
yoga breathing techniques Dilemma

Posted by walter - 2008/11/17 19:43

Last Sunday I went for a paddle with Tony Lee from Avondale to Conception Hr. Shortly after I started my back began to pain, it's a problem I've had for yrs. At one point I had to stop & raft up with Tony to give me a break but things got worse, now I'm tensing up, I feel like I'm going to capsize & the feelings gets worse. As a result I had to be towed to shore. I hadn't felt like this even in Cape Broyle where the conditions were much worse. Conditions on Sunday were not bad conditions, I had paddled in much worse & felt confident in my abilities. I'm not sure if this was an isolated situation, I know on my drive back to Mt. Pearl I was slightly nervous driving which never happens. I know my boat is not meant for a beginner & I've rec'd conflicting opinions on what I should do, from sell it to you'll grow into it. Most times I'm enjoying it but on Sunday something suddenly happened & as an old fellow from out home used to say I was as nervous as a hen on glitter. I'm not sure what to do, I certainly don't want to ruin another trip for someone however if I don't get the experience I certainly won't get any better.

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Posted by malcolmrowe@mail.gov.nf.c.a - 2008/11/17 19:43

You may have a physical problem that will continue to give you trouble. More likely you have a problem with paddling technique. The answer is to take a Paddle Canada course (e.g. Level I) to learn, among other things, how properly to perform the forward stroke. Simply paddling more will not improve your stroke, unless you know how it is you should be doing it. In fact, paddling more without the necessary understanding may well cement problems with technique that will be more difficult later to correct. By contrast, after being taught the proper technique, by concentrating every time you paddle you can reinforce good technique until it becomes natural. I have no vested interest in this. I am not a Paddle Canada instructor. However, we're lucky that we have here some of the best sea kayak instructors in the country.

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Posted by Tony - 2008/11/17 19:43

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Posted by Brian - 2008/11/17 19:43

Walter, As Tony was saying, I think your should try a more stable kayak, to help you get into a comfort zone. Me and Ang paddle Seaknifes and I must say, they have incredible initial stability due to the shallow V and hard chine. It makes the kayak lest manuverable, but its a fantastic kayak to paddle, espeically for beginners, and its also very fast. Angies father can't swim and is PETRIFIED of water, more than anyone I've seen in my life. He gets nervous wading on a beach. We convinced him to go for a short paddle on the pond near our house, and he was very comfortable in it and amazed at how stable it was. We usually make it in to a few pool sessions each winter, so you are welcome to try ours out then and see what you think. Lindy Rideout in Cottlesville makes them, you can read about them at www.seaknife.com Good luck with it Walter, I admire your determination to pursue this sport, keep it up! Brian

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yoga breathing techniques Dilemma

Posted by paddlehands - 2008/11/17 19:43

First off you most certainly did not ruin our paddle!! I was a little surprised and perplexed by the whole situation but it

certainly only added to the paddle. As you have completed your level one course successfully I am unsure that technique is actually your big issue. The wrong kayak would be my guess combined with a few good scares is adding up to you tensing up to the point of you not being able to paddle. This is my third time seeing this happen now, Paul Benson was the first in the Gulf Stream, Dave Dobbin while surfing in his Tempest got a scare and now you in your Labrador. Paul's was extreme to the point that he sold the kayak and paddled a much more stable kayak for about a year or more before he got back to the point of truly feeling comfortable. Paul discusses this openly as he is a MANS MAN and very comfortable with discussing his failures. Dobbin had less of an issue and simply kept paddling the Tempest accepting that he would be nervous for a while and he worked through it. Here is what I would do. I would go to Outfitters and pick a nice stable rental kayak and take it out for a paddle somewhere like Avondale/conception Harbour on a perfect calm day. Get someone to go with you like Alex, Paul, Stan, Tony R, etc... I will take you out upon our return from holiday on the 29th if you wish to wait. You need to try a few kayaks with company in good conditions and see if they solve your issues. I am quite sure a few times out in a stable kayak you will start to get your confidence back and within no time you be healed. Its classic stress having massive tension to your lower back and or neck. Tony On Nov 13, 7:09 am, malcolmr...@mail.gov.nf.ca <malcolmr...@mail.gov.nf.ca wrote: You may have a physical problem that will continue to give you trouble. More likely you have a problem with paddling technique. The answer is to take a Paddle Canada course (e.g. Level I) to learn, among other things, how properly to perform the forward stroke. Simply paddling more will not improve your stroke, unless you know how it is you should be doing it. In fact, paddling more without the necessary understanding may well cement problems with technique that will be more difficult later to correct. By contrast, after being taught the proper technique, by concentrating every time you paddle you can reinforce good technique until it becomes natural. I have no vested interest in this. I am not a Paddle Canada instructor. However, we're lucky that we have here some of the best sea kayak instructors in the country.- Hide quoted text - - Show quoted text -

