Fixed Seat Rowing Technique

This poster outlines fixed seat rowing technique.

The Drive

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

The Catch

1. Back should be set at the catch
2. Body in a pre-stretched position
3. Hands over feet
4. Lock the face of blade square in the water
5. The catch is taken with one smooth continuous movement of the hands (no pause)

The Drive

6. Push off equally with both legs, then open the body using arms as linkage
7. Maintain a strong body posture
8. The legs, upper body, shoulders and arms accelerate the handle throughout the drive
9. Equal pressure through feet during the drive
10. Keep the blade square for as long as possible

The Finish

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

The Recovery

14. The body movement forward should be smooth and controlled
15. Hands, body, legs
16. Retain good posture
17. Hands lead the body forward, keep the arms straight
18. Maintain balance through the feet
19. Body prepared and ready for the catch on the last part of the recovery
20. Prepare the blade for the catch by starting to square as the handle passes the knees