

# Fixed Seat Rowing Technique

This poster outlines fixed seat rowing technique.



## The Catch

- Sit symmetrically on the seat in a comfortable and strong position
- Keep the head facing forwards, looking towards the stern
- Pelvis rocking over from the finish

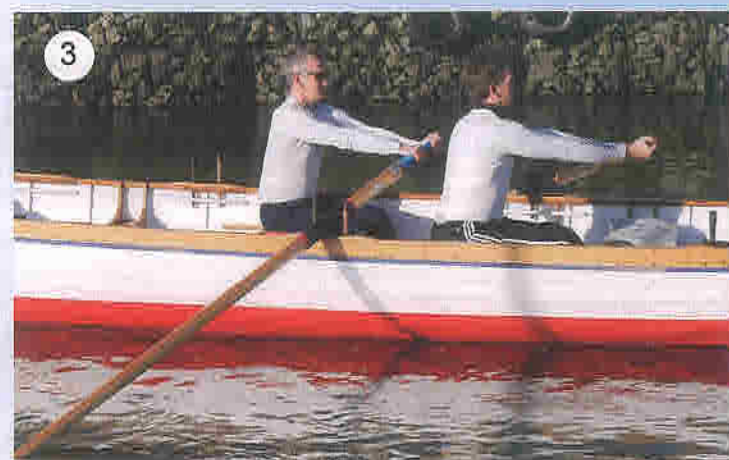


- Back should be set at the catch
- Body in a pre-stretched position
- Hands over feet



- Lock the face of blade square in the water
- The catch is taken with one smooth continuous movement of the hands (no pause)

## The Drive



- Push off equally with both legs, then open the body using arms as linkage



- Maintain a strong body posture



- The legs, upper body, shoulders and arms accelerate the handle throughout the drive



- Equal pressure through feet during the drive
- Keep the blade square for as long as possible

## The Finish



- Maintain acceleration until the hands reach the body
- Tap the blade out square with outside hand, feather with inside hand
- Hands down and away at the same speed they come in

## The Recovery



- The body movement forward should be smooth and controlled
- Hands, body, legs
- Retain good posture



- Hands lead the body forward, keep the arms straight
- Maintain balance through the feet



- Body prepared and ready for the catch on the last part of the recovery
- Prepare the blade for the catch by starting to square as the handle passes the knees