



The J-Stroke

This is a forward stroke with a hook on the end. It is most often used by solo paddlers and by stern paddlers who are stronger than their partners. Its purpose is to compensate for the canoe's tendency to turn during the simple forward stroke. It does not replace the forward stroke but instead supplements it when necessary. The J-stroke is so-named because it traces a letter "J" in the water when done on the port (left) side of the boat.

Begin as you would for a forward stroke, but when the paddle blade crosses to the back of your body, twist the shaft so that the blade turns outward. On the port side, this means turning the blade clockwise. Reverse the motion for paddling on the starboard (right) side.



The J Stroke and Canadian Stroke



The Draw Stroke

Sometimes called the “pull-to,” the draw stroke is used to change the direction of the canoe. It can also be used to move the canoe sideways, such as when you’re pulling alongside a dock. Reach out as far as possible with the shaft hand and place the paddle into the water. Then push your gripping hand outward while pulling your shaft hand inward; this creates leverage and moves the canoe in the direction of your paddling side.



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The Pry Stroke

This is the opposite of the draw stroke. It's used to push the canoe away from the paddling side. Place the blade in the water parallel to the boat; it should be as close to the canoe as possible, even tilted a bit so it's almost underneath the boat. Your gripping hand should be out over the water as far as you can reach. Pull in with the grip hand while pushing out with the shaft hand.

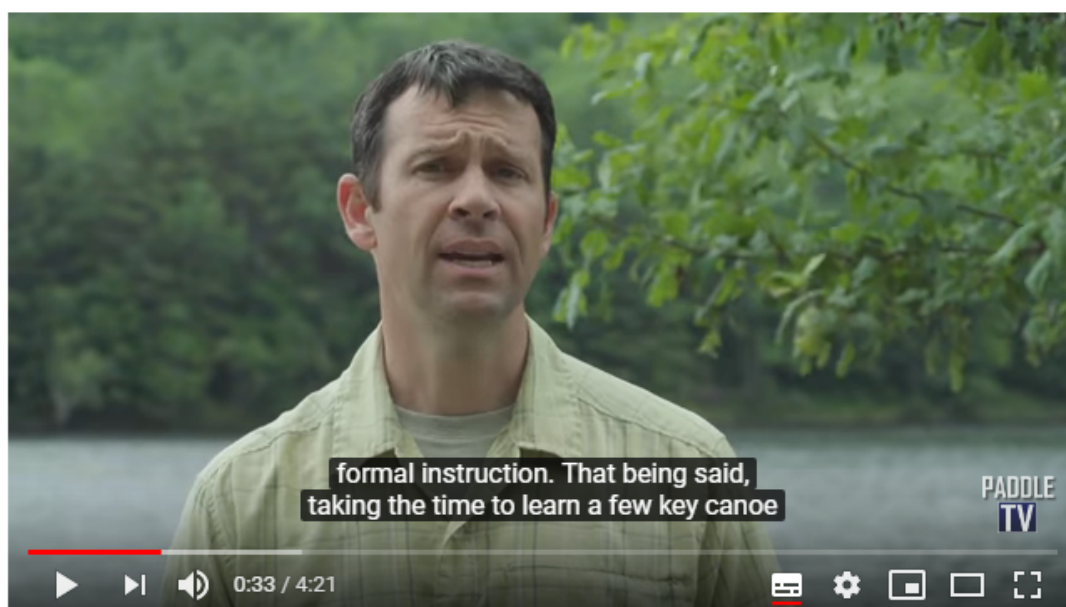




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Key strokes...



