

# How to paddle

First of all, make sure you use plenty of sunscreen! Then, the best place to begin is in calm water away from swimmers, boats and rocks.

## Paddle Anne Marie Reichman



1. Find your balance on the board by sitting on your knees.



2. Stand Up comfortable in the middle of the board where you can see the diamond textured grip.



3. Put your toes in a straight line and your feet shoulder-width apart.



4. Your top hand is opposite to the side you're paddling, sitting on the top of the handle.



5. Aim for the nose of the board, pushing the paddle through the water in one long stroke as close to the rail of the board as possible, using your whole upper body your stomach muscles are tensioned almost like a 'sit-up'.

## Turning Jaeger Stone



1. When you see a shark or a wave approaching, the quickest way to turn your board around is with a pivot turn,



2. First take a small step back from your paddling position, so that the tail sinks and nose comes out of the water and induces the pivot motion.



3. The board comes around faster when wide sweeping strokes are used, in a big semi circle from nose to tail.



4. Once you've finished the turn step back to the central stance position so the board levels out and you're off on your merry way.

## Catching Waves Anne Marie Reichman



1. When paddling for a wave, it becomes easier when you move your feet slightly into your preferred stance for surfing. It will be either left or right foot forward, depending on what feels more natural to you.



2. To get onto the wave you must use strong, determined strokes.



3. To generate enough speed so that you will get on to the wave.



4. To the point where you can feel the wave propelling you forward and the glide sensation begins. At this point you move a little further back on the board and spread your feet further apart into your natural stance.



5. Moving back helps to sink the tail, keeping the nose up as you come down the face of the wave. Once speed is up, lean into the turn by bending and weighting the back leg and foot whilst leaning over onto the inside rail that you wish to turn off. This will be your first sensation keeping you hooked for life.