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Posted by paddlehands - 2008/11/17 19:43

does not make since as practise can make permanent not necessarily perfect, so any bad things you may have picked up will be perfected along with the good. I more stable boat I think is the way to go. Enjoy the sport, find your comfort zone then find the expert boat when you get there and you will know when that is. You may be missing too much to the basics on your learning curve because you definitely have the drive ya just need the right vehicle now. If ya find a boat give me a call. Look for something with at least a 22 or 23 inch beam, at least. I bet you will notice a difference. On Nov 13, 8:04 am, Tony <trle...@hotmail.com wrote: Hey Walter, First off you most certainly did not ruin our paddle!! I was a little surprised and perplexed by the whole situation but it certainly only added to the paddle. As you have completed your level one course successfully I am unsure that technique is actually your big issue. The wrong kayak would be my guess combined with a few good scares is adding up to you tensing up to the point of you not being able to paddle. This is my third time seeing this happen now, Paul Benson was the first in the Gulf Stream, Dave Dobbin while surfing in his Tempest got a scare and now you in your Labrador. Paul's was extreme to the point that he sold the kayak and paddled a much more stable kayak for about a year or more before he got back to the point of truly feeling comfortable. Paul discusses this openly as he is a MANS MAN and very comfortable with discussing his failures. Dobbin had less of an issue and simply kept paddling the Tempest accepting that he would be nervous for a while and he worked through it. Here is what I would do. I would go to Outfitters and pick a nice stable rental kayak and take it out for a paddle somewhere like Avondale/conception Harbour on a perfect calm day. Get someone to go with you like Alex, Paul, Stan, Tony R, etc... I will take you out upon our return from holiday on the 29th if you wish to wait. You need to try a few kayaks with company in good conditions and see if they solve your issues. I am quite sure a few times out in a stable kayak you will start to get your confidence back and within no time you be healed. Its classic stress having massive tension to your lower back and or neck. Tony On Nov 13, 7:09 am, malcolmr...@mail.gov.nf.ca <malcolmr...@mail.gov.nf.ca wrote: You may have a physical problem that will continue to give you trouble. More likely you have a problem with paddling technique. The answer is to take a Paddle Canada course (e.g. Level I) to learn, among other things, how properly to perform the forward stroke. Simply paddling more will not improve your stroke, unless you know how it is you should be doing it. In fact, paddling more without the necessary understanding may well cement problems with technique that will be more difficult later to correct. By contrast, after being taught the proper technique, by concentrating every time you paddle you can reinforce good technique until it becomes natural. I have no vested interest in this. I am not a Paddle Canada instructor. However, we're lucky that we have here some of the best sea kayak instructors in the country.- Hide quoted text - - Show quoted text

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Posted by Peter Armitage - 2008/11/17 19:43

I agree with previous commentators who recommended trying a different boat. I've seen you on the water with your Boreal boat (I think I tried it at a Retreat as well), and I thought immediately that it would have been better for you to have started with a more stable boat, and one with a rudder. People starting off in the sport are still trying to figure out their strokes (even after Level 1), and a skeg boat can be beyond them particularly in strong winds. Retailers are not necessarily the best judge of what's best for you because they don't really know your paddling abilities and may have an inadequate understanding of kayaking themselves. So, don't give up on the sport. Try some different boats, and if need be, trade the Boreal in on another one (with a rudder). Peter A.