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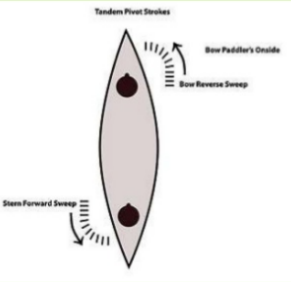
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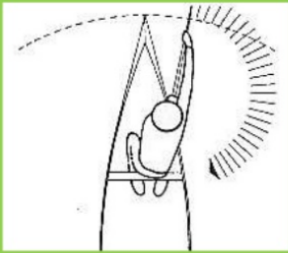
Sweep Stroke



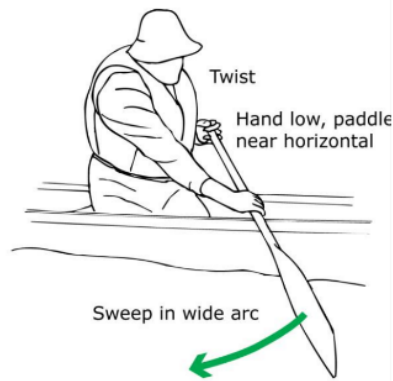
- For a stern sweep stroke, the stern paddler reaches out to his/her paddling side.
- The paddle blade should enter the water at a 90° angle to the side of the canoe.
- The blade is swept back towards the stern.
- This stroke propels the canoe forward and turns it to the stern paddler's offside.

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Sweep Stroke



- For a Bow Sweep Stroke, the paddle begins nearly even with the bow of the canoe.
- Sweep to nearly perpendicular with the canoe to finish the stroke.
- This stroke propels the canoe forward and turns it to the bow paddler's offside.

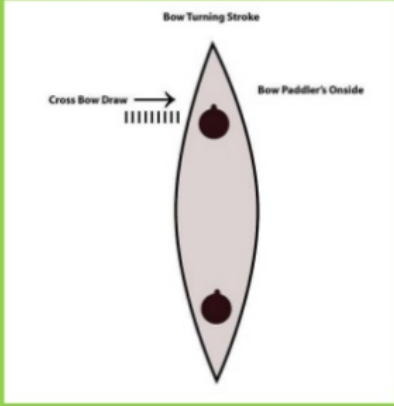




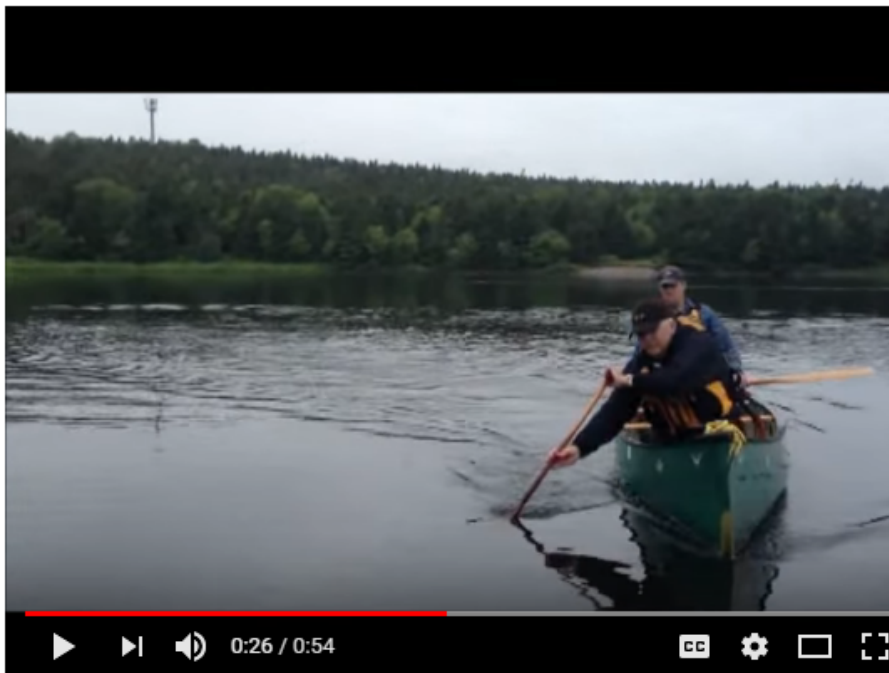
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Cross Draw Stroke




- Used by the bow paddler to help turn the canoe.
- Same technique as a regular draw stroke but the paddle is put on the opposite side you are paddling on.
- If you want the canoe to turn right and you are paddling on the left, use the cross draw stroke on the right side to turn right.



 Flatwater Canoeing: Bow Cut



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