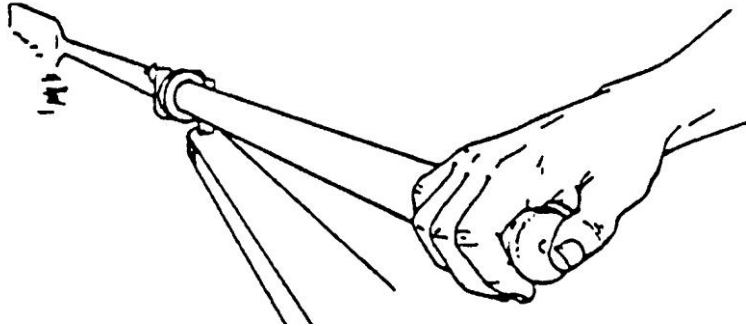


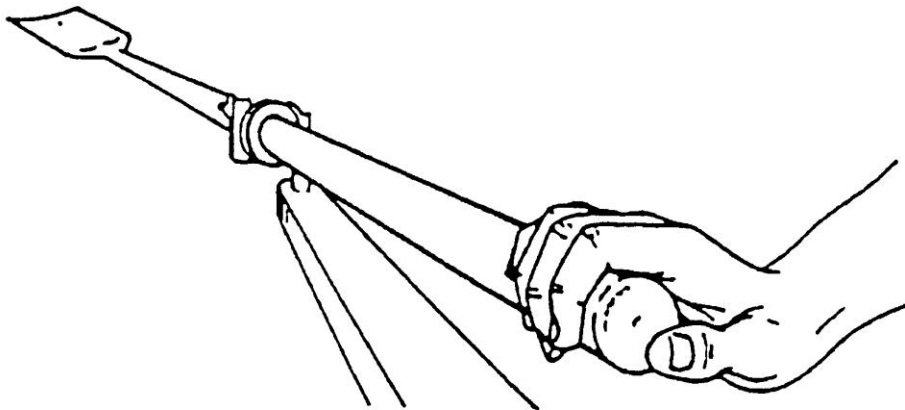
Grip

It is important to learn the proper grip for holding the oars.

- A proper grip is relaxed with the thumbs on the end of the handles.
- Pressure on the end of the handles pushes the oars against the buttons.
- Fingers wrapped around the handles.
- Heels of the hands away from the handles
- Wrist remain flat during most of the drive and recovery
- Feathering and squaring are done by the pressure of the fingers, which rotate the handle in the hook of the fingers. Wrists remaining flat.



A relaxed grip with thumbs at the end of the handles exerting a little pressure towards the oarlock. Wrists are flat.



During feathering and squaring, rotate oar handle in the hook of the fingers.