

ROWING - RUDERN

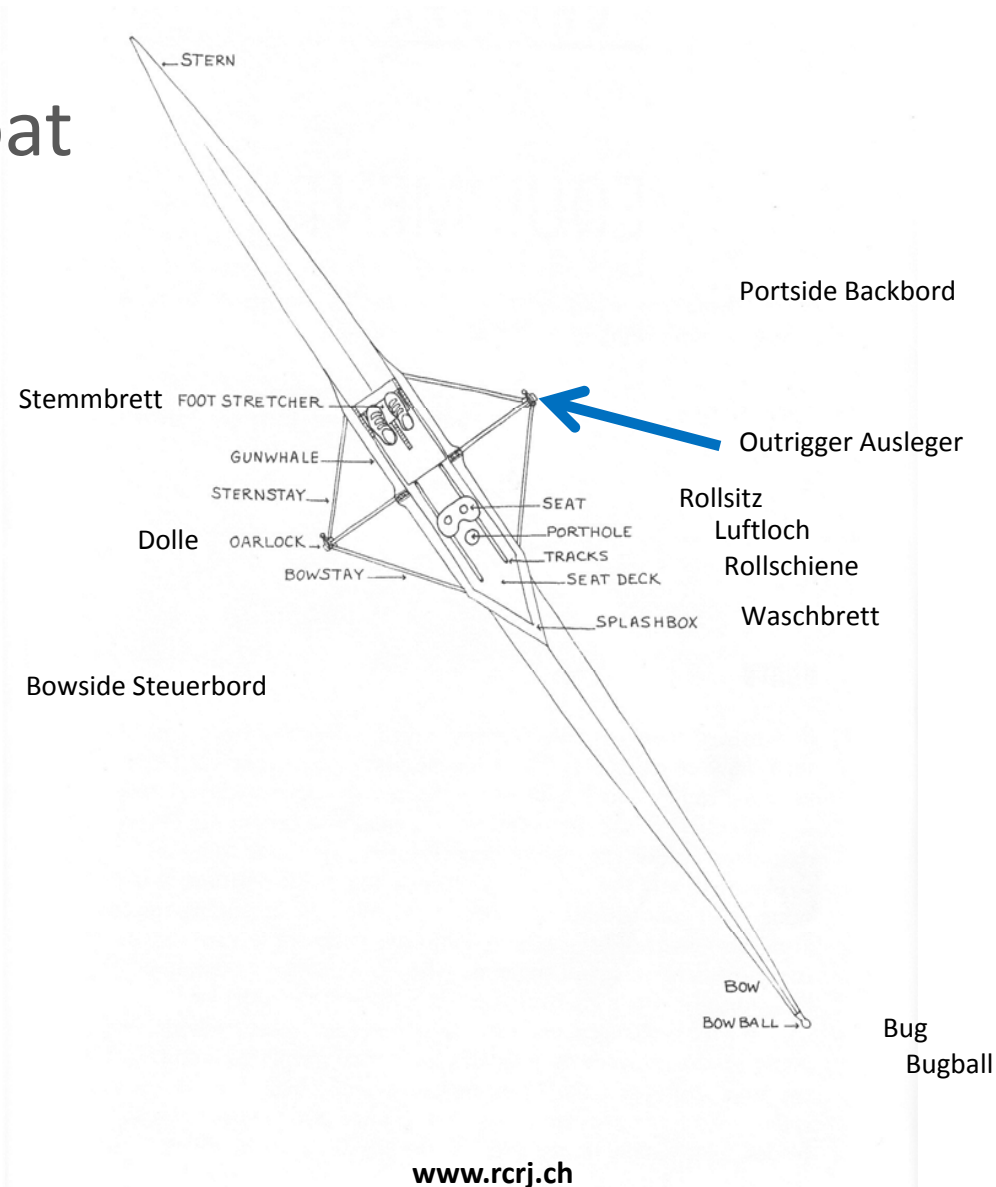
Ruderclub Rapperswil
Jona



Rowing - Rudern



1. The Boat



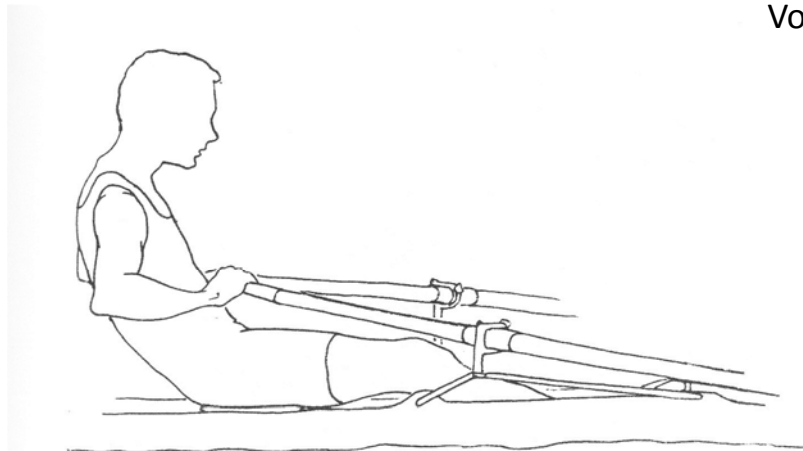
Rowing - Rudern



2. To row

«Recovery»-Sequence

Vorrollen



- Finish, feathering
- Ausheben

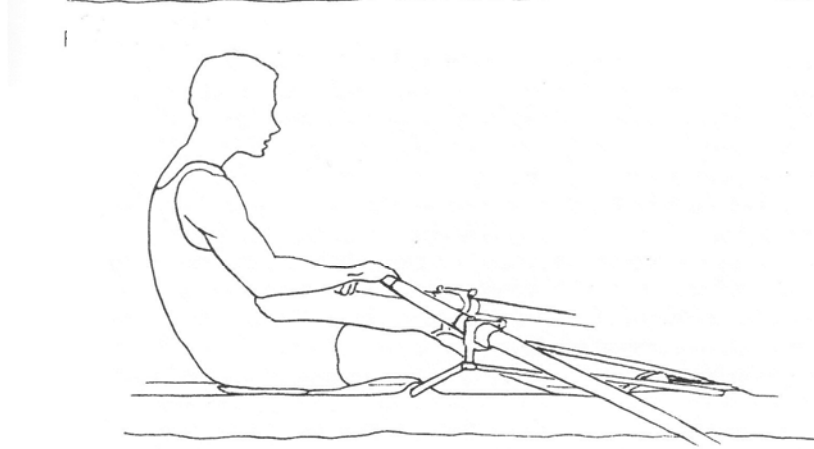


Fig. 2

- Arms
- Body Oberkörper
