

Dragon Boat Paddling

Fundamentals for Beginners



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Background



- Originated in China 5000 years ago
- Fastest growing water sport in the world
- 50 million paddlers worldwide
- Over 70 countries
- Popular in Canada / SW Ontario

Dragon Boats

- Boats are 48 feet long and fully loaded weigh 1800 kgs
- 20 paddlers - 10 rows x 2 paddlers
- 1 steersman / coxswain
- 1 caller / drummer



Boat Commands

“Sit Up”

- Paddlers sit up straight
- Paddles horizontal across legs



Boat Commands

“Paddles Up”

- Paddlers take their setup positions
- Ready to take first stroke



Boat Commands

“Take it away”

- Command to begin paddling
- Paddlers take their first stroke



Boat Commands

“*Let it Run*”

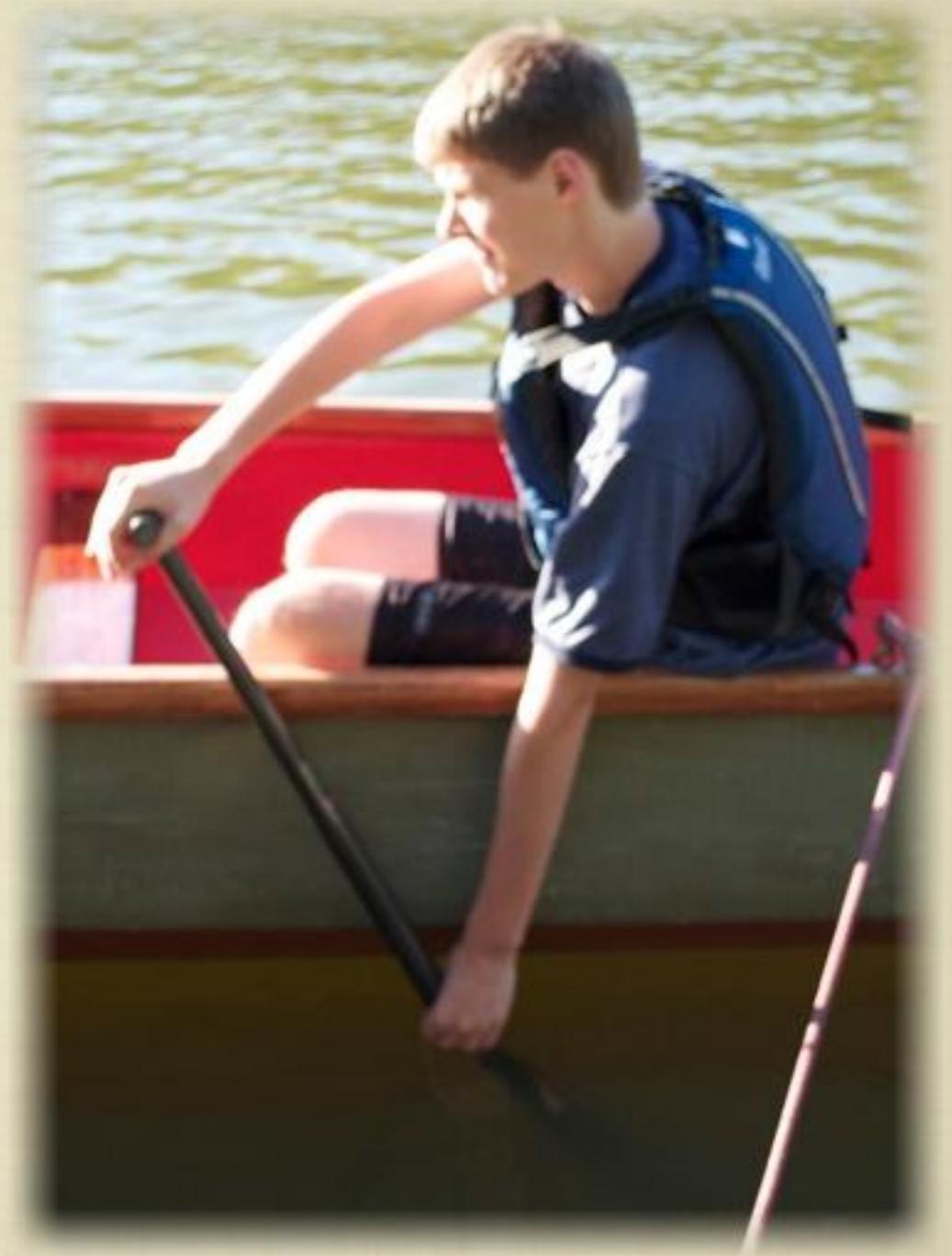
- Command to stop paddling
- Paddlers take one last stroke



Boat Commands

“Hold the Boat!”

