

# Thames Punting Club

## Racing Punting Stroke

Standing On The Left-Hand Side  
Of The Punt

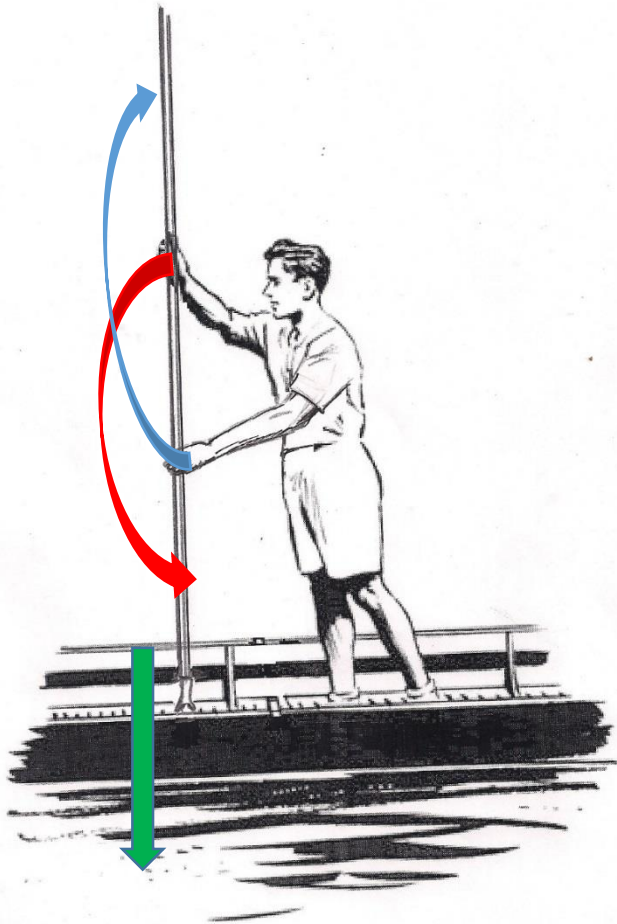


Figure 1 – The Throw



Figure 1a – The Throw

# Fig. 1 - The Throw

- Standing in the centre of the Punt and to the Left-Hand side, the Right Foot is placed forward at 45deg against the side, with the Left Foot just behind. Shoulders and Head looking forward.
- The canted Left Bottom corner of the Punt acts like a boat's keel, providing directional stability in the Punt's line of travel.
- Pole held vertically forward of the Body, and the Pole Shoe about 20cm above the water-line. The Left-Hand is held at Eye level, and the Right-Hand level with the Hips.
- Pole is thrown down and immediately released with the Right-Hand. Simultaneously the Left-Hand reaches upward and provides a running guide as the Pole descends to the bottom.
- NB: If the Punt is stationary, the Pole will need to be thrown down at a slight backwards angle for the first couple of strokes in order to assist moving the Punt forward.

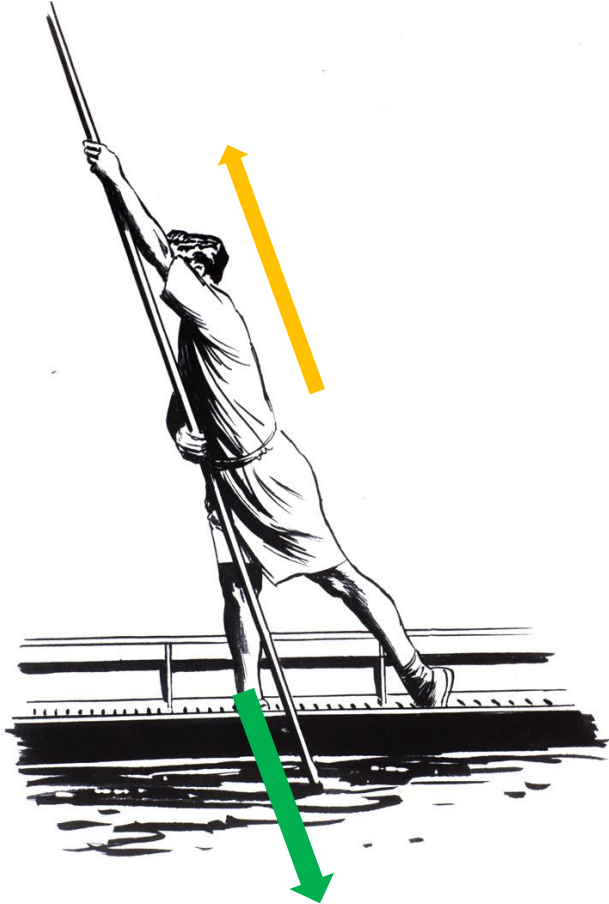


Figure 2 – The Reach



Figure 2a – The Reach

## Fig. 2 – The Reach

- After the Pole is thrown down, the Left-Hand which has been acting as a guide is Reached as high-up the Pole as the Punter's height permits in order to maximise stroke length.
- Additional stroke length is gained by raising the heel of the forward Right-Foot, and going onto tip-toe with the trailing Left-Foot.
- Ideally the point of maximum Reach is timed to coincide with the Pole hitting the Bottom.
- The Pole rotates past vertical as the Punt continues forward, running down along the under-side of the Left-Arm and Left-Hand side of the Body, held steady by the Right-Hand now at Hip height.

