

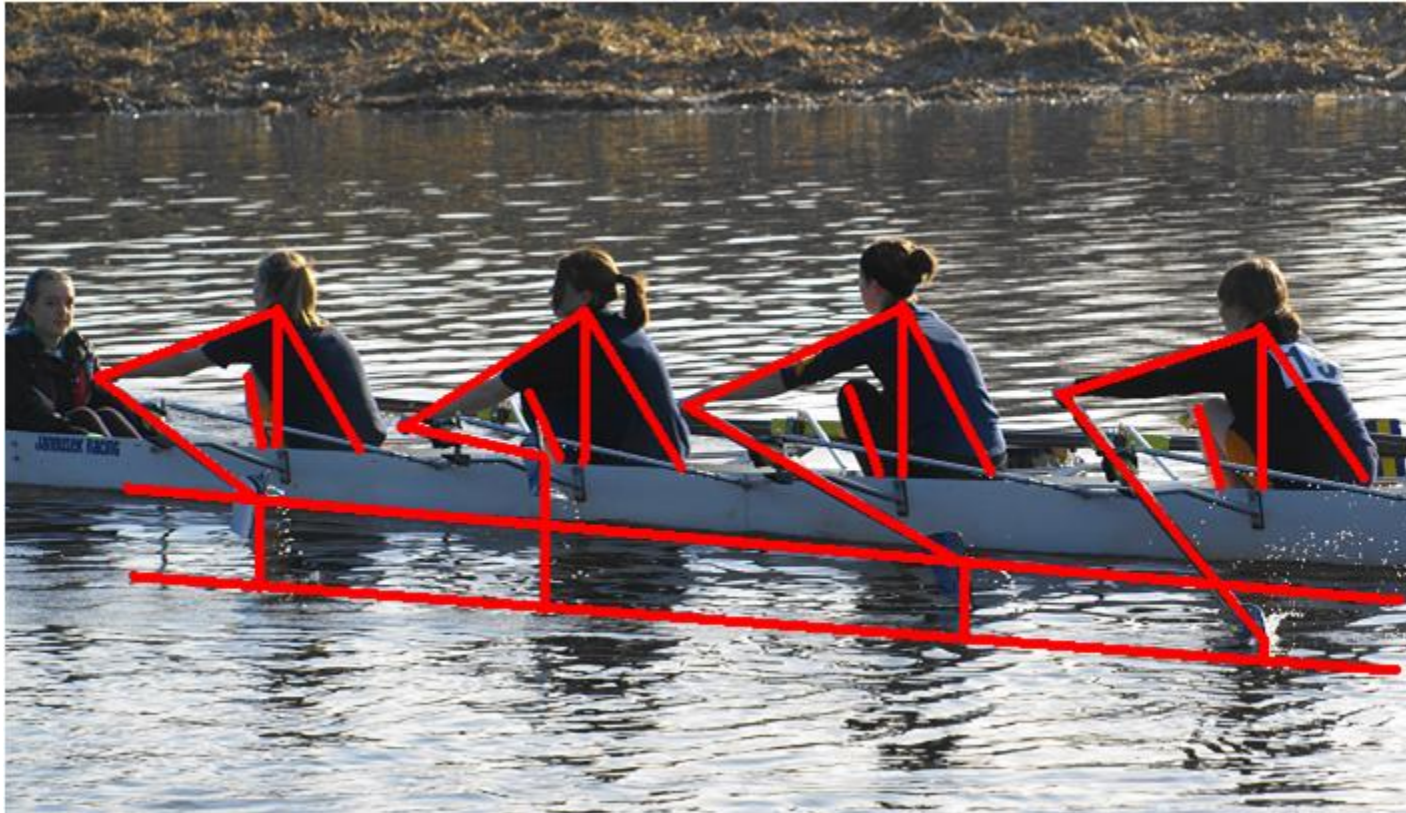
Hand heights?



Hand heights approaching the catch, and what are all the blades doing?



Too much reach at the catch and blades not going in at the same time



Check that arms aren't horizontal at the catch leading to digging



Digging from the previous slide causing water to go up the loom of the oar



Look at wrists

