



**BAD TURNING ONE SIDE**



# CATCH DRILL



**CATCH DRILL 10 CM**



**DOUBLE CATCH**



**SQUARED 2ND**



**SQUARED BB**



**SQUARED BB STB**



**SQUARED BB STB BOTH NONE**





**SQUARED ONLY**



**SQUARED STB**



**START SQUARED**



**STROKE PREPARING**



**STROKE PREPARING SQUARED**



**FEATHE-SQUARE-FEATHER-  
SQUARE**



**FINISH DRILL**



**FINISH DRILL 10**





**PAUSE AT THE CATCH**



**PAUSE AT THE FINISH**



**PAUSE AT THE FINISH SQUARED**



**PAUSE OVER FEET**



**PAUSE OVER KNEE**



**PITCHING**



# PLACEMENT DRILL



**ROWING**





**ROW PERFECT**



**SLIDE BEFORE BODY HAS  
REACHED UPRIGHT POSITION**



**SQUARING AFTER THE  
ECTRACTION**



**SQUARING OVER THE FEET**



**SQUARING OVER THE KNEE**



**START 90**



**STROKE PREPARING 1-1**



**STROKE PREPARING 3-4**





**STROKE PREPARING ARM-BODY  
ONLY**



**STROKE PREPARING ARM ONLY**



**STROKE PREPARING SQUARED 1-1**



**STROKE PREPARING SQUARED 1-2**



**STROKE PREPARING SQUARED 1-4**



**STROKE PREPARING SQUARED 3-4**



**STROKE PREPARING SQUARED  
ARM-BODY ONLY**



**STROKE PREPARING SQUARED  
ARM ONLY**





**STROKR STOP EARLY**



## **W4 CATCH DRILL**



**W4 DOUBLE CATCH**



**W4 EXTRACTION**



**W4 FEATHERING**



**W4 GUNNEL WORKOUT**



**W4 INSIDE HAND ONLY**



**W4 KA-WATER**





**W4 KA WATER SQUARED**



**W4 OUTSIDE HAND ONLY**



**W4 PAUSE AT THE CATCH**



**W4 PAUSE AT THE HIP ANGLE**



**W4 PAUSE AT THE HIP ANGLE  
SQUARED**



**W4 PAUSE OVER THE FEET**



**W4 PAUSE OVER THE KNEE**



**W4 PLACEMENT DRILL**





**W4 SQUARED BLADE**



**W4 SQUARED BLADE ON ONE SIDE**

# TERIMA KASIH

