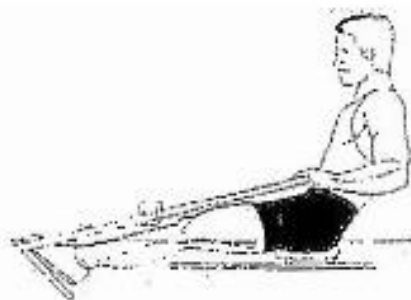
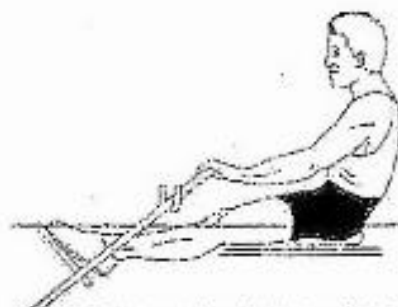


rowing technique

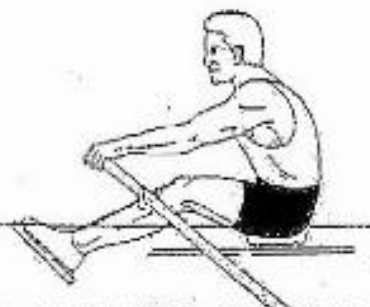
The diagrams below show the basic sequence of a stroke. It is not as hard as it looks – it makes more sense when you are actually doing it yourself!



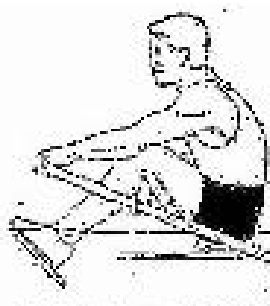
RELEASE



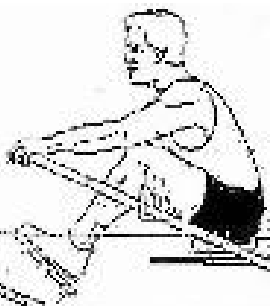
HANDS AWAY



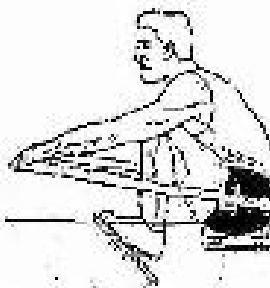
EARLY RECOVERY



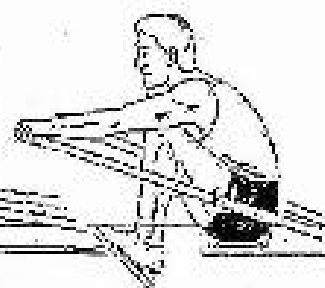
MID RECOVERY



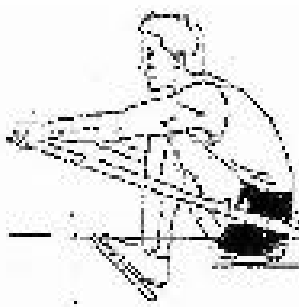
LATE RECOVERY



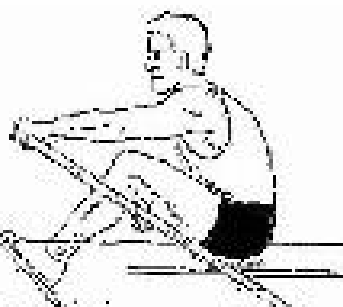
FULL REACH



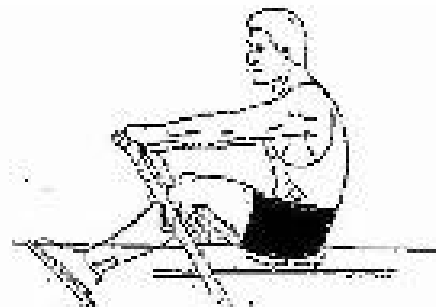
CATCH



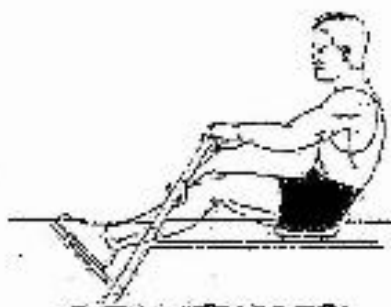
CATCH



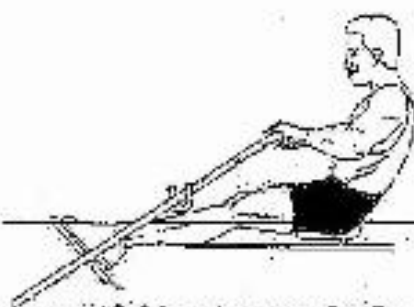
EARLY DRIVE



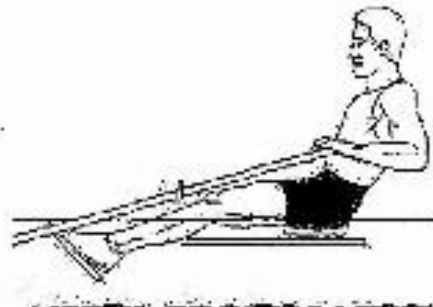
MID DRIVE



MID LATE DRIVE



LATE DRIVE



FINISH