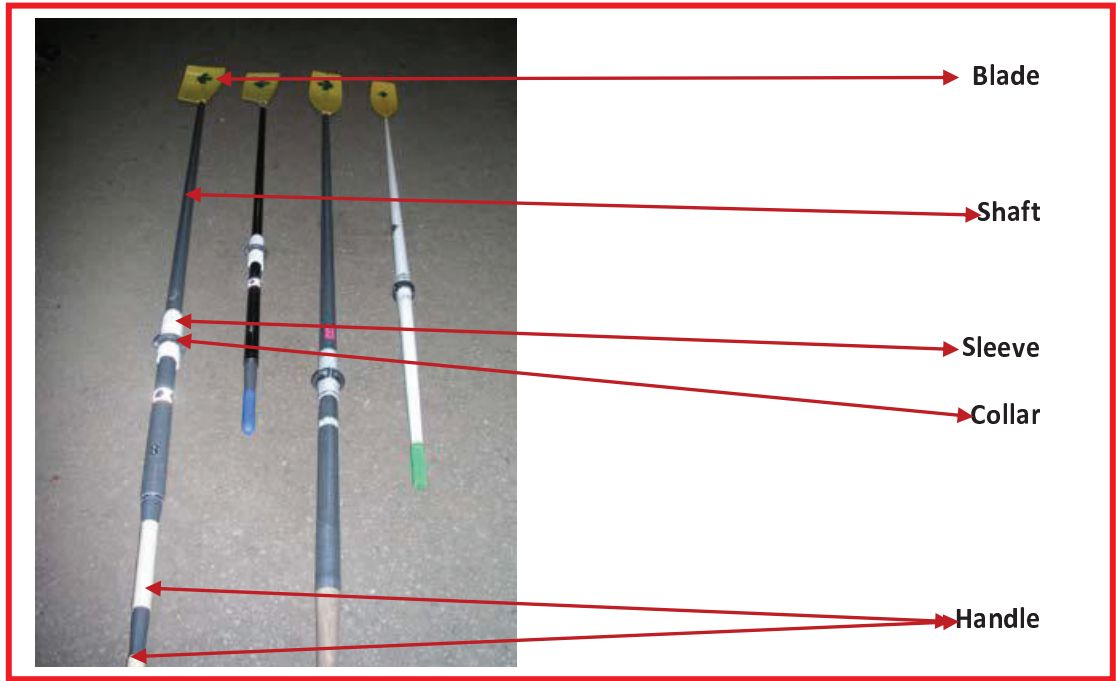


Parts of the Oar



- Hands are relaxed
- Outside hand at end of oar handle
- Hands 10 to 15 cm apart
- Wrists are flat during drive
- Inside hand turns oar handle to feather and square
- The oar handle rotates in the outside hand during feathering and squaring

