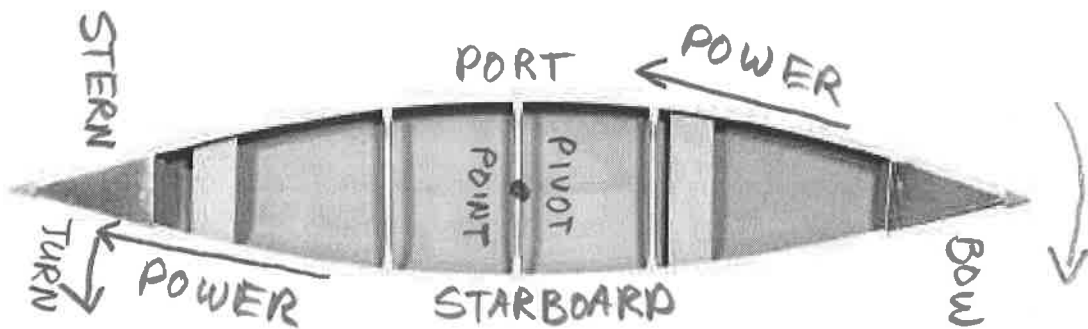
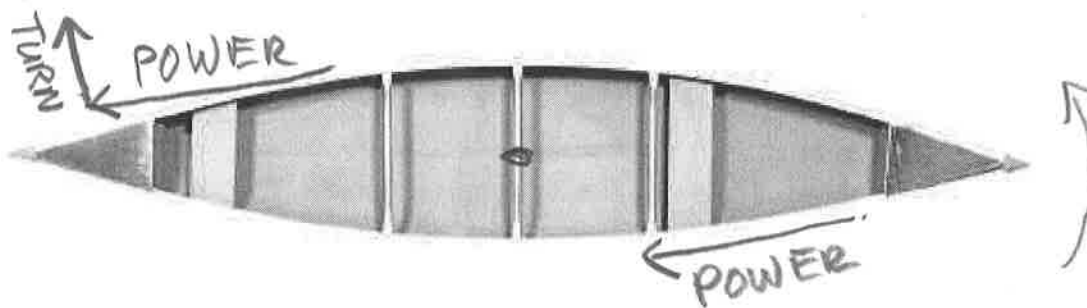


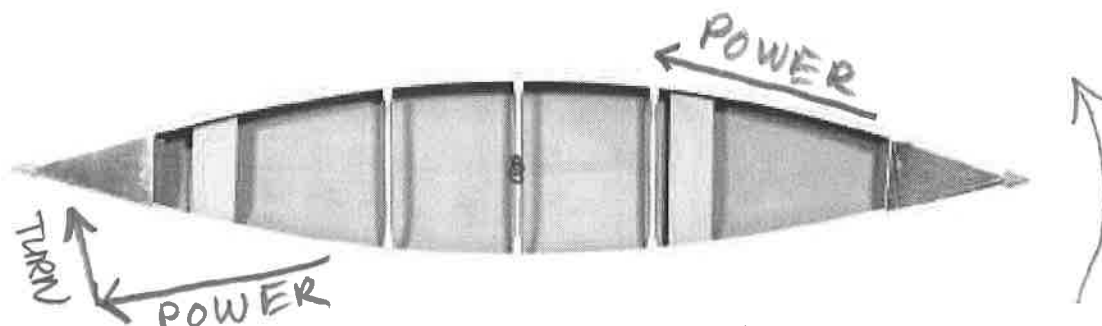
Canoe Strokes



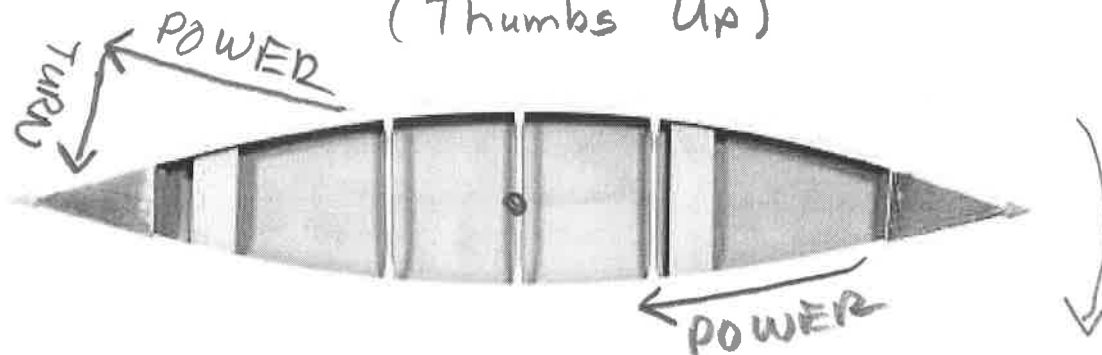
J-Stroke (Thumbs Down)



Sweep



(Thumbs Up)



- paddle in sync

- correct sooner rather than later

- don't over correct