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Posted by Brian Searwar - 2008/11/17 19:43

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Posted by Walter Badcock - 2008/11/17 19:43

My boat doesn't have that problem, it is very tight however some back support wouldn't hurt. The sad part is that when things are going good I really enjoy that boat. I'll have the winter to decide. Maybe there is someone out there who has a more stable boat who would like to upgrade to a faster boat & would like to exchange for a season. Date: Thu, 13 Nov 2008 08:40:20 -0800 Subject: Re: Dilemma From: brian_sear...@yahoo.com To: kayak-newfoundland-and-labrador@googlegroups.com

Walter, I know a bit about where you're coming from. I paddle a Seaknife too....just like Brian's. But in the past couple years I was having some problems with my lower back and shoulders too at times. It wasn't the boat's stability and it's very easy to paddle. But after adding some foam padding inside the boat near my thighs and under my butt and around my hips I had a better fit inside the boat. I also changed my paddle. I tend to paddle with a low angle and my new paddle is best for that style. This past summer I experienced very little problems and probably did the most paddling of any year so far. I agree with the others....try a different boat, or maybe a different paddle or style. A big issue for me is that there is tons of room inside my boat and I am not very big so when I tried to edge my boat or do some bracing, I would slide around in the cockpit. To compensate I would really press hard against the boat with my feet or knees and this was just too much stress on my body. The added foam basically makes the inside of my boat smaller and consequently I fit better. Good luck. The other Brian.

On Nov 13, 11:18 am, Peter Armitage <kuekuats...@gmail.com> wrote: I agree with previous commentators who recommended trying a different boat. I've seen you on the water with your Boreal boat (I think I tried it at a Retreat as well), and I thought immediately that it would have been better for you to have started with a more stable boat, and one with a rudder. People starting off in the sport are still trying to figure out their strokes (even after Level 1), and a skeg boat can be beyond them particularly in strong winds. Retailers are not necessarily the best judge of what's best for you because they don't really know your paddling abilities and may have an inadequate understanding of kayaking themselves. So, don't give up on the sport. Try some different boats, and if need be, trade the Boreal in on another one (with a rudder). Peter A.

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Posted by Chris Buchanan - 2008/11/17 19:43

All of the comments regarding equipment choice and technique are well founded, but something that hasn't been mentioned yet is core strength. Core strength is fundamental to having both good paddling technique and comfort. All of the power for a good paddle stroke arrives at the blade through rotation, which is controlled and powered by abdominals and lower back muscle groups. My experience is not in sea kayaking, but I know from rivers and canoeing that my lower back discomfort/pain diminishes as my paddling season progresses and my fitness level increases. Spending time in more stable boats and working on your technique are essentially two ways of training and increasing

the fitness of these muscles groups; allowing you to progress to less-stable boats requiring more automatic muscle reflexes to maintain balance. Since we have the winter season coming on an alternative to replacing your boat may be to explore something like yoga. Yoga is an excellent way to increase your core strength, general fitness and flexibility. The meditative side of yoga also provides mental tools for breathing control and maintaining focus that are useful in a variety of paddling conditions. For many paddlers this is an important part of their training program and lifestyle. Outfitting may be another thing to investigate. I'm not familiar with how the cockpits of sea kayaks are generally outfitted, but I seem to remember that it is pretty sparse. Good, customized outfitting is key to comfort in any kind of boat. Ultimately replacing your boat might be the only way to solve your biomechanical issues, but it may be worth exploring these less-expensive alternatives first. At worst you'll be less stressed and fitter. Alright, my normal disclaimer: I'm a whitewater paddler and don't sea kayak. I also have no training or affiliation what-so-ever with the fitness or yoga industries. Although, I do personally use yoga to help with my back problems. Keep in mind that you might want to speak with your doctor prior to embarking on a regimen of yoga to make sure that it won't adversely affect your personal back problems.