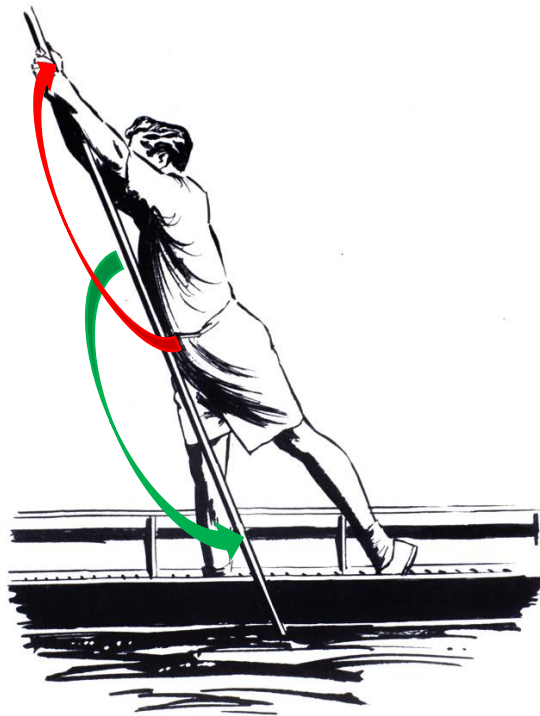


Figure 3 – The Catch

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## Fig. 3 – The Catch

- As soon the Pole is held securely at the top with the Left-Hand and with the Shoe against the Bottom, the Right-Arm is swung up and the Right-Hand grips over the top of the Left-Hand to form a Fulcrum Point.
- The Left-Hand acts like a rowing blade button during the stroke needs to have a firm grasp on the Pole.
- As the Pole continues to rotate forward with the motion of the Punt, power can start to be applied by transferring Body-Weight from Tip-Toes to the Heels of both Feet.
- NB: The initial stroke power comes purely from Body-Weight being applied to the Fulcrum Point formed between both Hands and the Pole.

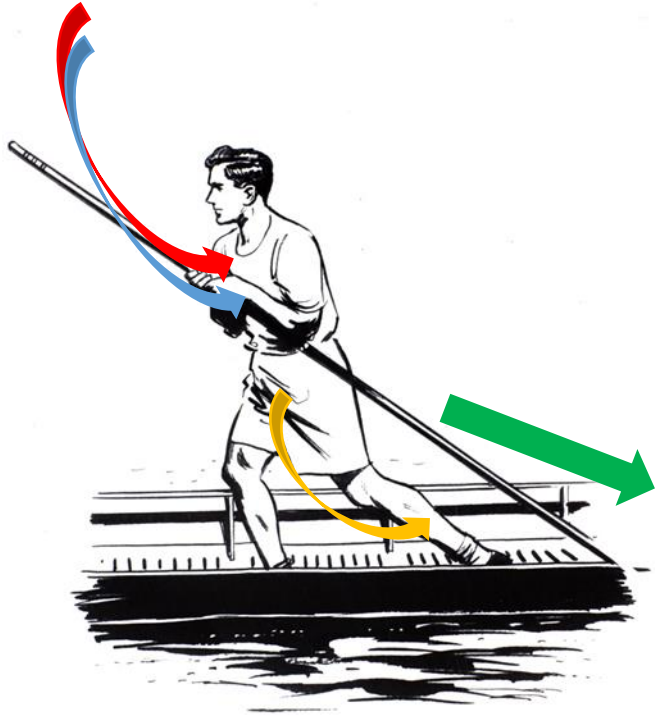


Figure 4 – The Body Swing



Figure 4a – The Body Swing



## Fig. 4 – Body Swing

- As the Pole continues to rotate forward, additional Body-Weight is applied by taking weight off the rear Right-Leg, and pivoting off the forward Left-Leg which is kept straight.
- The Left and Right arms then apply power by pulling the Fulcrum-Point of the Pole towards the chest - as in a Tug-Of-War
- During this phase the Head and Shoulders continue to face forward. The plane in which the Pole is rotating should be kept parallel with the side of the Punt – this plane can be visualised as a surface of tall vertical plate glass window running the length of the Punt. This enables the power of the stroke to be maximised in the direction of travel.
- NB: Steering corrections may require changes in Pole angle at the Front-End of the stroke.

