Natural Rowing Technique

The drive sequence

**The first part of the drive – “legs”**
- The blade is already in the water. The legs push against the footboards and the whole body changes direction and starts moving towards the bow.
- The arms are stretched; the rower passively hangs on the oar handle.
- The body position remains unchanged for the first part of the drive.

**Body preparation – “body”**
- The seat is approaching the last third of the slide.
- The back extends to open (uncurls), so it appears as if the body swing takes over from the leg drive. The tall upper body is pivoting from the hips.
- Now, the athlete is ready to start his or her slide forward towards the catch.

**Late part of recovery – “slide”**
- The legs are flat and the rower sits back in a position of about 10 degrees past vertical.
- The hands have gone over the knees, but the knees are still down.
- Now, the athlete is ready to start his or her slide forward towards the catch.

**The finish – “arms”**
- The legs are flat and the rower sits back in a position of about 10 degrees past vertical.
- The head and chest are behind the oar handle without slouching.
- The outside forearm is horizontal and pulling through.
- The rower continues to keep pressure on the footboards.

**The release**
- The hands start moving away from the body to almost full-arm extension, but not locked.
- The hands move up in a small motion placing the blade into the water as the seat changes direction.

**The entry of the blade into the water – “catch”**
- The rower arrives to the front of the slide – tall, relaxed with arms extended forward.
- The shins are almost vertical in “fully compressed” position.
- The outside forearm is horizontal and pulling through.
- The head and chest are behind the oar handle without slouching.

**The recovery sequence**

Caryn Davies, Olympic Gold Medalist in ‘08, ‘12