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Posted by Walter Badcock - 2008/11/17 19:43

What do you mean take up kickboxing, I've been kickboxing for almost 5 yrs with a 2 & 0 record, both fights had to be stopped in the 3rd round. The last victim was a 25 yr old who said before the bout I'll wait for the old guy to tire than I'll give it to him. Well guess who's hand was raised at the end of the fight. By the way at the same event that evening they held a World title match. Maybe I can teach you a few moves, I know made a few on that pretty lady on the way in. Date: Thu, 13 Nov 2008 09:15:22 -0800 Subject: Re: Dilemma From: trle...@hotmail.com To: kayak-newfoundland-and-labrador@googlegroups.com Walter you may want to take up kick boxing as well to help maintain some sensible level of fitness!! I noticed you had a bit of a belly the other day when we were paddling. Its difficult maintaining my EXTREME level of fitness but if you work hard you may accomplish it. I am not poking fun at Chris's comments regarding fitness and yoga as they are very good ones but its great to have some fun with Walter (Towie) Badcock!! I am starting to think that their is not a thing wrong with Walters back or his boat but that he is smart enough to have found a way to have us all tow him around our coastlines. Tony On Nov 13, 1:58 pm, Chris Buchanan <a07...@mun.ca wrote: All of the comments regarding equipment choice and technique are well founded, but something that hasn't been mentioned yet is core strength. Core strength is fundamental to having both good paddling technique and comfort. All of the power for a good paddle stroke arrives at the blade through rotation, which is controlled and powered by abdominals and lower back muscle groups. My experience is not in sea kayaking, but I know from rivers and canoeing that my lower back discomfort/pain diminishes as my paddling season progresses and my fitness level increases. Spending time in more stable boats and working on your technique are essentially two ways of training and increasing the fitness of these muscles groups; allowing you to progress to less-stable boats requiring more automatic muscle reflexes to maintain balance. Since we have the winter season coming on an alternative to replacing your boat may be to explore something

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Actually I do a lot of core strenght training. It's necessary to have a strong core for the sport I participate in. I attend roughly 4-5 classes a week down from 6 or 7 last yr. Burpies, body weight squats, planks & about 20 different kind of sit ups. Then test it all out at Fight night on Friday nights with a great bunch of guys. Ten 2 min rounds of kickboxing with some of the best kickboxers in Atlantic Canada. I've actually considered Yoga but the stretching we do at class doesn't differ a lot. I did learn to never stretch cold muscles, they tear rather than stretch. I hurt my back working in fishplant when I was 16 yrs old. It has gotten progressively worse ever since. This is why I exercise because the beer belly will ruin me completly. Having said that I do appreciate everybody's advise, except Tony, of course who knows he will always live in my shadow. Conquering this sport & hopefully this boat will come & then I will tow Tony so he knows what it's like to go fast in a kayak. Date: Thu, 13 Nov 2008 08:58:27 -0800 Subject: Re: Dilemma From: a07...@mun.ca To: kayak-newfoundland-and-labrador@googlegroups.com All of the comments regarding equipment choice and technique are well founded, but something that hasn't been mentioned yet is core strength. Core strength is fundamental to having both good paddling technique and comfort. All of the power for a good paddle stroke arrives at the blade through rotation, which is controlled and powered by abdominals and lower back muscle groups. My experience is not in sea kayaking, but I know from rivers and canoeing that my lower back discomfort/pain diminishes as my paddling season progresses and my fitness level increases. Spending time in more stable boats and working on your technique are essentially two ways of training and increasing the fitness of these muscles groups; allowing you to progress to less-stable boats requiring more automatic muscle reflexes to maintain balance. Since we have the winter season coming on an alternative to replacing your boat may be to explore something like yoga. Yoga is an excellent way to increase your core strength, general fitness and flexibility. The meditative side of yoga also provides mental tools for breathing control and maintaining focus that are useful in a variety of paddling conditions. For many paddlers this is an important part of their training program and lifestyle. Outfitting may be another thing to investigate. I'm not familiar with how the cockpits of sea kayaks are generally outfitted, but I seem to remember that it is pretty sparse. Good, customized outfitting is key to comfort in any kind of boat. Ultimately replacing your boat might be the only way to solve your biomechanical issues, but it may be worth exploring these less- expensive alternatives first. At worst you'll be less stressed and fitter. Alright, my normal disclaimer: I'm a whitewater paddler and don't sea kayak. I also have no training or affiliation what-so-ever with the fitness or yoga industries. Although, I do personally use yoga to help with my back problems. Keep in mind that you might want to speak with your doctor prior to embarking on a regimen of yoga to make sure that it won't adversely affect your personal back problems.

