Natural Rowing Technique

**The First Part of Recovery – “Hands”**
- The athlete sits in the finish position, relaxed with knees down.
- The blade is out of the water.
- The hands start moving away from the body to almost 110-115 degrees, but not locked.

**Body Preparation – “Body”**
- The rower straightens the arms and pivots the body forward to the full reach position.
- The hands have gone over the knees, but the knees are still down.
- Now, the athlete is ready to start his or her slide forward towards the catch.

**Late Part of Recovery – “Slide”**
- The rower continues gliding forward to the catch, without any change to his or her body position.
- Avoid additional reaching out (diving) on the end of slide. It slows down the boat.

**Catch, The Entry of the Blade into the Water**
- The rower arrives at the front of the slide, tall and relaxed, with the body angle maintained exactly the same as during the last part of the slide.
- The shins are almost vertical in “fully compressed” position.
- The arms are totally relaxed and extended forward.
- The arms and the hands move upwards in a small motion to place the blade into the water.

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**The Drive Sequence**

**The First Part of the Drive – “Legs”**
- The blade is already in the water. The legs push against the footboards and the whole body changes direction and starts moving towards the bow.
- The arms are stretched; the rower passively hangs on the oar handle.
- The body position remains unchanged for the first part of the drive.

**The Middle Part of the Drive – “Back”**
- The seat is approaching the last third of the slide.
- The back extends to open (uncoils), so it appears as if the body sways over from the leg drive. The tall upper body is pivoting from the hips.
- The arms are still stretched and the body hangs on the oar handle.
- Mechanically, the most efficient part of the stroke.

**The Finish – “Arms”**
- The legs are flat and the rower sits back in a position of about 10 degrees last vertical.
- The head and chest are behind the oar handle without slooshing.
- The arms continue the last few inches of the draw. Outside forearm is horizontal and pulling through.
- The rower continues to keep pressure on the footboards.

**The Release**
- The rower sits tall with some support against the foot stretchers. The head and chest are behind the oar handles.
- The hands make a semicircular tapping motion down, without touching the body.
- The blade comes out of the water.