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GET CHEEKY. Weighting a butt cheek is your most basic form of edge control. Start with a butt-cheek drop/side crunch in flatwater. Without paddling, sink your weight into your left butt cheek, side crunch on your right side and hold for five seconds. Even if it's a tiny angle, maintain the edge without dropping it back down. Then alternate sides.

GET SOME MORE. Once you can hold an edge on each side for 10 seconds, increase the tilt angle. You'll need thigh braces for this, and as you weight that left cheek and crunch harder on the right, think about raising that right knee against the brace. Ultimately you want your cockpit rim tucked so close to your rump that you can reach around with that arm and touch the bottom of your boat. Don't cheat with a paddle brace—work at it until you get it.

ADD STROKES. Incorporate paddling for the first couple of smaller-degree edge levels. In flatwater, take five or 10 strokes while holding an edge, and then switch sides. Don't let the boat flatten out! The first step is developing those muscles.

CARVE THE TURN. Turning a kayak is just like turning on skis. You've got to engage your edges. Start with a few strokes to get forward momentum. To make a left turn, take an outside (right) stroke before you engage your left edge. Then, while maintaining that left edge, keep paddling evenly on both sides until you complete a circle. This is also an exercise to balance out your stroke technique.

PEEL OUT. The next step is maintaining edge and even strokes in moving water. Find a large eddy, raise your upstream edge and peel out into the current. Keep paddling evenly as your boat carves a half circle back to the eddy.