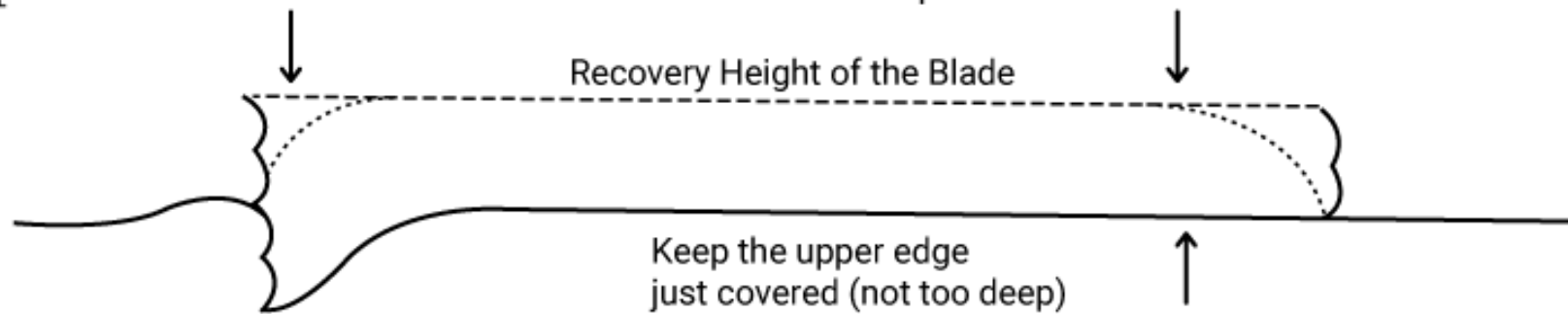


BASIC BLADEWORK: Mastering "edge control"

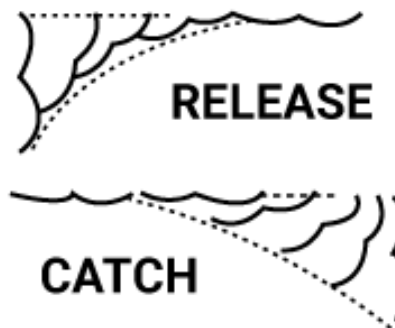
P: 02/02

Feather as the handle moves towards stern

Square as the handle moves towards stern



Consider the upper edge of the blade as a sliding "hinge"



start squaring as the handle passes over the feet

CONTROL THE LOWER EDGE: this is where most boat-stopping occurs

SEQUENCE AT THE FINISH: release and then push/feather together

THE LOWER EDGE FOLLOWS AN ELLIPTICAL PATH :
release the blade from the puddle without the lower edge moving any further towards the stern

THE UPPER EDGE FOLLOWS A SQUARER PATH: bring the upper edge up to the recovery height and then feather the blade as the handle moves away from the body

ROWING CANADA AVIRON

15:56

FEB-04-1999