- Legs Beine



Rowing - Rudern

2. To row

«Recovery»-Sequence

Legs, squaring
Beine, aufdrehen

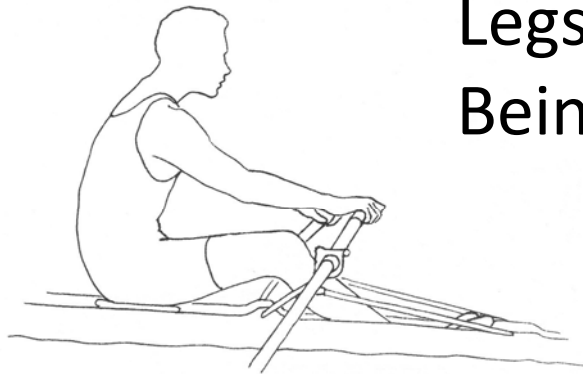


Fig. 3

Catch
wasserfassen

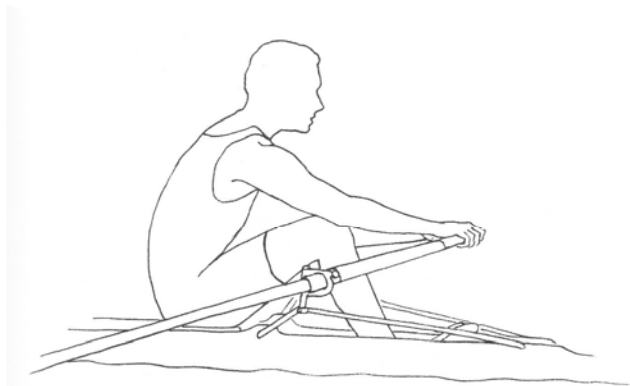


Fig. 4

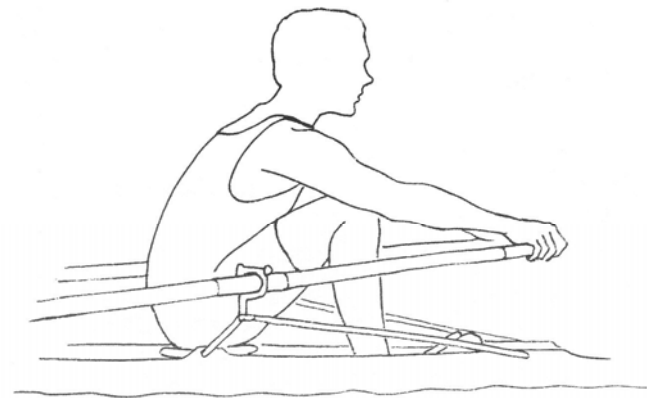


Fig. 5



Rowing - Rudern

2. To row

The drive (Schlag)