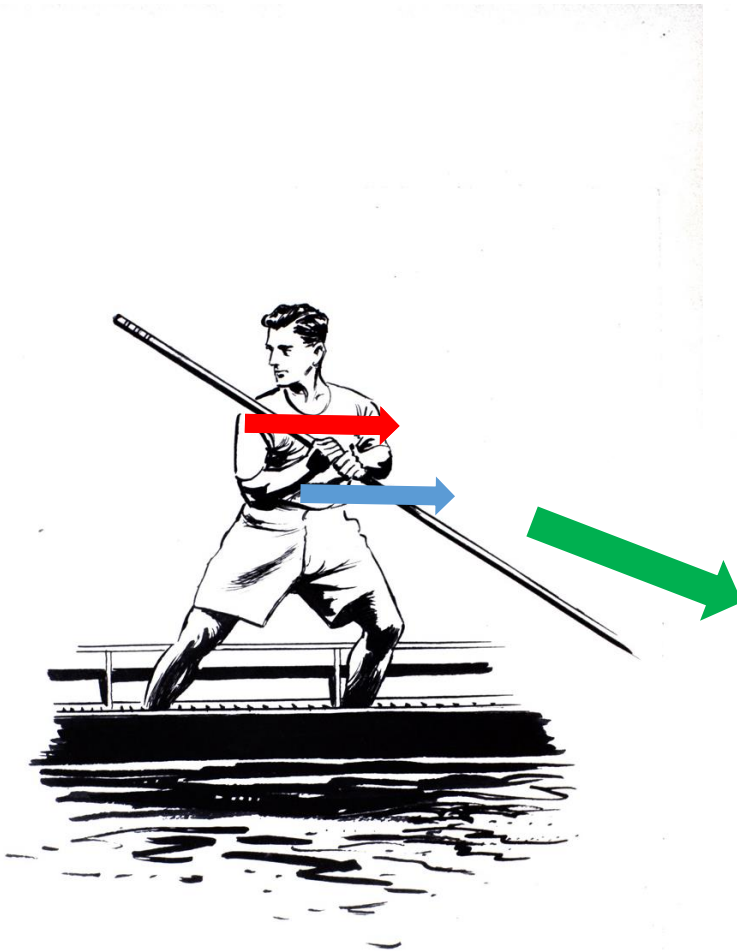


Figure 5 – The Arm Drive

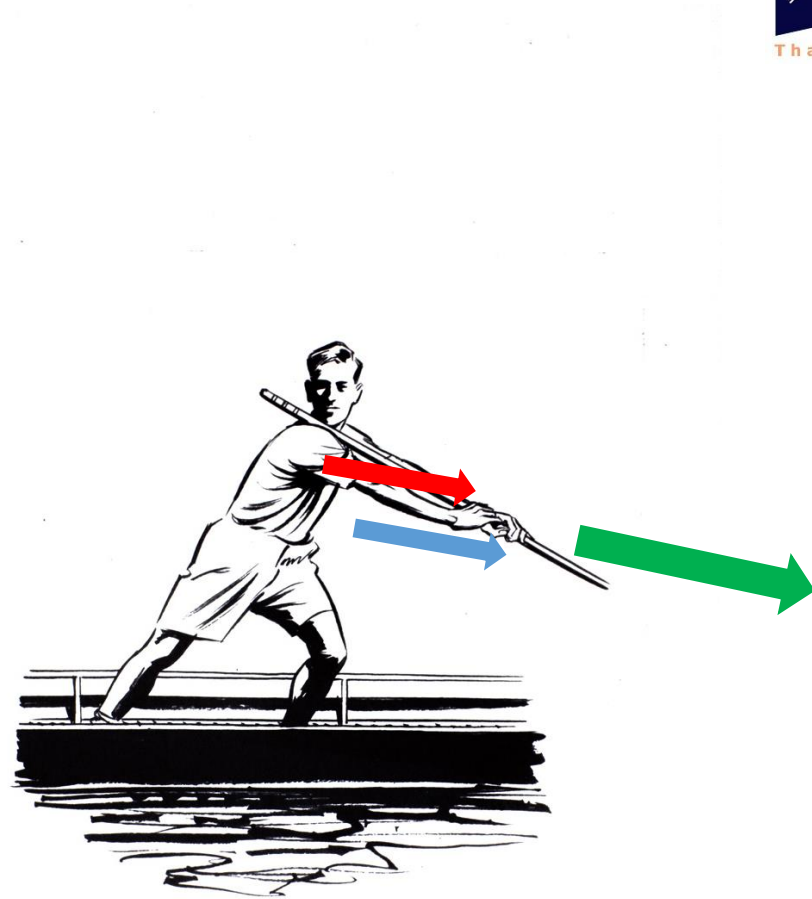


Figure 6 – The Back Shove

## Fig. 5 – The Arm Drive

- As the hands on the Pole approach the chest, the shoulders are turned parallel with the side of the Punt, to enable the Right and Left Arms to continue the drive of the Pole rearwards.
- As the hands pass across the chest, the majority of the applied force is provided by the Right-Arm with the Right-Hand pushing firmly against the Left-Hand.
- The continuing swinging motion of the Legs and Body-Weight also assists with the smooth transition of power.
- NB: The Head should continue to face forward, in order to assess the steering corrections that may be necessary during the next phase of the stroke.

## Fig. 6 – The Back Shove

- As the body's motion reaches the end of its' travel, the Arms and Hands continue to apply power to the end of the Stoke by pushing out to the full extension of the "Back Shove".
- At the end of the Back Shove the Body-Weight will be mainly on the back Left-Foot with Pole over the Right-Shoulder.
- Ideally the direction of applied force should be along the line of travel of the Punt. However:-
- If the direction of the Punt needs to be corrected to the Left – then this can be achieved by angling and pushing the Pole outboard and backwards to the Left during the Shove.
- If the direction of the Punt needs to be corrected to the Right – then this can be achieved by leaning slightly out of the Punt, and angling and pushing the Pole inboard and backwards to the Right during the Shove.

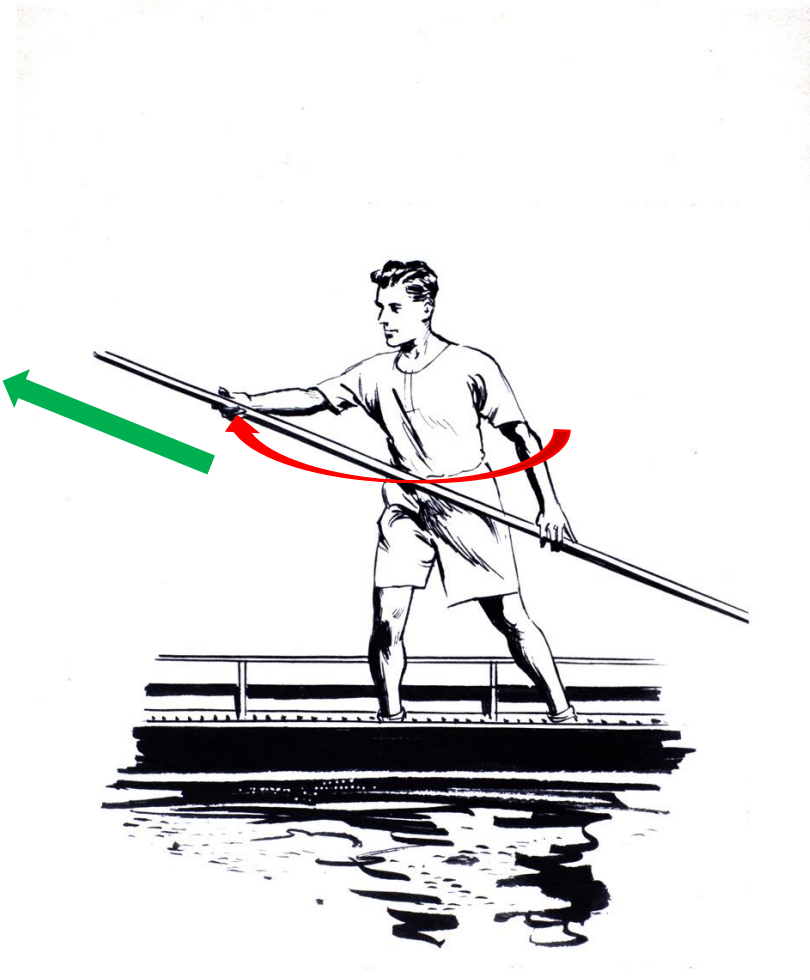


Figure 7 – The Recovery



Figure 8 – The Bucket Swing

# Fig. 7 – The Recovery

- After completion of the Back Shove, the Head is immediately faced forward, and at the same time the Pole is rolled off the Right-Shoulder in a downwards direction.
- Continuing to hold the Left-Arm in the out stretched Back Shove position, with the Left-Hand acting as a running guide, the Right-Upper-Arm and Right-Shoulder casts the Pole firmly forward - initially at a fairly shallow angle.
- As the Pole glides forward through the now out stretched Right and Left Hands, the Punter starts to smoothly transfer his Body-Weight forwards shifting it from the rear Left-Foot to the front Right-Foot.
- NB: The Pole should be thrown forwards along the direction of travel of the Punt. Lunging or throwing the body forward will only serve to slow the Punt down. This phase should be used to actively recover breath and composure for the next Stroke cycle.

