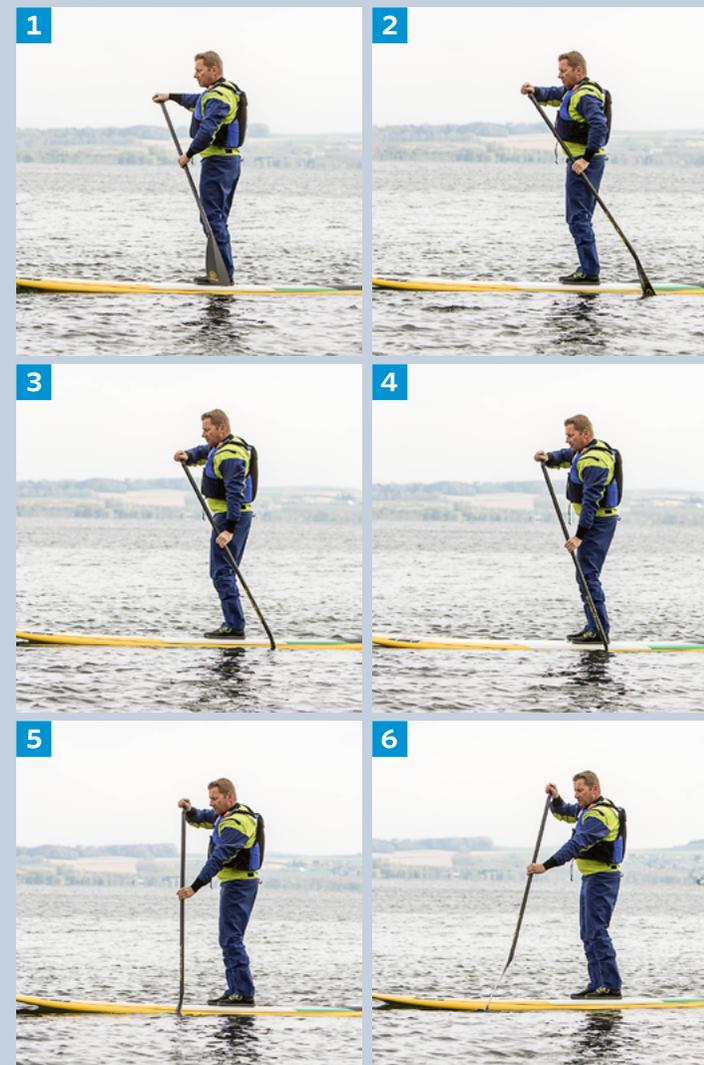
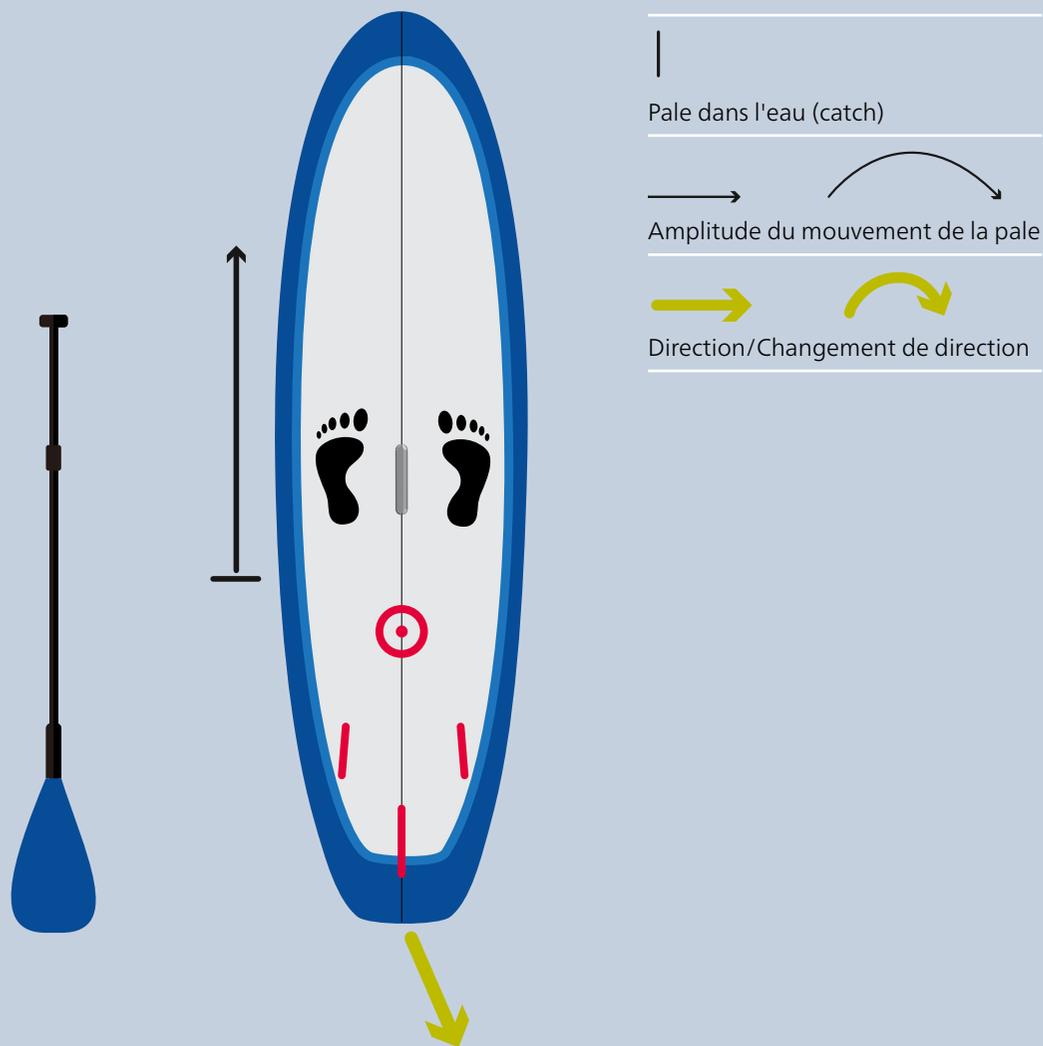


Reverse/Backward stroke



Points-clés

- Tenir la pagaie le plus verticalement possible.
- Effectuer de petits mouvements de pagaie.