- Legs
- Body
- arms

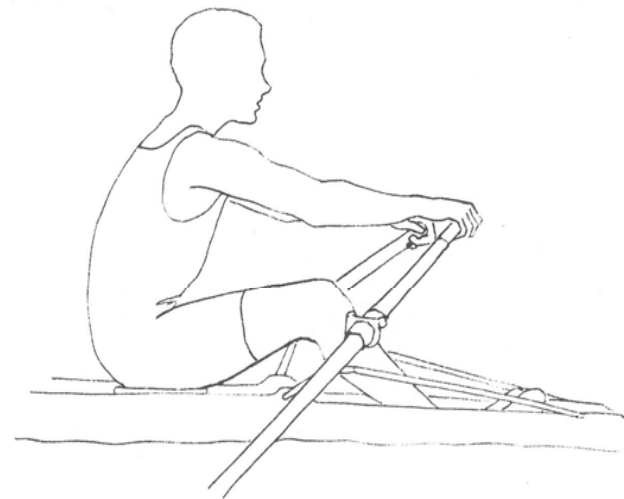


Fig. 6

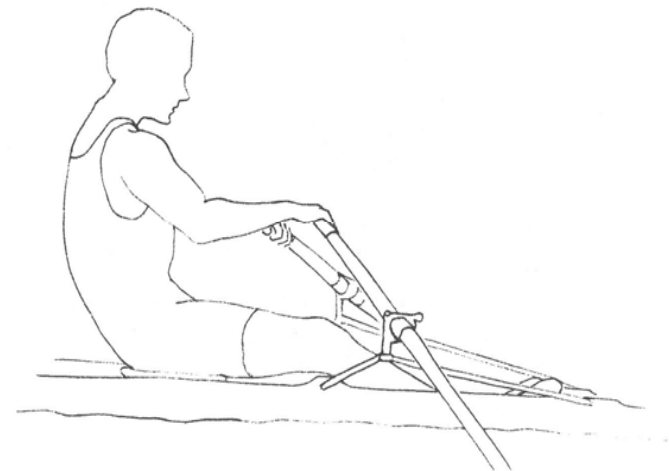


Fig. 7



Rowing - Rudern

2. To row

Drive >
Recovery

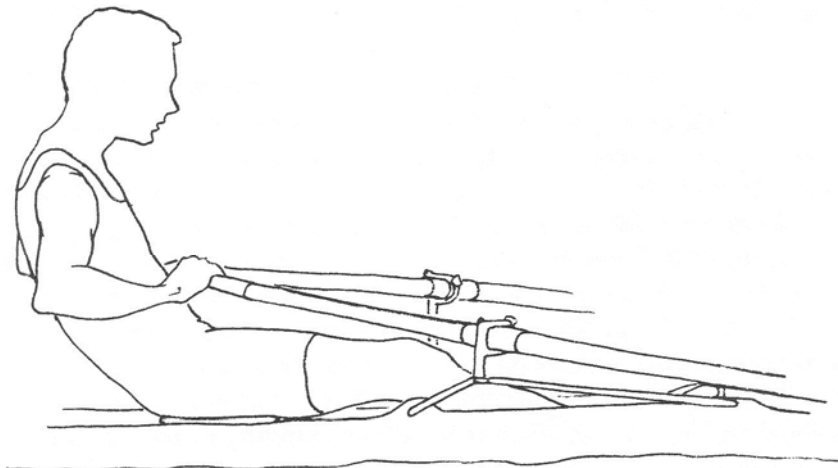


Fig. 8



Rowing - Rudern

3. Squaring (Uebergriff)

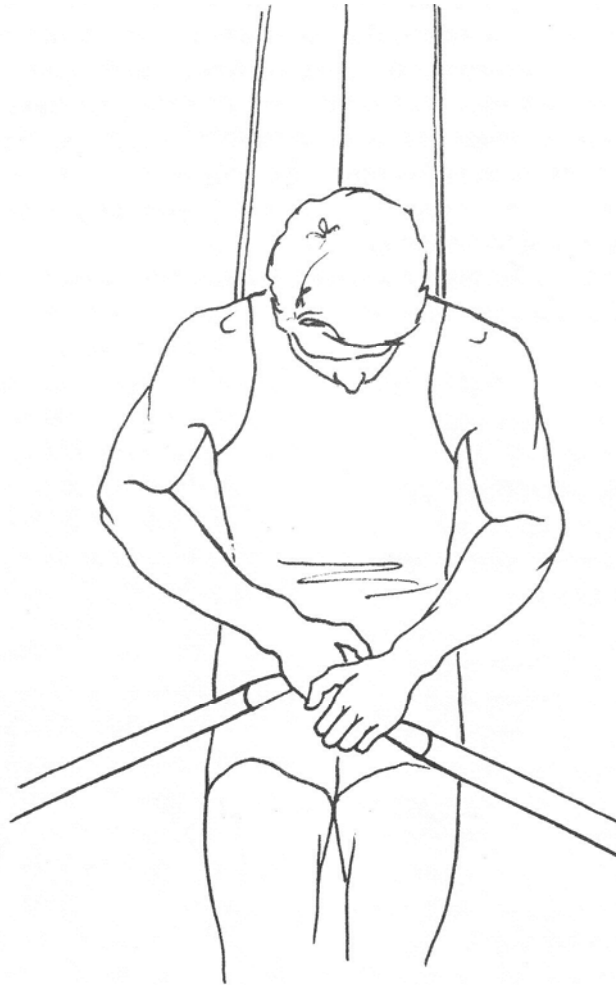


Fig. 9



Rowing - Rudern

4. Language (orders)

- To the portside – the bowside
Nach back – nach steuer
- Sculls stopp (sculls flat on the water)
Ruder halt, halt, und ab
- Stopp! (urgence, sculls squared)