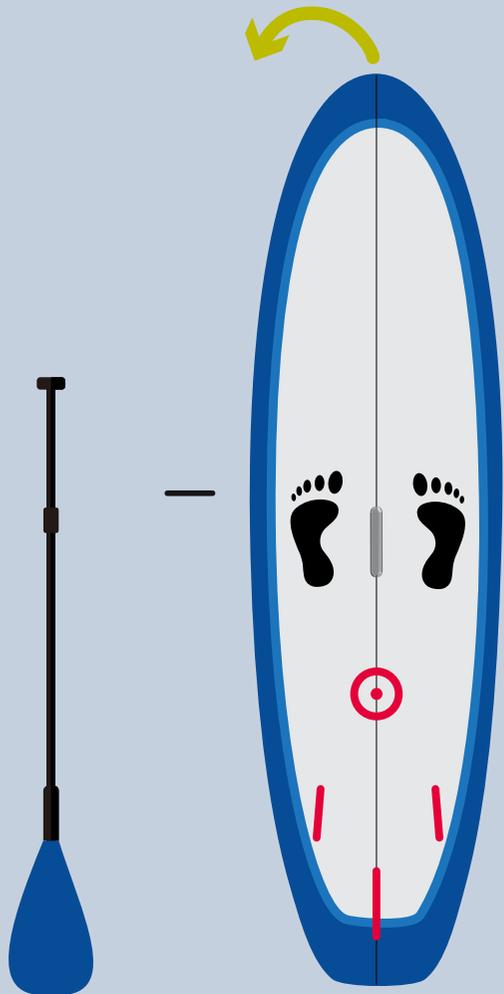
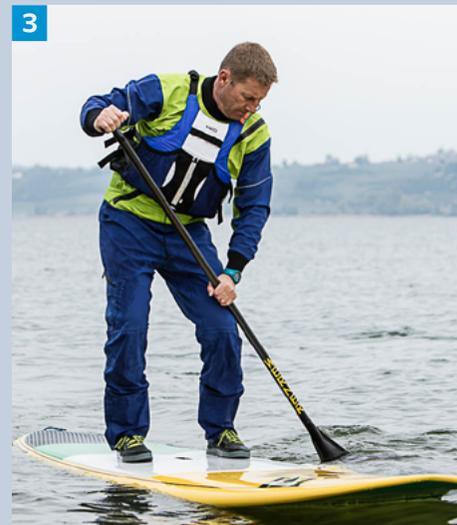
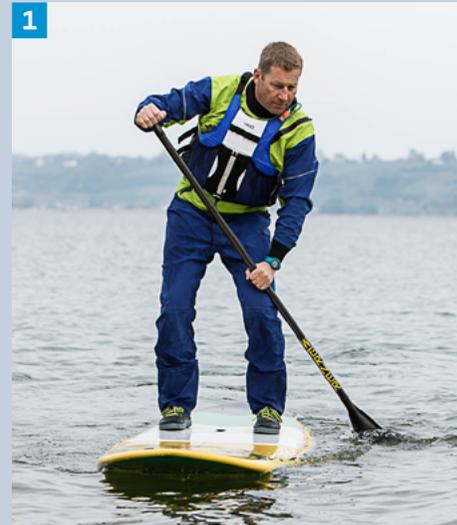


Stop stroke



Pala in acqua (catch)

Direzione/cambio di direzione



Elementi chiave

- Appoggiare la pagaia sulla coscia, sopra il ginocchio.
- Contrarre la muscolatura addominale.