## Fig. 8 – The Bucket Swing

- As the Pole glides forward the Left and Right Hands will start to move the Pole in an upwards arc through the plane parallel to the side of the Punt.
- The motion is similar to swinging a bucket full of water through an arc so that the water does not fall-out.
- The Punter continues to transfer his Body-Weight smoothly forwards and upwards by transferring weight from his Back Left-Foot onto the Front Right-Foot.
- As the Shoe at the end of the Pole approaches the Punters Left-Hand, the Pole will be stopped in the position where both Hands need to be positioned in order to re-commence the Throw for the start of the next Stroke cycle.



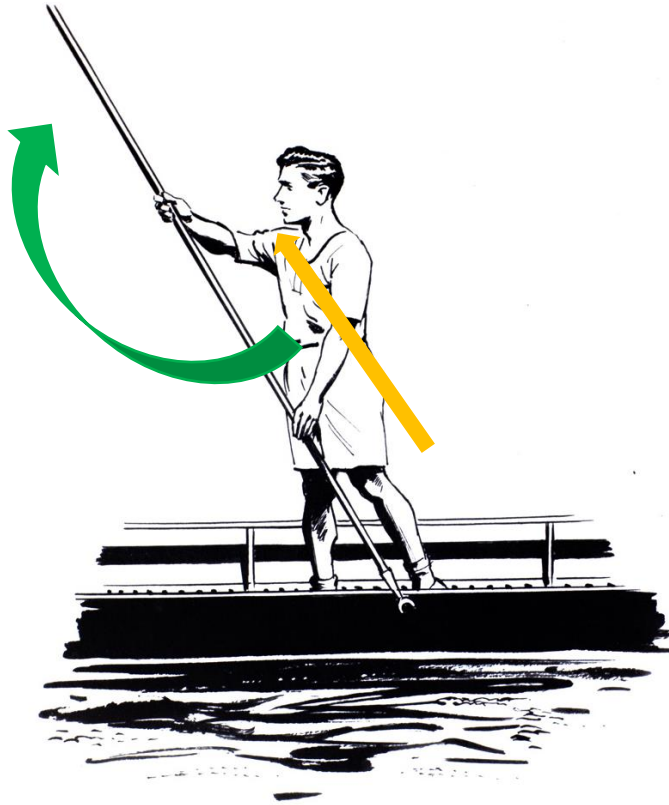


Figure 9 – The Step Up

