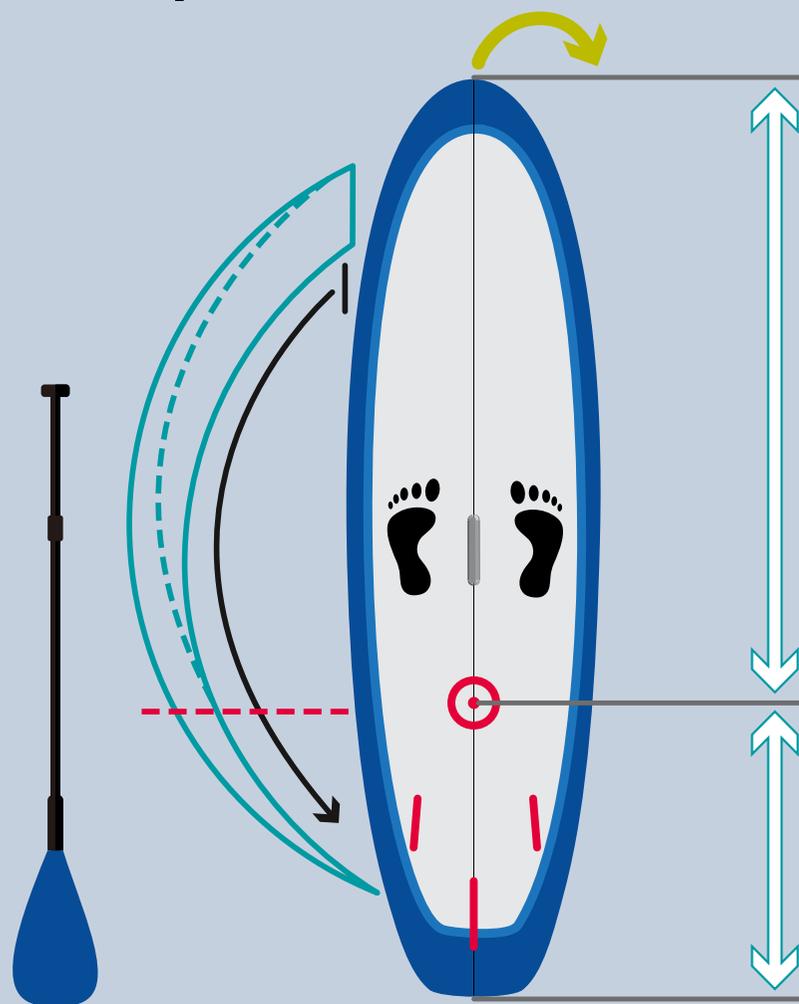


Sweep stroke



|

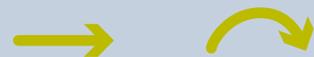
Pala in acqua (catch)



Rotazione della pala in acqua



Ampiezza del movimento dalla pala

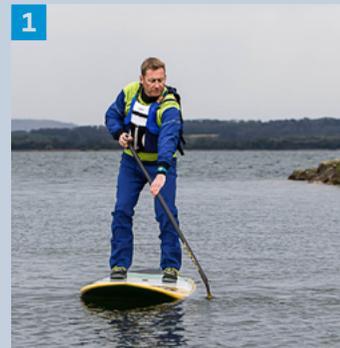


Direzione/cambio di direzione

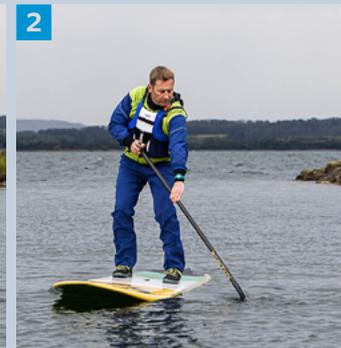


Efficacia della pagaiata

1



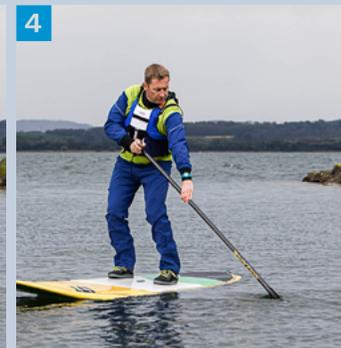
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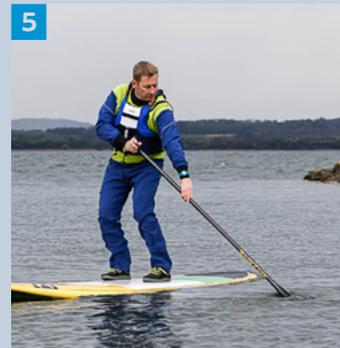
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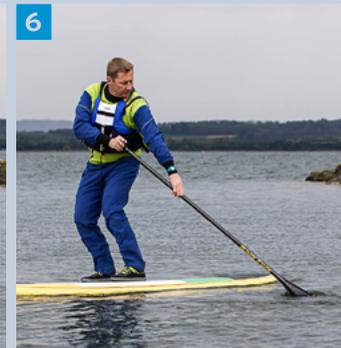
4



5



6



Elementi chiave

- Abbassare l'impugnatura fino all'altezza dell'addome per aumentare il raggio di portata della pagaia.
- Eseguire un movimento di rotazione del busto con le anche.