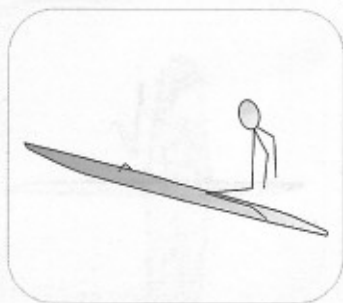


BOARD PADDLING: NEGOTIATING WAVES

Kneel and pop – intermediate/advanced



Practice shifting the weight to the tail to get the nose out of the water

- Stationary
- Then while moving



Practice shifting throwing weight forward again into the stroke after nose is lifted

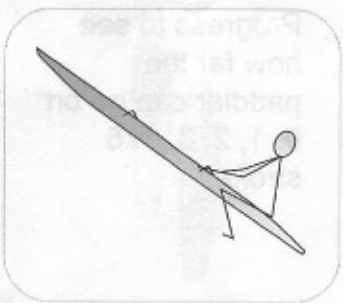
- Stationary
- When while moving



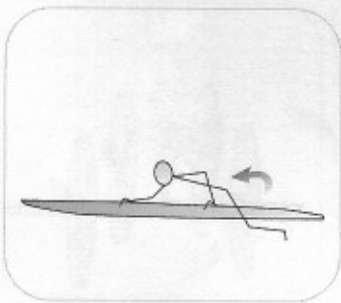
Practice getting nose of the board as high out of the water as possible.

Progress by spinning the board left and right in this position and shift weight back to paddling position as with previous diagram.

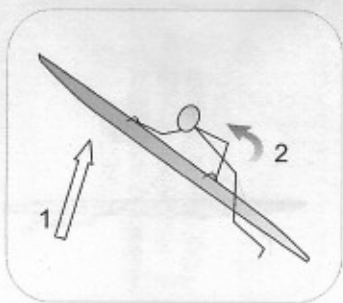
Sit and pop – intermediate/advanced



Practice lifting the nose out of the water



Practice squeezing with legs and pushing forward to the front straps



Combine the two steps