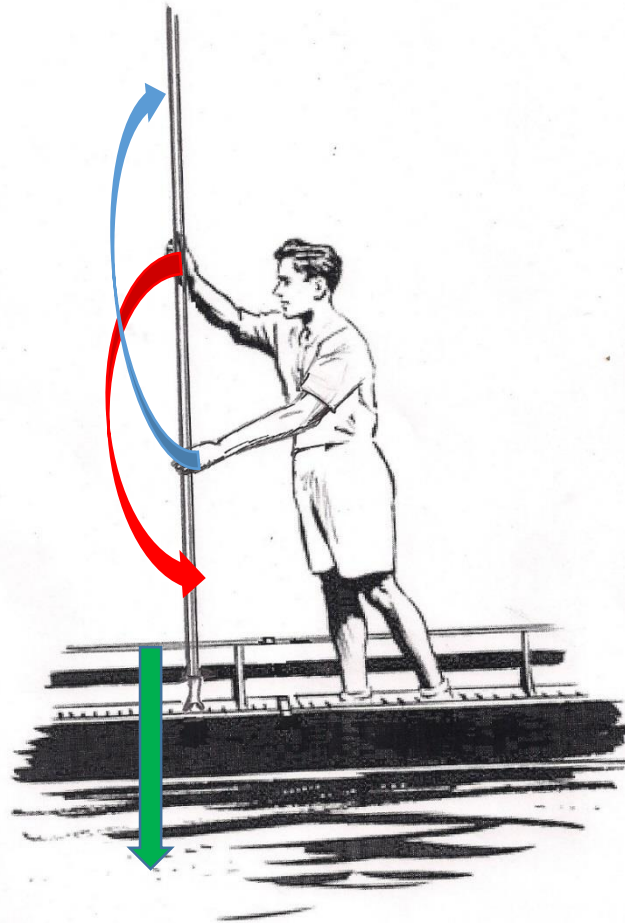


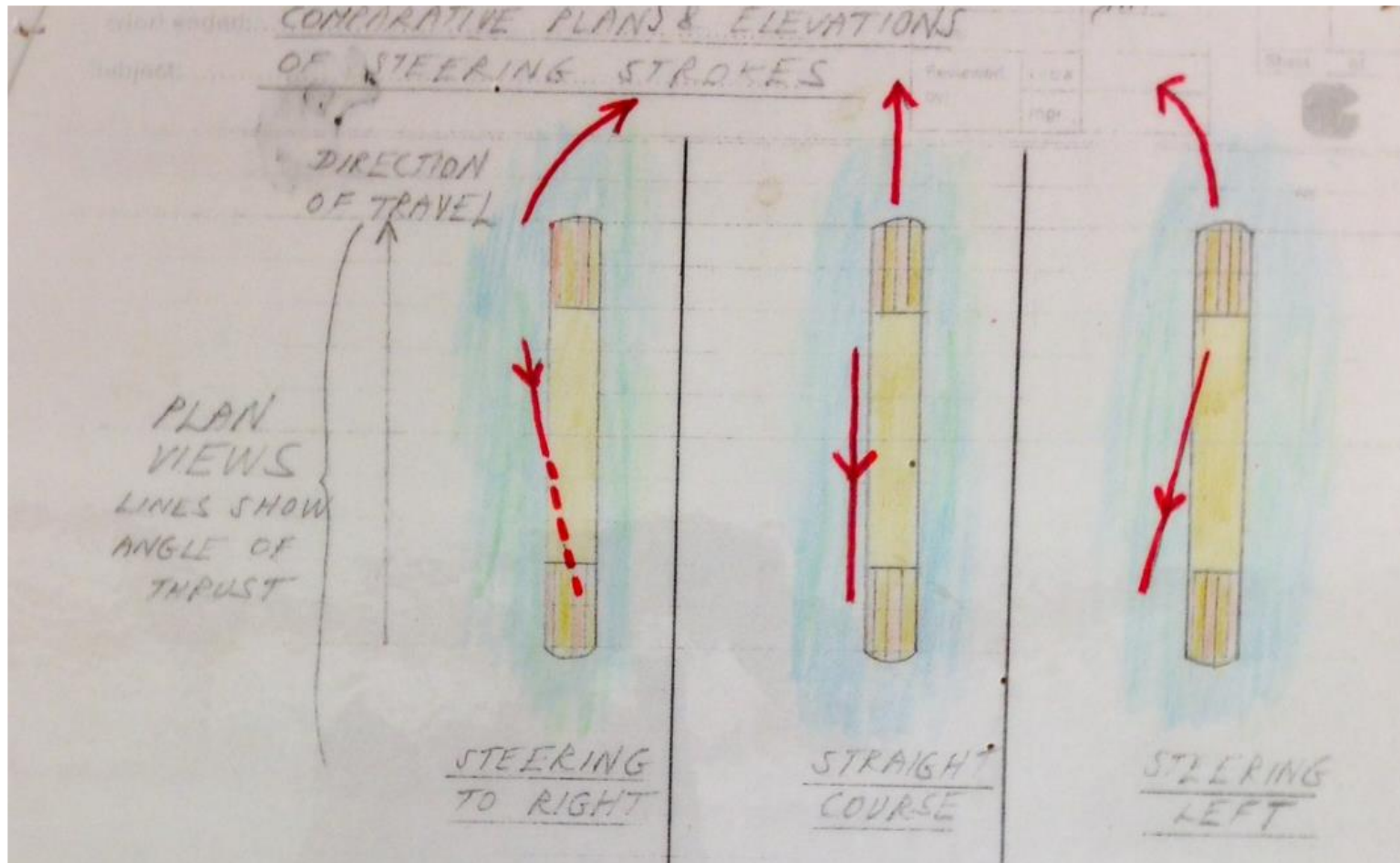
Figure 10 – The Throw



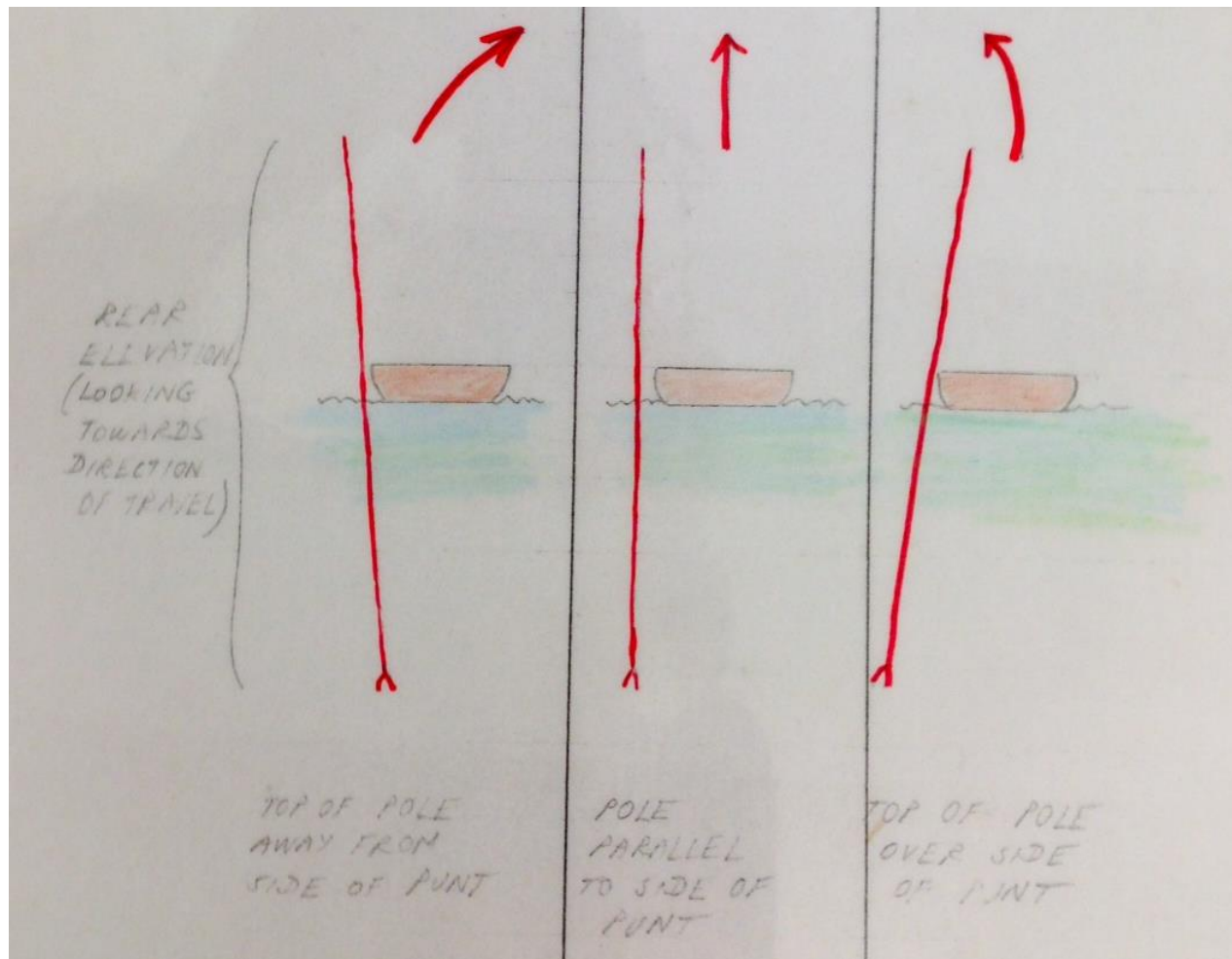
## Fig. 9 – The Step Up

- Once the Pole is in being held by the Right and Left Hands in the correct locations, the Punter steps back up-right into the stance ready to Throw the Pole down again and re-commence the next Stroke cycle.
- The Head and Shoulders will now be facing fully forward.
- Before the next Throw, the Punter makes a quick assessment of what steering corrections may be necessary during the next Stroke.
- The Throw repeats the instructions given in Fig. 1.
- NB: Gross steering changes may require that the Pole is angled towards or away from the side of the Punt during the Throw.

