

SHAKESPEAR'S SCULLING SKILLS
INTRODUCTION TO SCULLING
STAGE 1 CONFIDENCE AND BALANCE SKILLS

NO	ACTIVITY (always start from safety position)	REPS
1	TOUCH POINTS Left hand: toes, v piece, bowside swivel, strokeside swivel. Change hands and repeat with right hand	4 each hand
2	BODY SWING Double hand grip and rock the body from side to side but keep the blades flat on the surface in safety position.	20
3	BODY SWING WITH BLADE SLAP As for 2 but allow one blade to come off the water.	20
4	DOUBLE SLAP Double hand grip in safety position, lower and raise the handles to raise the blades to just clear the water (3cm) and slap down again. This should be done quickly and lightly.	20
5	CIRCLES Single hand grip, thumbs on the end. Circle the hands, change direction, small fast circles, large circles. Blades are always flat and on the surface, boat rocks body relaxed and upright.	20 each hand
6	RIGGERS: LOWER, RAISE Single hand grip, thumbs on end, raise left hand lower right (in front of knees). Keep blades flat on the surface. Alternate sides.	20 total
7	RIGGERS UNDER as for 6 but greater range until end of the rigger touches the water	20 total
8	STAND UP feet on foot plate or on rails	5 times
9	STAND UP and lower/raise riggers	20 each rigger
10	STAND UP RIGGERS UNDER	20 each
11	ROWING MOVEMENT Row with each hand including feather. Non rowing blade flat on surface. Three strokes with left and then 3 with right hand. Repeat 5 times	30 strokes
12	BACKING MOVEMENT opposite of 11. Do not reverse the blade.	30 strokes

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