

# Skills and Manoeuvre Summary for Style Canoe Skills Courses

Name:		Course:	
Date:		Course ID:	
	Course Level – Style Canoeing		
	Introduction	Intermediate	Advanced
Core Elements	Pivot (2m, n/a, n/a) (three revolutions, both directions) Forward line (<2m, 25m, 20°) Reverse line (<2m, 25m, 20°) Onside Displacement, with corner (<1m, 10m, 20°) Offside Displacement, with corner (<1m, 10m, 20°) Inside Circle (<2m, 5m radial, 20°) Outside Circle (<2m, 5m radial, 20°) Inside Turn (<2m, 3m, 90°) Include stop turn. Outside Turn (<2m, 3m, 90°) Include stop turn. Inside Pivot Turn (<2m, 3m, 90°) Outside Pivot Turn (<2m, 3m, 90°) Inside U Pivot Turn (<2m, 3m, 180°) Outside U Pivot Turn (<2m, 3m, 180°) Inside Weight Turn Outside Weight Turn Controlled sit (0, 0, 0°) Reverse weight turn (attempted) Launch/Entry Land/Exit Lift/Carry	All Intro core elements with half corridor an yaw (e.g. forward line (1m, 25m, 10°)) Reverse inside circle (<2m, 5m radial, 20°) Reverse outside circle (<2m, 5m radial, 20°) Reverse Inside Turn (<2m, 3m, 90°) Include pivot, U, stop turns Reverse Outside Turn (<2m, 3m, 90°) Include pivot, U, stop turns Inside/outside Weight turn controlled (<3m, 3m, 90°) Outside weight turn controlled (<3m, 3m, 90°) Offside weight shift forward (cross strokes) Offside weight shift rearward (cross strokes) Onside running side slip (2m to side, over 4m forward, 20°) Offside running side slip (2m to side, over 4m forward, 20°) Connected circles (<2m, 5m radial, 20°) Weight shift Onside Displacement with inside corner Offside Displacement with inside corner Reverse inside/outside weight turns	All Intro and Intermediate core elements with half [again] corridor and yaw (e.g. forward line (0.5m, 25m, 5°)) Inside reverse weight turn controlled (<3m, 3m, 90°) Outside reverse weight turn controlled (<3m, 3m, 90°) Reverse onside running side slip (2m to side, over 4m forward, 20°) Reverse offside running side slip (2m to side, over 4m forward, 20°) Reverse connected circles (<2m, 5m radial, 20°) English Gate (or equivalent).

Although each level appears to have fewer skills, every level requires the skills/manoeuvres from the earlier level to be completed at a higher level of precision. Each level also adds more complex and difficult manoeuvres and routine.

<p><b>Stokes</b>  <i>Although these are covered within each level they are not part of the testing of skills or manoeuvres. Assessment is based on efficient movement of canoe.</i></p>	<p>Forward  Reverse  J  Canadian  C  Rolling J  Reverse Rolling J  Forward sweep, partial/full/surface  Reverse sweep, partial/full/surface  Draw  Push  Sculling Draw  Sculling Push  Running draw (turns)  Running pry (turns)  Box (inside pivot)  Box (outside pivot)</p>	<p>Offside forward  Offside draw  Offside push away  Running offside draw (turn)  Reverse rolling J  Circle (inside pivot)  Circle (outside pivot)  Running draw (side slip)  Running pry (side slip)  Reverse running draw (turns)  Reverse running pry (turns)  Stroke blending/combination strokes</p>	<p>Reverse running draw (side slip)  Reverse running pry (side slip)  Stroke blending to complete routines</p>
<p><b>Manoeuvres</b>  <i>These are examples – expand based on interest within the difficulty for the level</i></p>	<p>See Core Elements</p>	<p>Core elements in open water  Line pivot  Pinwheel (bow)  45 degree line  ‘Flip’ turn  Spiral to pivot</p>	<p>Core elements in open water  Displaced circles  Arc/Circle line pivots  Spiral to pivot (reverse)  Freestyle (forward/reverse onside quarter, explore offside quarters)  Axle  Christie  Wedge  Post</p>
<p><b>Routines</b></p>	<p>N/A  May do basic formations and synchronized skills</p>	<p>4-6 Manoeuvres, synchronized paddling  Interlocking pivots  H formations/pivots</p>	<p>6+ manoeuvres  Parallel routines (within 1m)  Pivots/inline routines (within 0.5m)  Synchronized paddling</p>
<p><b>Theory</b></p>	<p>Boat types  Influence of Omer Stringer, Bill Mason, Becky Mason, etc.  Equipment (for example, kneeling pads)  Canoe Dynamics  Edging  Trim  Stroke Dynamics (pitch/placement/torque)  Static/Dynamic  Basic body position  Kneeling  Face</p>	<p>Paddle shapes – effect on body position, paddling style  Communication (in routines)  Choreography  Basics of synchronized paddling  Style skills in other disciplines  Intermediate body position – face, rotation, kneeling</p>	<p>Influence on/of Freestyle  Dynamic and static strokes – purpose distinction – specifically related to A. Freestyle  Style Paddling competitions  Advanced synchronized paddling  Advanced body position  Advanced choreography</p>

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<b>Safety and Rescue</b>	Required safety equipment (PFD, bailer, etc.) Canoe over Canoe/parallel rescue Swim with canoe (15m) Deep water re-entry, Self-rescue Optional deep water self-rescue (shake out/C. flip)	Review introductory material	Review introductory material
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