# How To Steer A Punt (1)



# How To Steer A Punt (2)



# Thames Punting Club

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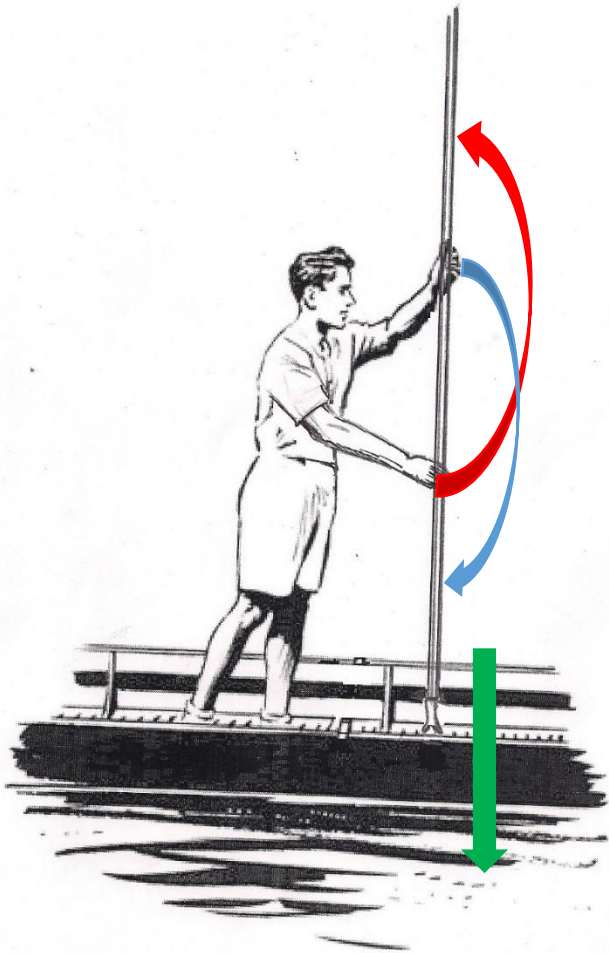


Figure 1 – The Throw

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Figure 1a – The Throw

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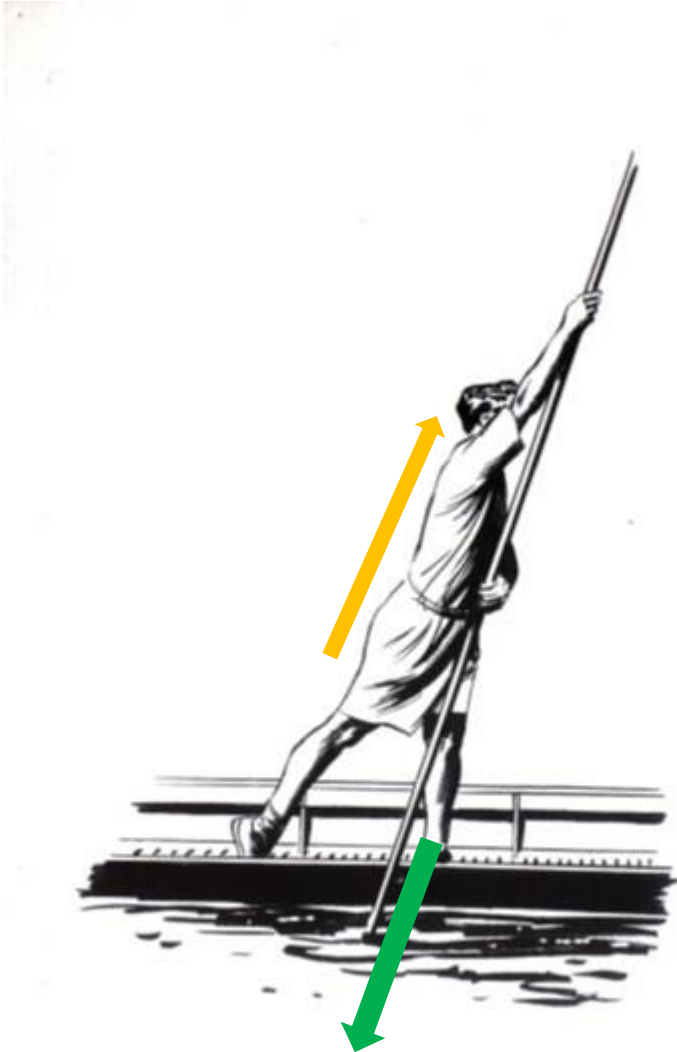


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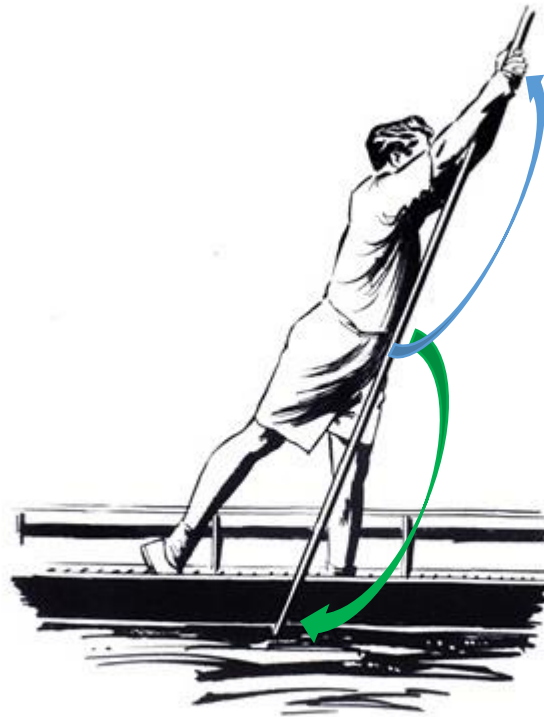


