FreeStyle Canoeing HOMEWORK SUMMARY SHEET

"Obedience Training for Your Canoe"

ONSIDE PADDLE PLACEMENT

FORWARD

Maneuver	Turn	Initiation	Static placement	Heel	Weight shift	Conclusion
Axle	Onside	C	Bow draw	Onside	Forward	Bow draw
Post	Onside	C	Bow draw	Offside	Forward	Bow draw
Christie	Onside	C	Stern pry	Onside	Forward	Rev. sweep
Wedge	Offside	Sweep	Bow pry	Onside	Forward	Sweep

REVERSE

Maneuver	Turn	Initiation	Static placement	Heel	Weight shift	Conclusion
Rev. Axle	Onside	Rev. C	Stern draw	Onside	Backward	Stern draw
Rev. Post	Onside	Rev. C	Stern draw	Offside	Backward	Stern draw
Rev. Christie	Onside	Rev. C	Bow pry	Onside	Backward	Sweep
Rev. Wedge	Offside	Rev. sweep	Stern pry	Onside	Backward	Rev. sweep

OFFSIDE PADDLE PLACEMENT

CROSS FORWARD

Maneuver	Turn	Initiation	Static placement	Heel	Weight shift	Conclusion
X-Axle	Offside	Sweep	X-Bow draw	Offside	Forward	X-Bow draw
X-Post	Offside	Sweep	X-Bow draw	Onside	Forward	X-Bow draw
X-Christie	Offside	Sweep	X-Stern pry	Offside	Forward	X-Rev. sweep
X-Rev. Wedge	Onside	X-Rev. Sweep	X-Stern pry	Offside	Backward	X-Rev. sweep

CROSS REVERSE

Maneuver	Turn	Initiation	Static placement	Heel	Weight shift	Conclusion
X-Rev. Axle	Offside	X-Rev. C	X-Stern draw	Offside	Backward	X-Stern draw
X-Rev. Post	Offside	X-Rev. C	X-Stern draw	Onside	Backward	X-Stern draw
X-Rev. Christie	Offside	X-Rev. C	Bow pry	Offside	Backward	X-Sweep
X-Rev. Wedge	Onside	X-Rev. Sweep	X-Stern pry	Offside	Backward	X-Rev. sweep

Summary:

The static placement for all **AXLES** (be they forward, reversed, or crossed or both) is to place and pitch the blade to **DRAW** the leading end of the canoe (whether bow or stern) toward the paddle. Heel toward the paddle; it's an Axle. Heel away from the paddle; call it something else (Post).

So why don't we "static draw" the trailing end of the canoe?

The static placement for all **CHRISTIES** (be they forward, etc……) is to place and pitch the blade to **PRY** the trailing end of the canoe (whether bow or stern) away from the paddle. Heel toward the paddle; it's a Christie. Heel away from the paddle; (can we do that?) call it something else.

The static placement for all **WEDGES** (be they forward, etc……) is to place and pitch the blade to **PRY** the leading end of the canoe (whether bow or stern) away from the paddle. Heel toward the paddle; it's a wedge. Heel away from the paddle; call it something else. (Tangent?)

SIDESLIPS are all static **DRAWS** or **PRYS** (or crossed) applied to the center of rotation of the canoe. The center of rotation is just ahead (behind if you're going backwards) of the center of mass (you).