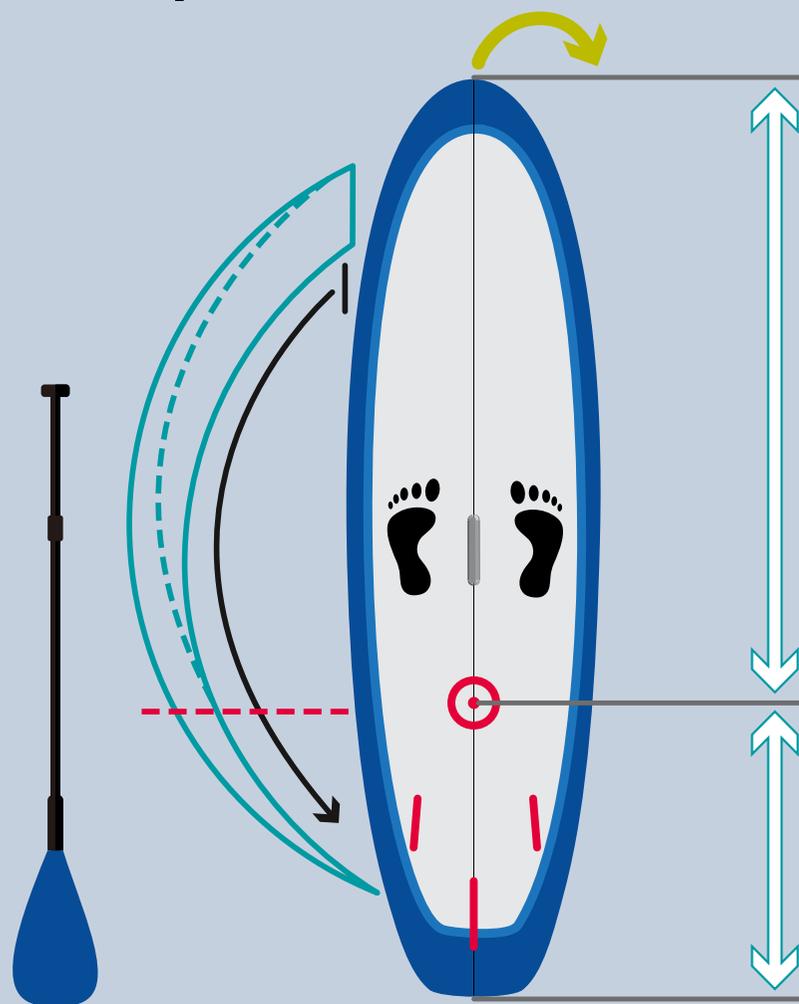


Sweep stroke



|

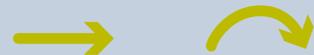
Pale dans l'eau (catch)



Rotation de la pale dans l'eau



Amplitude du mouvement de la pale

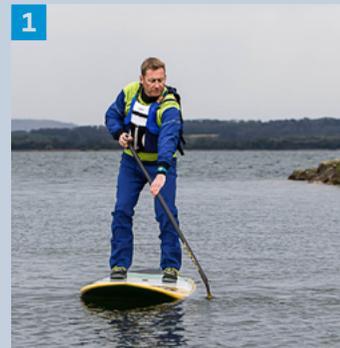


Direction/Changement de direction

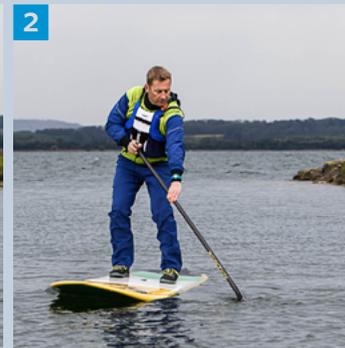


Efficacité du pagayage

1



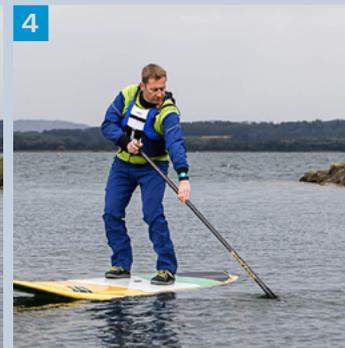
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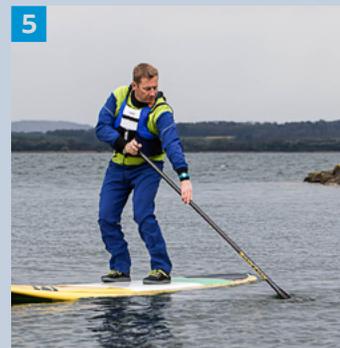
3



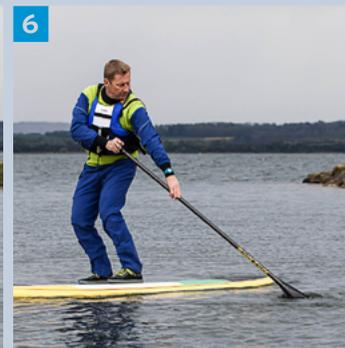
4



5



6



Points-clés

- Abaisser la prise à la hauteur du ventre pour augmenter la portée de la pagaie.
- Déclencher le mouvement de rotation du buste avec les hanches.