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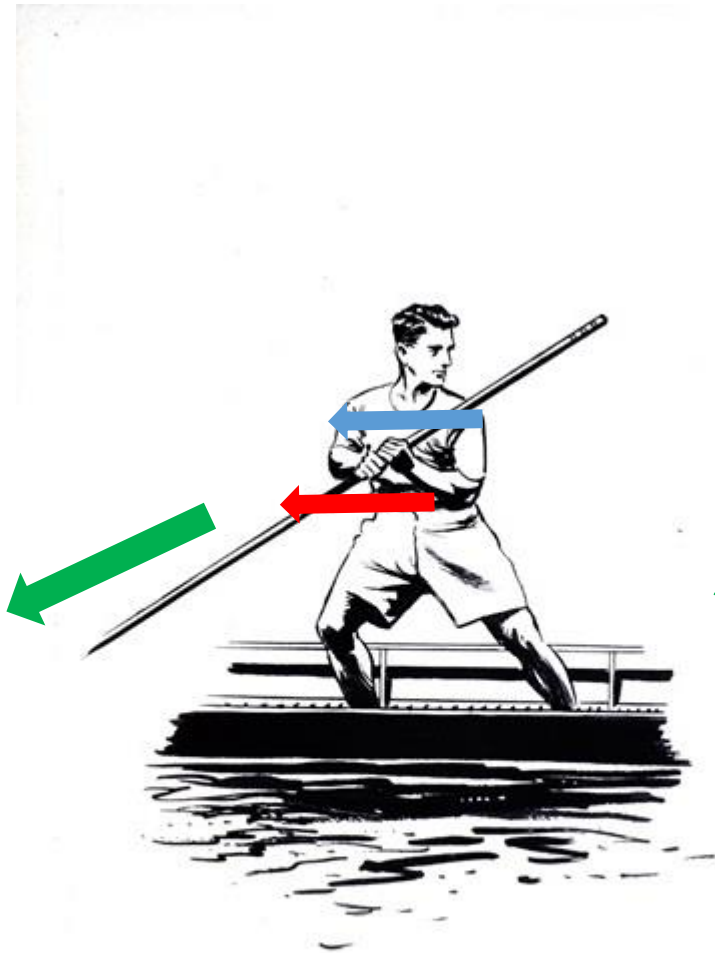


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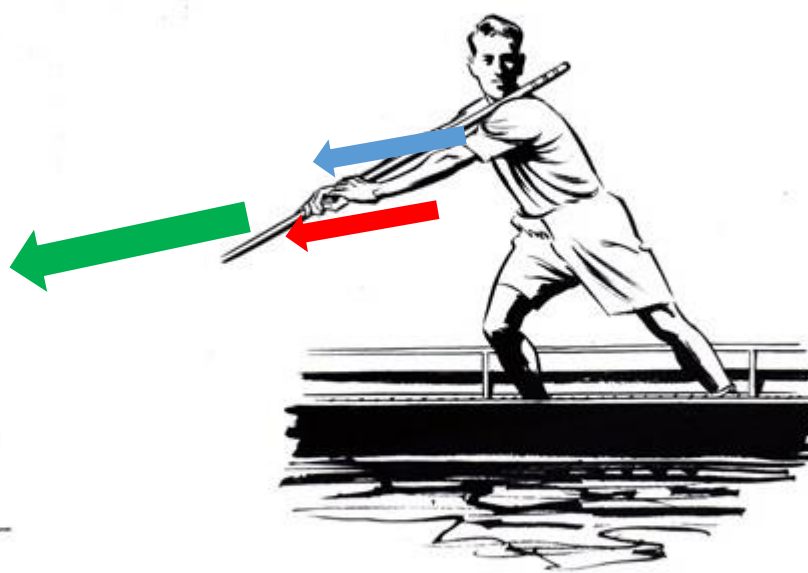


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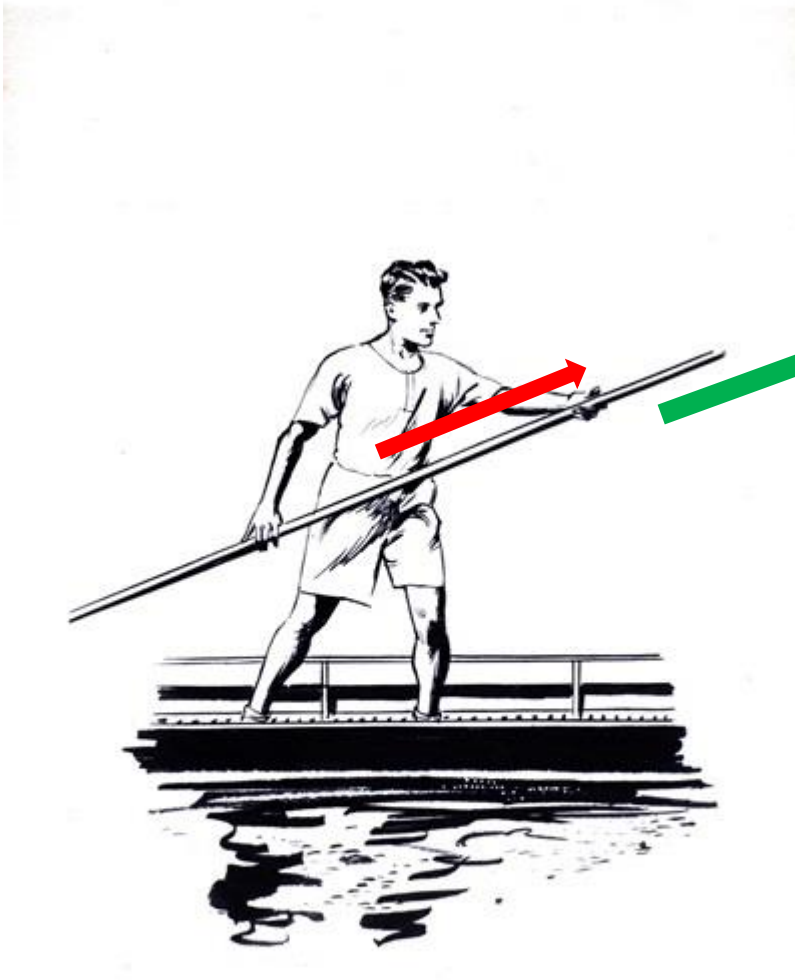


