



# a natural state

**Artist: Phil Greene**

**Video 5: Paddle Aspects**

Greene: All right. There are three aspects of a paddle that contribute to the efficiency of the paddle.

And the first is the angle of the blade in comparison to the angle of the shaft. And this is a fourteen-degree angle--the shaft being one plane and then the second plane being from the throat of the paddle to the tip of the paddle.

The shaft is oval because, as it's in your hand and you rotate it, you can feel the location of the shaft. You can feel that it's in the right position there, where when I twist it this way, I can feel that it's narrower.

The third aspect is the grip. And on a properly shaped grip, the grip should face forward. The purpose of the dedicated grip is to place your hand so that your forearm...the top of your forearm and the top of your hand are on a level plane. If it's a straight-shafted paddle, your angle is more like this and your forearm comes down and then goes back up, which creates a lot of tension right there over an eight- to ten-hour day.

As you place the paddle in the water and make...begin your stroke, you're leaning forward. You're...your body is all stretched out. You don't have as much strength when you're stretched out. It's not until you get into about here that you're...you start to have strength. And, if you'll notice, the blade is straight up and down in the water at that point. And then, when the blade is straight up and down, your boat is going straight forward.

*End.*