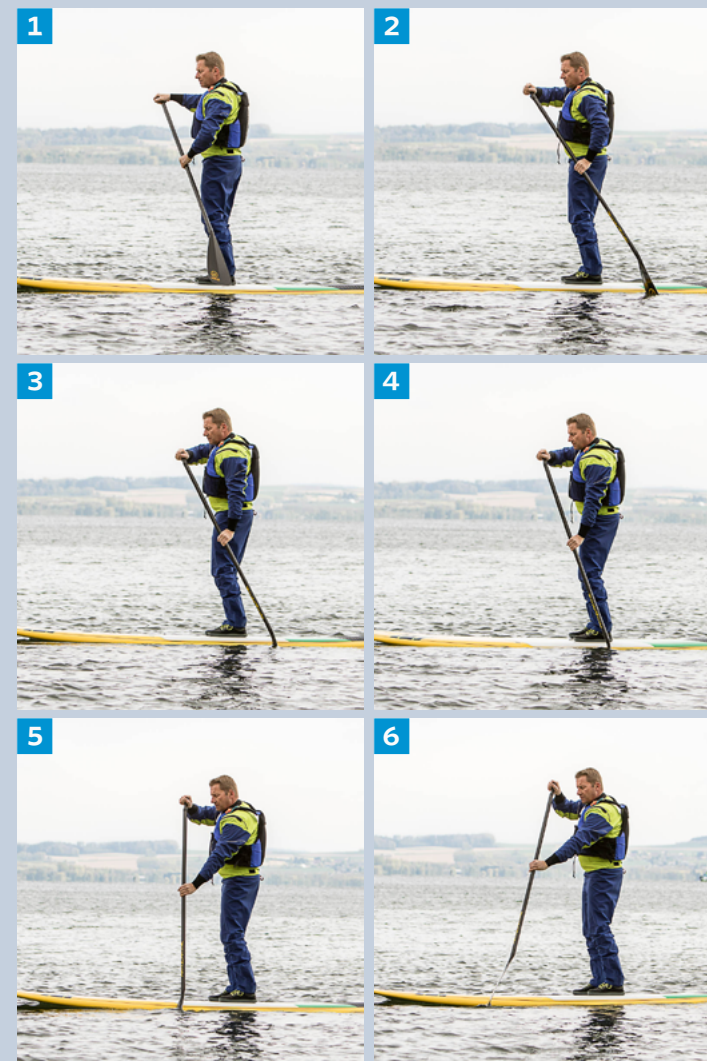
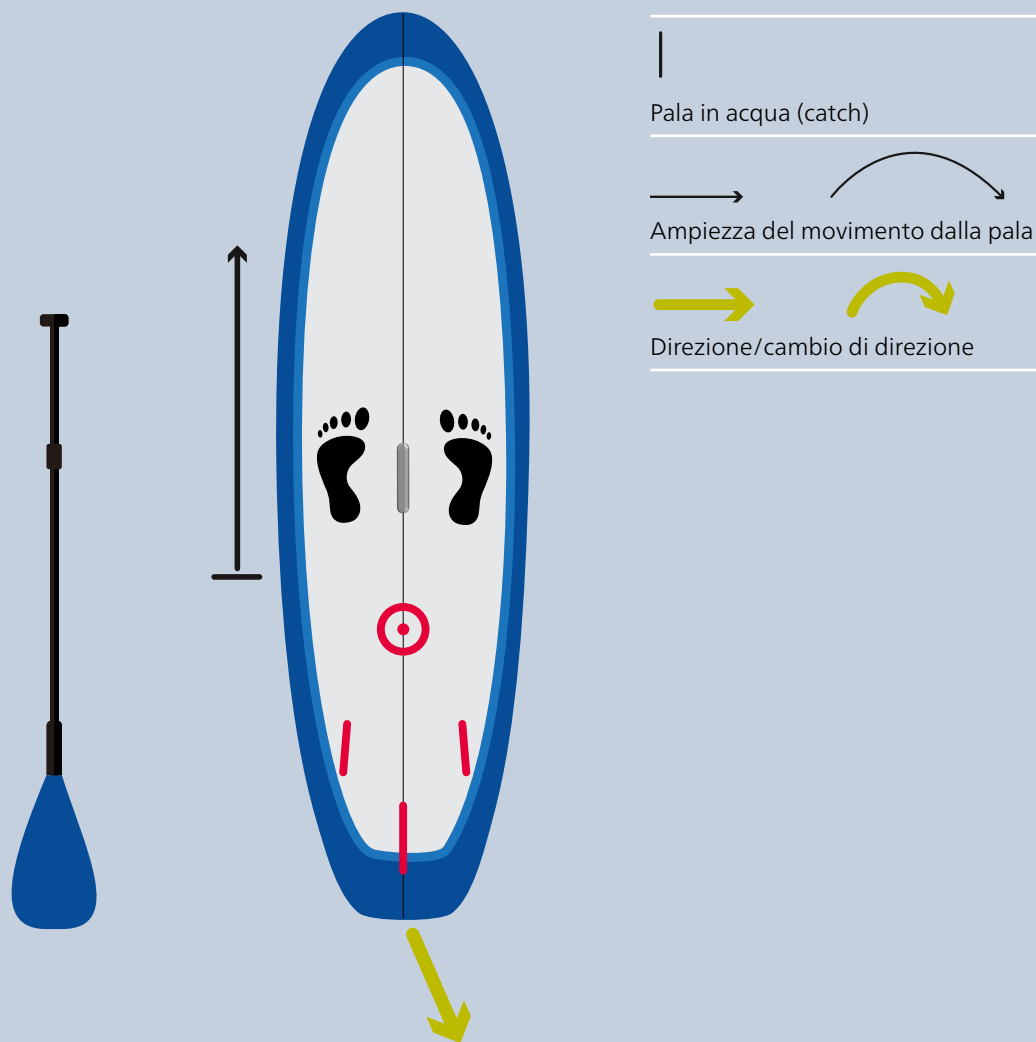


Reverse/Backward stroke



Elementi chiave

- Tenere la pagaia il più verticalmente possibile.
- Eseguire solo pagaiate molto brevi.