

GREENLAND PADDLE TECHNIQUE



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<https://edgeandbrace.se/gpt-en.pdf>

INTRODUCTION



Pull the paddle with the blade facing you and feel how the paddle moves in the water.



Let the paddle float and gently push with a finger on the edge of the blade to move the blade around you. Note how the water flows over the blade.



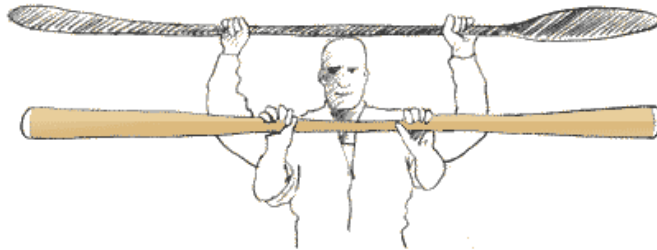
Slice the water with the blade parallel to the surface and find the angle where there is no resistance or bubbles.



Increase the angle of the paddle and try to lift up the water behind you, note the pressure on top of the blade.

GRIP

Hold the paddle with the hands a little closer together than a Euro blade, roughly the same width as your shoulders.



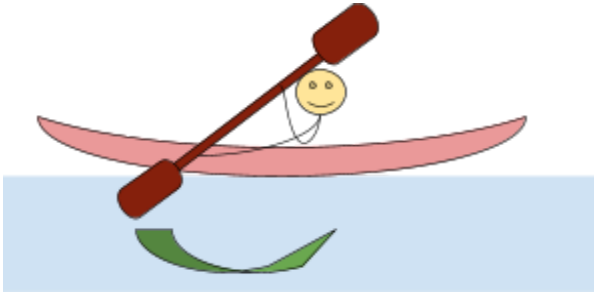
Hold the paddle in a loose grip, with the thumb and index finger around the loom and the remaining fingers resting over the shoulder and blade.

Align the edge of the blade with the front knuckles.



Keep the wrists in a neutral position so that the paddle is canted forward.



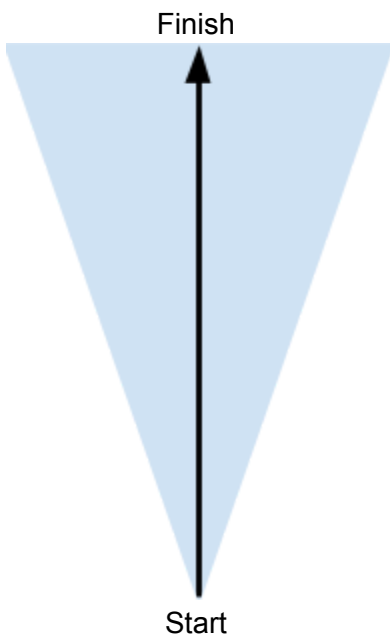


The Euro blade paddle is placed in the water by your feet, with its short blade it immediately has good effect at the start of the stroke. The stroke is finished when the blade is next to the paddler.

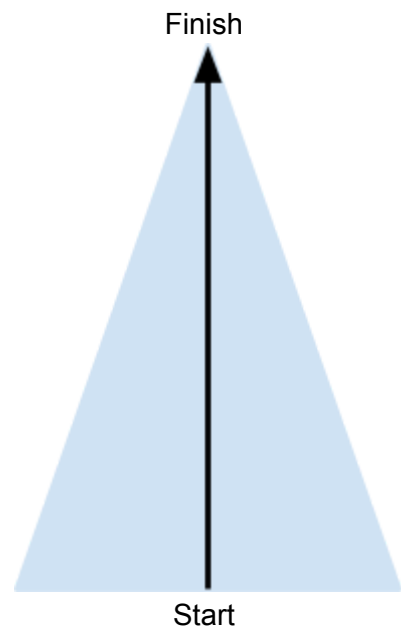


The Greenland paddle slices into the water next to the paddler, the blade is canted forward and there is no effect until the entire blade is below the surface and the blade is next to the paddler. The stroke finishes when the blade is well behind the paddler.

Effect output throughout the Greenland paddle stroke



Effect output throughout the Euro blade stroke



The paddle enters the water with the forward hand a little over the knee.

Remember to use torso rotation to push the paddle forward, do not excessively bend or stretch the arms.



The paddle is canted forward at roughly 45 degrees through the entire stroke.

The upper hand is not lifted above the shoulder and is pressed forward and down toward the middle of the front deck by torso rotation.

When the blade moves behind the paddlers torso it will start pushing the water backwards and up, which will give forward movement to the kayak.



Avoid bending the lower arm



Avoid moving the upper hand too far beyond the middle of the front deck

The verticality of the paddle and therefore also its distance to the kayak will depend on the paddling speed and acceleration. Generally the hands are held low and the paddle is at about a 45 degree angle. During quick acceleration the angle is increased and the paddle comes in closer to the kayak.



With a canted blade the paddler immediately and implicitly has bracing support from the paddle. The paddler does not need to adjust the blade angle when a quick brace is required.



👉 **Practice forward paddling** with a canted blade, try paddling as quietly as possible.

👉 **Try paddling without moving forward with the blade absolutely parallel to the surface,** without pressing down with the upper hand at the end of the stroke.

The paddle can be extended with one or two hands to turn the kayak or counter weather cocking.



The paddle can also be extended for support, sculling and rolls.



👉 **Try turning** with an extended paddle during forward paddling

👉 **Try to do a 360 turn on the spot** by extending the paddle and edging the kayak

“Traditional paddling style” (Björn Thomasson)

<https://www.thomassondesign.com/en/paddling/paddling-technique-kayaks/om-traditionell-paddling>

“Greenland Paddling Technique From the Source” (Greg Stamer)

https://seekajak.ch/_media/greenland-technique-from-the-source.pdf

“The Greenland paddle forward stroke” (Greg Stamer)

<https://youtu.be/4gZZ6oJ7RUo>

“Developing a powerful forward paddling technique with a Greenland paddle” (Cheri Perry)

<https://youtu.be/JyII Suwtsng>

“A beginners guide to Greenland paddles” (Brian Schultz)

<https://youtu.be/QLbuVGtx3F4>