

American Freestyle in solo canoe

Precision - Function – Fun

3 days intensive course

Learn more about this graceful, beautiful sport and its fancy strokes and swaying motions. Enjoy the quiet, ripple-less paddling technique. Feel the interplay of tension and relaxation, of action and reaction.

Freestyle is fun and you will learn to understand your movements, what your canoe and paddle does and what the dynamics of the water are.

"If you know what you are doing, you can do what you want (Moshé Feldenkrais).

Course Object You are able to perform the 5 basic maneuvers with the pretty names Axle, Post, Christie, Wedge and Sideslip in all 4 quadrants (onside / onside reverse / offside / offside reverse) or you can work them out yourself. (And don't worry – you don't have to memorize words like "cross turning stern high brace")

Requirements You are able to paddle your solo canoe in kneeling position and paddle a straight line forward with the necessary strokes. You should also be able to paddle backwards in a reasonably straight line. (If not - practice before :-))

Duration 3 days, approx. 5 hours lessons per day (with short breaks), in the morning and in the afternoon. In order to be able to practice optimally, we adapt the course times to the wind conditions, that may mean early in the mornings or in the evenings.
We also try to adjust the times in such a way that you can participate in excursions at the festival.
You can also book only day 1 or day 1 and 2.

Date Open Kano Festival, Friday - Sunday, 7 - 9 September 2018

Place De Weerribben
www.openkanofestival.nl

Instruction According to the standards of the American Canoe Association ACA.
Instructor is Franziska Pokorny, Freestyle instructor Switzerland

Language German and/or English

Costs 3 persons = Euro 150.- per person and day
from 4 persons = Euro 120.- per person an day
max. 5 Persons

Versicherung Insurance is in the responsibility of the participants

Enrollment Franzi Pokorny, info@enMoviment.ch