

Learn to Train Checklist

Personal Paddling Skills

Demonstration	Yes	No	Recommendations
Efficient forward paddling			
Uses acceleratory strokes			
Uses cruising strokes			
Uses efficient blade recovery			
Ability to perform a reverse figure 8			
Demonstrates bow draw & duffek			
Performs a draw stroke on the move			
Able to link eddy turns			
Able to perform an S-Turn			
Uses/avoids features to help descent			
Able to front surf			
Shows understanding of pivot turns			

Shows understanding of boofing			
Able to run grade 2-3 drops			
Has a moving water roll			
Performs a moving water upstream			
Performs a moving water offset			
Performs moving water offsets (3 gates)			
Understands spinning the gate			
Understands Merano gates			
Understands how to bogi a gate			
Understands dive gates			