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Posted by Walter Badcock - 2008/11/17 19:43

I know you did, just took the oppurtunity to do some braggin. Maybe there's someoen out there who would trade some kayak lessons for some kickboxing lessons. But on a serious note If you're interested in some serious conditioning training, I'll be happy to help. It's time for me to give soemthing back. Date: Thu, 13 Nov 2008 11:29:24 -0800 Subject: Re: Dilemma From: trle...@hotmail.com To: kayak-newfoundland-and-labrador@googlegroups.com That's why I mentioned the kickboxing Walter. You are obviously in amazing shape and there is no doubt your physical conditioning is not the issue but certainly your back injury may be a huge part of the problem. I really do hope you conquer the sport of kayaking and I look forward to you towing my fat ass in the near future!! On Nov 13, 3:33 pm, Walter Badcock <wbadc...@hotmail.com> wrote: Actually I do a lot of core strenght training. It's necessary to have a strong core for the sport I participate in. I attend roughly 4-5 classes a week down from 6 or 7 last yr. Burpies, body weight squats, planks & about 20 different kind of sit ups. Then test it all out at Fight night on Friday nights with a great bunch of guys. Ten 2 min rounds of kickboxing with some of the best kickboxers in Atlantic Canada. I've actually considered Yoga but the stretching we do at class doesn't differ a lot. I did learn to never stretch cold muscles, they tear rather than stretch. I hurt my back working in fishplant when I was 16 yrs old. It has gotten progressively worse ever since. This is why I exercise because the beer belly will ruin me completly. Having said that I do appreciate everybody's advise, except Tony, of course who knows he will always live in my shadow. Conquering this sport & hopefully this boat will come & then I will tow Tony so he knows what it's like to go fast in a kayak. Date: Thu, 13 Nov 2008 08:58:27 -0800 Subject: Re: Dilemma From: a07...@mun.ca To: kayak-newfoundland-and-labrador@googlegroups.com All of the comments regarding equipment choice and technique are well founded, but something that hasn't been mentioned yet is core strength. Core strength is fundamental to having both good paddling technique and comfort. All of the power for a good paddle stroke arrives at the blade through rotation, which is controlled and powered by abdominals and lower back muscle groups. My experience is not in sea kayaking, but I know from rivers and canoeing that my lower back discomfort/pain diminishes as my paddling season progresses and my fitness level increases. Spending time in more stable boats and working on your technique are essentially two ways of training and increasing the fitness of these muscles groups; allowing you to progress to less-stable boats requiring more automatic muscle reflexes to maintain balance. Since we have the winter season coming on an alternative to replacing your boat may be to explore something like yoga. Yoga is an excellent way to increase your core strength, general fitness and flexibility. The meditative side of yoga also provides mental tools for breathing control and maintaining focus that are useful in a variety of paddling conditions. For many paddlers this is an important part of their training program and lifestyle. Outfitting may be another thing to investigate. I'm not familiar with how the cockpits of sea kayaks are generally outfitted, but I seem to remember that it is pretty sparse. Good, customized outfitting is key to comfort in any kind of boat. Ultimately replacing your boat might be the only way to solve your biomechanical issues, but it may be worth exploring these less- expensive alternatives first. At worst you'll be less stressed and fitter. Alright, my normal disclaimer: I'm a whitewater paddler and don't sea kayak. I also have no training or affiliation what-so-ever with the fitness or yoga industries. Although, I do personally use yoga to help with my back problems. Keep in mind that you might want to speak with your doctor prior to embarking on a regimen of yoga to make sure that it won't adversely affect your personal back problems.