- Command to stop boat immediately
- Paddles buried in water and held



Boat Commands

“Draw Left/Right”

- Sideways stroke
- Used to adjust position at start line



paddling Technique

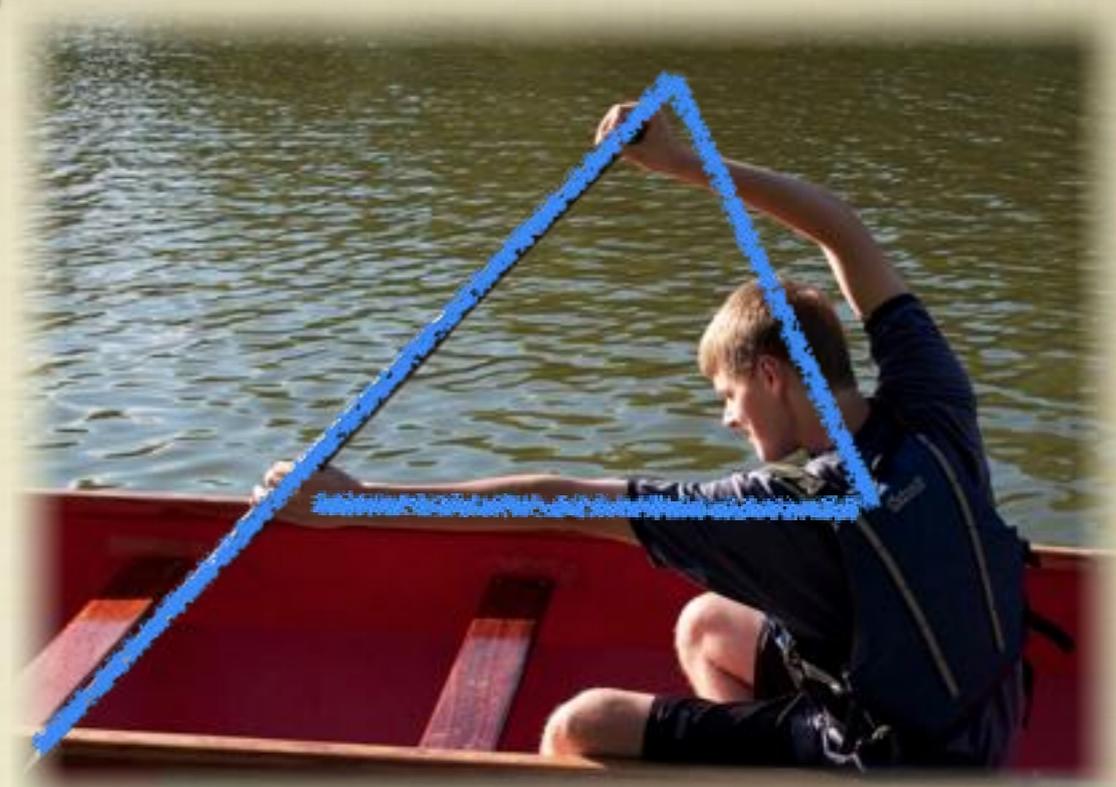
Four Phases of a Stroke

- Set up
- Catch
- Pull
- Exit / Recovery



Phase 1 - Set Up

- “A-Frame” setup
- Bottom arm straight
- Top arm over the water
- Shoulders rotated
- Hip shifts forward
- Paddle perpendicular to water



Phase 2 - The Catch

- Blade enters water
- Weight is over the water
- Bend at paddle side hip
- Positive blade angle
- Maintain shoulder rotation
- Clean entry – no splash



Phase 3 - The Pull

- Power phase of stroke
- Hip and leg drive back
- Shoulders de-rotate
- Top arm drives down
- Bottom arm stays straight
- Finish just past hip



Phase 4 - Exit/Recovery

- End of the stroke
- Initiate with top arm
- 10 o'clock / 2 o'clock
- Bottom arm bends
- Flick forward like a Frisbee
- Back into A-frame setup



