

Sculling Stroke

The images below show the sequence of the sculling stroke cycle from oar placement, connection and drive to blade release.



STROKE CYCLE

1. Once the blade is in, react with the feet, hanging body weight between the handle and the feet. Drive the legs.
2. Push the boat past the spoons. Leave the body hanging forward. Main driving muscles are gluteals and quadriceps with core engaged. Seat and shoulders travel together at this point.
3. Continue to push through the feet, maintaining suspension. Push the hips open to hold pressure against the leg drive. Aim to finish leg and back drive together. The elbows should break to hold pressure on the feet just before the legs and back finish.
4. Hold the body still and drive with the wrist flat to hold the spoon against the water. Release the blade by pushing down with the forearms, with the thumbs brushing in front of the body.
5. **To feather, drop the wrist very slightly then open the hand keeping the wrist almost flat. The handle sits in the fingers, not the palm.**
6. Handle draws the elbows out to straight with the body still and relaxed and the feet connected lightly to the foot plate.
7. The hips follow, rocking the pelvis forward. The handle should sit above the ankles at quarter slide. Soften knees early if rock over is restricted. Lower spine should be set to 'neutral'.
8. **Preparing grip for drive: wrist is flat with fingers dropped around the front of the handle.**
9. While sliding to front stops focus on the run of the boat, keeping the pressure light on the feet. Square the blades on approach by closing the fingers and lifting to place at full compression.
10. Lift the fingers to place the blade. React with the feet and suspend.