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yoga breathing techniques Dilemma

Posted by Paul Benson - 2008/11/17 19:43

But on a serious note If you're interested in some serious conditioning training, I'll be happy to help. It's time for me to give soemthing back. Date: Thu, 13 Nov 2008 11:29:24 -0800 Subject: Re: Dilemma From: trle...@hotmail.com To: kayak-newfoundland-and-labrador@googlegroups.com Thats why I mentioned the kickboxing Walter. You are obviously in amazing shape and there is no doubt your physical conditioning is not the issue but certainly your back injury may be a huge part of the problem. I really do hope you conquer the sport of kayaking and I look forward to you towing my fat ass in the near future!! On Nov 13, 3:33 pm, Walter Badcock <wbadc...@hotmail.com wrote: Actually I do a lot of core strenght training. It's necessary to have a strong core for the sport I participate in. I attend roughly 4-5 classes a week down from 6 or 7 last yr. Burpies, body weight squats, planks & about 20 different kind of sit ups.Then test it all out at Fight night on Friday nights with a great bunch of guys. Ten 2 min rounds of kickboxing with some of the best kickboxers in Atlantic Canada. I've actually considered Yoga but the stretching we do at class doesn't differ a lot. I did learn to never stretch cold muscles, they tear rather than stretch. I hurt my back working in fishplant when I was 16 yrs old. It has gotten progressively worse ever since. This is why I exercise because the beer belly will ruin me completely. Having said that I do appreciate everybody's advise, except Tony, of course who knows he will always live in my shadow.Conquering this sport & hopefully this boat will come & then I will tow Tony so he knows what it's like to go fast in a kayak. Date: Thu, 13 Nov 2008 08:58:27 -0800 Subject: Re: Dilemma From: a07...@mun.ca To: kayak-newfoundland-and-labrador@googlegroups.com All of the comments regarding equipment choice and technique are well founded, but something that hasn't been mentioned yet is core strength. Core strength is fundamental to having both good paddling technique and comfort. All of the power for a good paddle stroke arrives at the blade through rotation, which is controlled and powered by abdominals and lower back muscle groups. My experience is not in sea kayaking, but I know from rivers and canoeing that my lower back discomfortpain diminishes as my paddling season progresses and my fitness level increases. Spending time in more stable boats and working on your technique are essentially two ways of training and increasing the fitness of these muscles groups; allowing you to progress to less-stable boats requiring more automatic muscle reflexes to maintain balance. Since we have the winter season coming on an alternative to replacing your boat may be to explore something like yoga. Yoga is an excellent way to increase your core strength, general fitness and flexibility. The meditative side of yoga also provides mental tools for breathing control and maintaining focus that are useful in a variety of paddling conditions. For many paddlers this is an important part of their training program and lifestyle. Outfitting may be another thing to investigate. I'm not familiar with how the cockpits of sea kayaks are generally outfitted, but I seem to remember that it is pretty sparse. Good, customized outfitting is key to comfort in any kind of boat. Ultimately replacing your boat might be the only way to solve your biomechanical issues, but it may be worth exploring these less- expensive alternatives first. At worst you'll be less stressed and fitter. Alright, my normal disclaimer: I'm a whitewater paddler and don't sea kayak. I also have no training or affiliation what-so-ever with the fitness or yoga industries. Although, I do personally use yoga to help with my back problems. Keep in mind that you might want to speak with your doctor prior to embarking on a regimen of yoga to make sure that it won't adversely affect your personal back problems.

