

BASIC CANOE STROKES

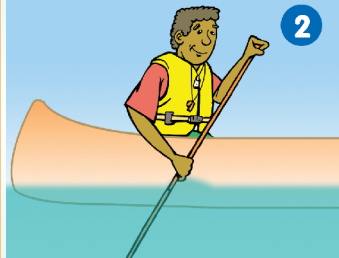
Just like any boat, a canoe has to be able to move forward, aft or side-to-side. The canoe's motor is the person paddling the canoe. The water can change

the canoe's course (where it moves) and your paddle can also change its course. Learn the following paddling strokes and you'll know the basics to change your canoe's course.

FORWARD



BACK



PRY



DRAW



Remember, when you move your paddle you're moving the canoe.