Racing

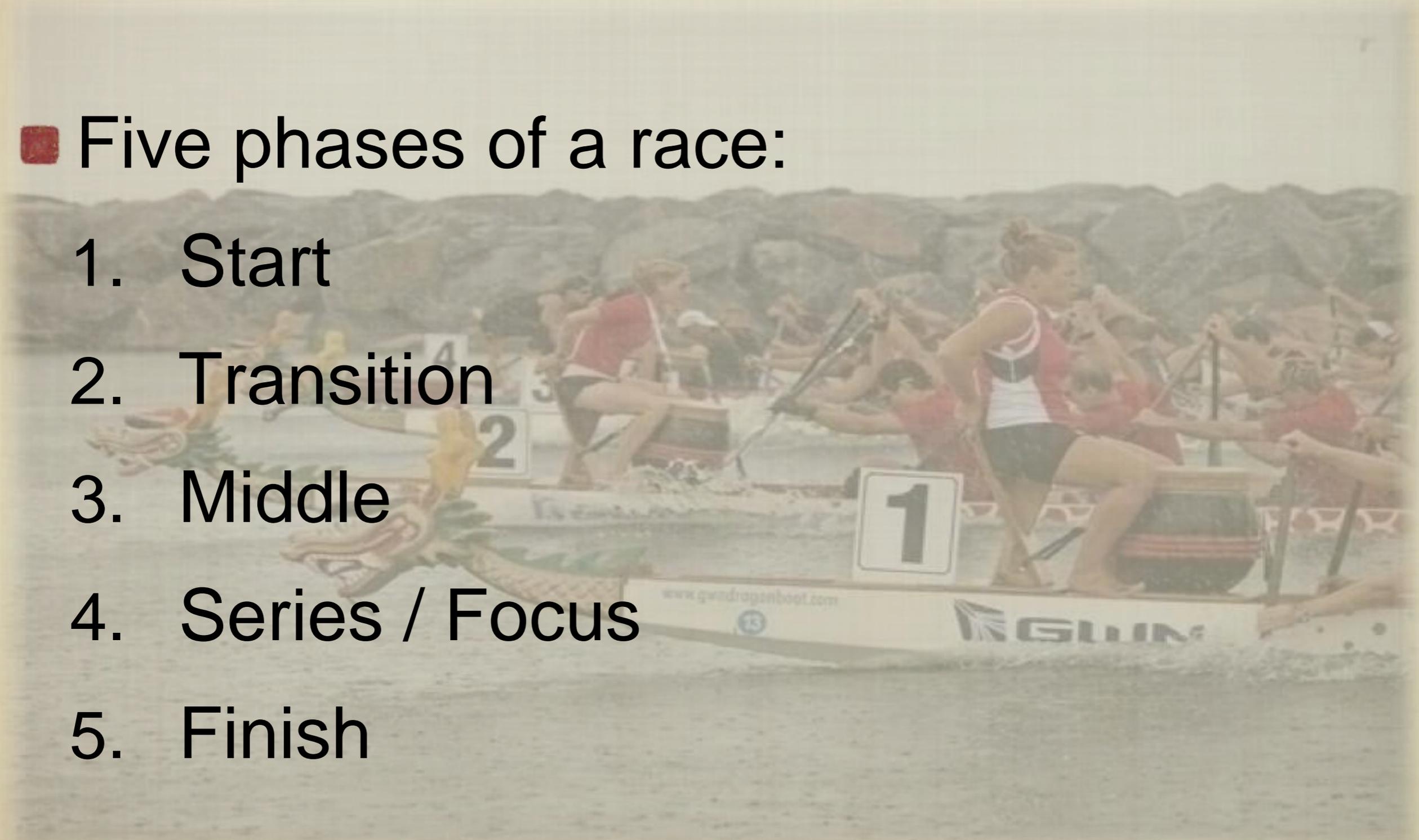
- Most races are 500 metres
- Also 250m, 1000m and 2000m
- Elite crews' times under 2 minutes



Race Structure

- Five phases of a race:

1. Start
2. Transition
3. Middle
4. Series / Focus
5. Finish



Phase 1 - Start

- Hit top speed quickly
- Many variations of starts
- Sets of slower powerful strokes
- Pace quickens with each set
- 5-15, 6-16, 5-20, etc

Phase 2 - Transition

- Transition into race pace
- Stroke lengthens
- Stroke rate starts to slow
- Usually about 5-10 strokes

Phase 3 - Middle

- Longest portion of the race
- Stroke is kept long
- Proper stroke rate is critical
- Perfect technique
- Hurts....

Phase 4 - Series

- Over the half way point
- Sets of 10 strokes
- Used to refocus crew
- Temporary acceleration
- Gain ground / extend lead

Phase 5 - Finish

- Last 40 (or so) strokes
- Stroke rate increases
- Technique must be maintained
- Stay in control
- All out sprint to the finish line
- Really hurts...

Congratulations



What a Finish!



Paddles Up!