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Posted by Tony - 2008/11/17 19:43

out.and I agree, Walter, that you should give something back to the sport of kick boxing.....starting with Tony's fat ass, conveniently located on his shoulders. hahahaha! P as in past p On Nov 13, 4:04 pm, Walter Badcock <wbadc...@hotmail.com wrote: I know you did, just took the oppurtunity to do some braggin. Maybe there's someoen out there who would trade some kayak lessons for some kickboxing lessons. But on a serious note If you're interested in some serious conditioning training, I'll be happy to help. It's time for me to give soemthing back. Date: Thu, 13 Nov 2008 11:29:24 -0800 Subject: Re: Dilemma From: trle...@hotmail.com To: kayak-newfoundland-and-labrador@googlegroups.com Thats why I mentioned the kickboxing Walter. You are obviously in amazing shape and there is no doubt your physical conditioning is not the issue but certainly your back injury may be a huge part of the problem. I really do hope you conquer the sport of kayaking and I look forward to you towing my fat ass in the near future!! On Nov 13, 3:33 pm, Walter Badcock <wbadc...@hotmail.com wrote: Actually I do a lot of core strenght training. It's necessary to have a strong core for the sport I participate in. I attend roughly 4-5 classes a week down from 6 or 7 last yr. Burpies, body weight squats, planks & about 20 different kind of sit ups.Then test it all out at Fight night on Friday nights with a great bunch of guys. Ten 2 min rounds of kickboxing with some of the best kickboxers in Atlantic Canada. I've actually considered Yoga but the stretching we do at class doesn't differ a lot. I did learn to never stretch cold muscles, they tear rather than stretch. I hurt my back working in fishplant when I was 16 yrs old. It has gotten progressively worse ever since. This is why I exercise because the beer belly will ruin me completely. Having said that I do appreciate everybody's advise, except Tony, of course who knows he will always live in my shadow.Conquering this sport & hopefully this boat will come & then I will tow Tony so he knows what it's like to go fast in a kayak. Date: Thu, 13 Nov 2008 08:58:27 -0800 Subject: Re: Dilemma From: a07...@mun.ca To: kayak-newfoundland-and-labrador@googlegroups.com All of the comments regarding equipment choice and technique are well founded, but something that hasn't been mentioned yet is core strength. Core strength is fundamental to having both good paddling technique and comfort. All of the power for a good paddle stroke arrives at the blade through rotation, which is controlled

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yoga breathing techniques Dilemma

Posted by squidink - 2008/11/17 19:43

I agree that yoga is a perfect fit with kayaking. It helps develop core strength and flexibility as Chris mentioned, and also balance. It also promotes good posture which is essential in kayaking. I've been doing yoga for a couple of years now and each new move I think how it'll help me in kayaking!

yoga breathing techniques Dilemma

Posted by Walter Badcock - 2008/11/17 19:43

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Posted by Walter Badcock - 2008/11/17 19:43

I'll even let him use his paddle Date: Thu, 13 Nov 2008 12:31:48 -0800 Subject: Re: Dilemma From: trle...@hotmail.com To: kayak-newfoundland-and-labrador@googlegroups.com Paul you say so well I loves it!!! On Nov 13, 5:10 pm, Paul Benson <benson.p...@gmail.com wrote: Actually Walter it was me who towed both you and Tony as it turned out.and I agree, Walter, that you should give something back to the sport of kick boxing.....starting with Tony's fat ass, conveniently located on his shoulders. hahahaha! P as in past p On Nov 13, 4:04 pm, Walter Badcock <wbadc...@hotmail.com wrote: I know you did, just took the opportunity to do some braggin. Maybe there's someone out there who would trade some kayak lessons for some kickboxing lessons. But on a serious note If you're interested in some serious conditioning training, I'll be happy to help. It's time for me to give something back. Date: Thu, 13 Nov 2008 11:29:24 -0800 Subject: Re: Dilemma From: trle...@hotmail.com To: kayak-newfoundland-and-labrador@googlegroups.com That's why I mentioned the kickboxing Walter. You are obviously in amazing shape and there is no doubt your physical conditioning is not the issue but certainly your back injury may be a huge part of the problem. I really do hope you conquer the sport of kayaking and I look forward to you towing my fat ass in the near future!! On Nov 13, 3:33 pm, Walter Badcock <wbadc...@hotmail.com wrote: Actually I do a lot of core strength training. It's necessary to have a strong core for the sport I participate in. I attend roughly 4-5 classes a week down from 6 or 7 last yr. Burpies, body weight squats, planks & about 20 different kind of sit ups. Then test it all out at Fight night on Friday nights with a great bunch of guys. Ten 2 min rounds of kickboxing with some of the best kickboxers in Atlantic Canada. I've actually considered Yoga but the stretching we do at class doesn't differ a lot. I did learn to never stretch cold

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yoga breathing techniques Dilemma

Posted by malcolmrowe@mail.gov.nf.c.a - 2008/11/17 19:43

I agree with Chris & Alison that conditioning & flexibility are vital. In addition to yoga, try edging the kayak in the pool and paddling it around; then, also in the pool, sit on the back deck and paddle around. So you fall in. So what? You're in the pool. Your balance will definitely improve. I have already noted good forward stroke technique, which includes good posture. (Everything is easier if you sit up and lean slightly forward; having your weight back makes paddling harder and does bad things to your balance.) Adjusting how you fit in the cockpit is also important, as Chris noted, including hip paddling, back band adjustment, foot peg adjustment, etc. As I recall, you have a Boreal Designs Ellemere. That kayak is 22 wide, with hard chines & a middle section on the bottom that is almost flat. I've never sat in the boat, but with that width and hull cross section, it is not a tippy kayak. Perhaps ideally you might have started with a Pacific style kayak, but you have what appears to be quite a good kayak. If I were you, it would be only as a last resort when other possibilities had been eliminated that I would contemplate giving up your kayak for one that is more stable, but slower and less responsive.

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yoga breathing techniques Dilemma

Posted by newkayaker - 2008/11/17 19:43

Hey Walter, like you I am new to this sport too so I cannot offer any opinions as to what the problem or solution is... For me, when I started I was really tense in my kayak and would consequently have aches and pains after a paddle and did a lot of capsizing. I remember Joe telling me I was just too tense and needed to loosen up... so then I started spending a lot of time on Long Pond just floating around by myself near the shore and trying to feel comfortable in the kayak and on the water. On paddles over the summer I tried to get on the water a little earlier than others so I could just float around and lose the feeling of anxiety before starting the paddle. I found this helped me a lot. I don't have back trouble, but I do have neck and shoulder problems - which I have found the paddling really therapeutic for... Anyway, this is just a thought... perhaps you are trying too hard. There are a lot of things to learn and remember (paddling strokes, bracing, rolling, etc..) I started out trying to learn all these things right away and found I wasn't enjoying the paddling so much and was making it more like work, which is why I think I was too tense. I decided to stop thinking about what I would have to do if I tipped over or something and just started paddling with less worry about what to do. I guess I am saying that it helped me a lot to just forget about all that stuff and enjoy the paddling when I was on a paddle. The other things (bracing and rolling) I reserved for specific days on Long Pond during the summer and now in the pool sessions. Last Tuesday night I did not do much of anything skills-wise except to just do a lot of paddling and floating around the pool and watching other people work on skills - it was quite enjoyable. I figure this is a going to be a long journey for me and I'll learn the necessary skills over time. Don't know if any of this applies to your situation or if it of any help to you - perhaps you just simply have a back problem and you are finding discomfort sitting in the kayak and will need to take it slower, go on shorter paddles or take more frequent breaks when paddling. But don't give up on it though, the few times I've seen you on the paddles you look like you enjoy it.... Dean

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Posted by malcolmrowe@mail.gov.nf.c.a - 2008/11/17 19:43

OK. 21 inches wide is a lot different than 22 inches. I guess the Labrador is a difficult kayak with which to begin, even if it would be fun later. I paddled a Dagger Atlantis (23.5 inches wide), then an NDK Romany (21.5 inches wide), then an NDK Greenlander Pro (21 inches wide, with hard chines/more stability), and now a Nordkapp (21 inches wide, with soft chines/less stability). Each kayak in the sequence has had less stability; each has felt tippy until I became used to it. However, I know I would have had trouble if I'd started out in the Nordkapp or even the Greenlander Pro (which is fairly similar to the Labrador). Malcolm

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