Figure 7 – The Recovery

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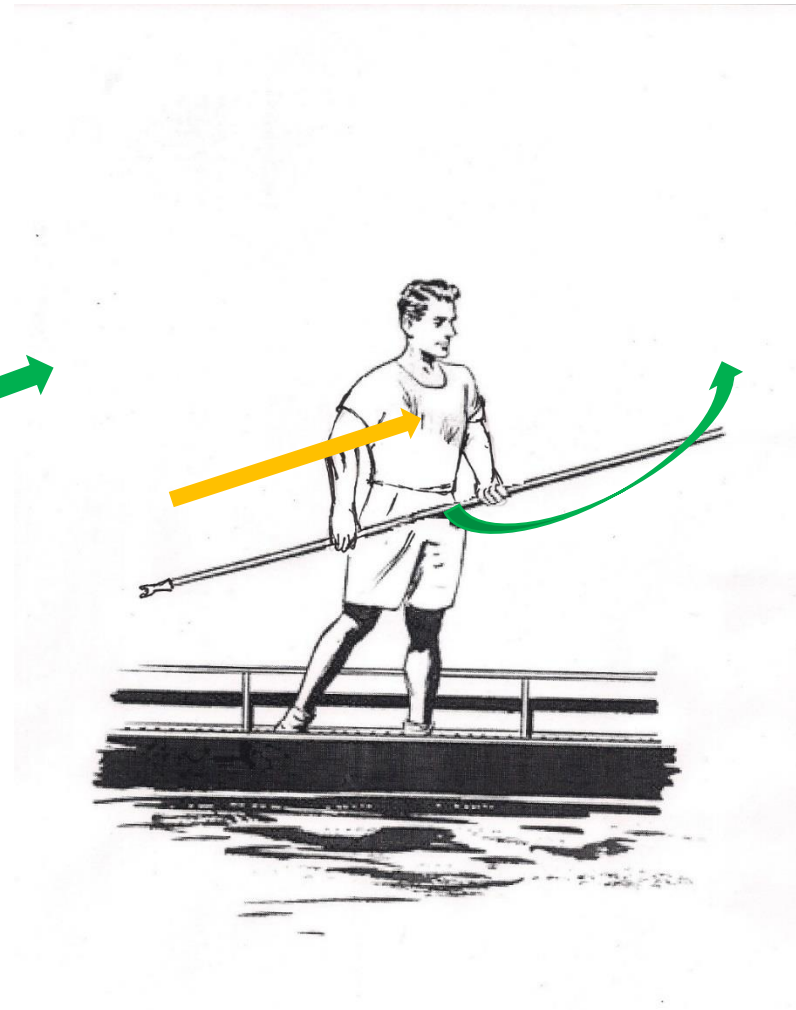


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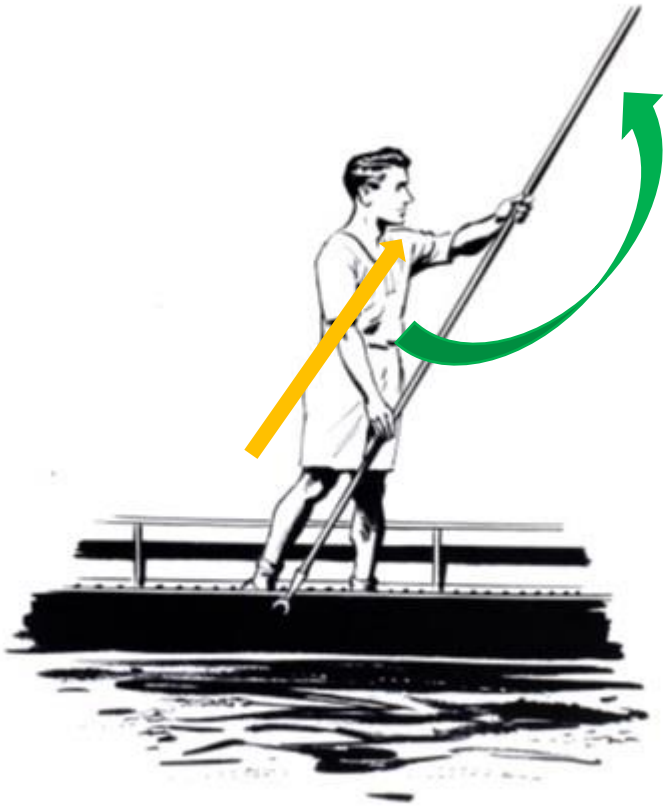


Figure 9 – The Step Up

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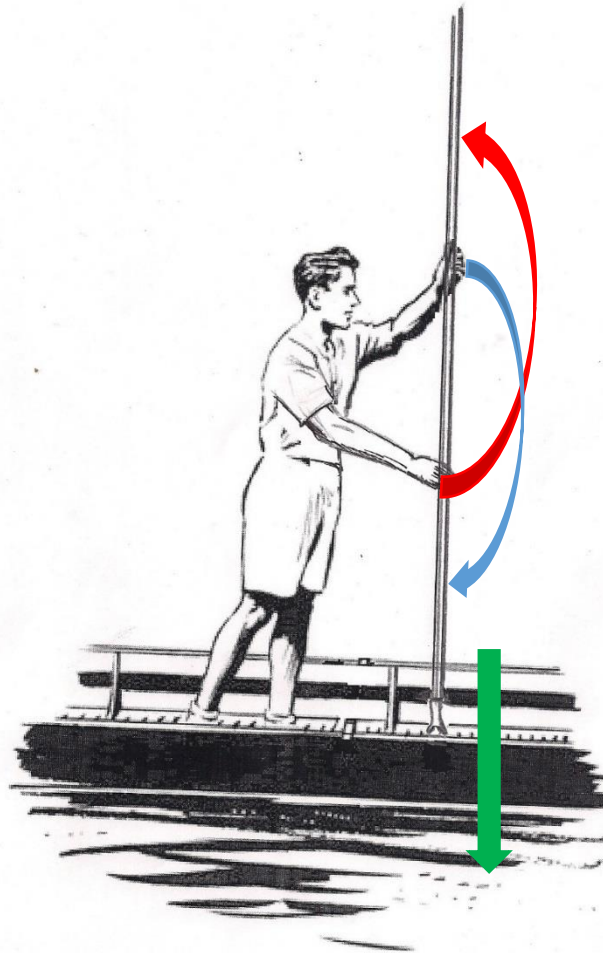


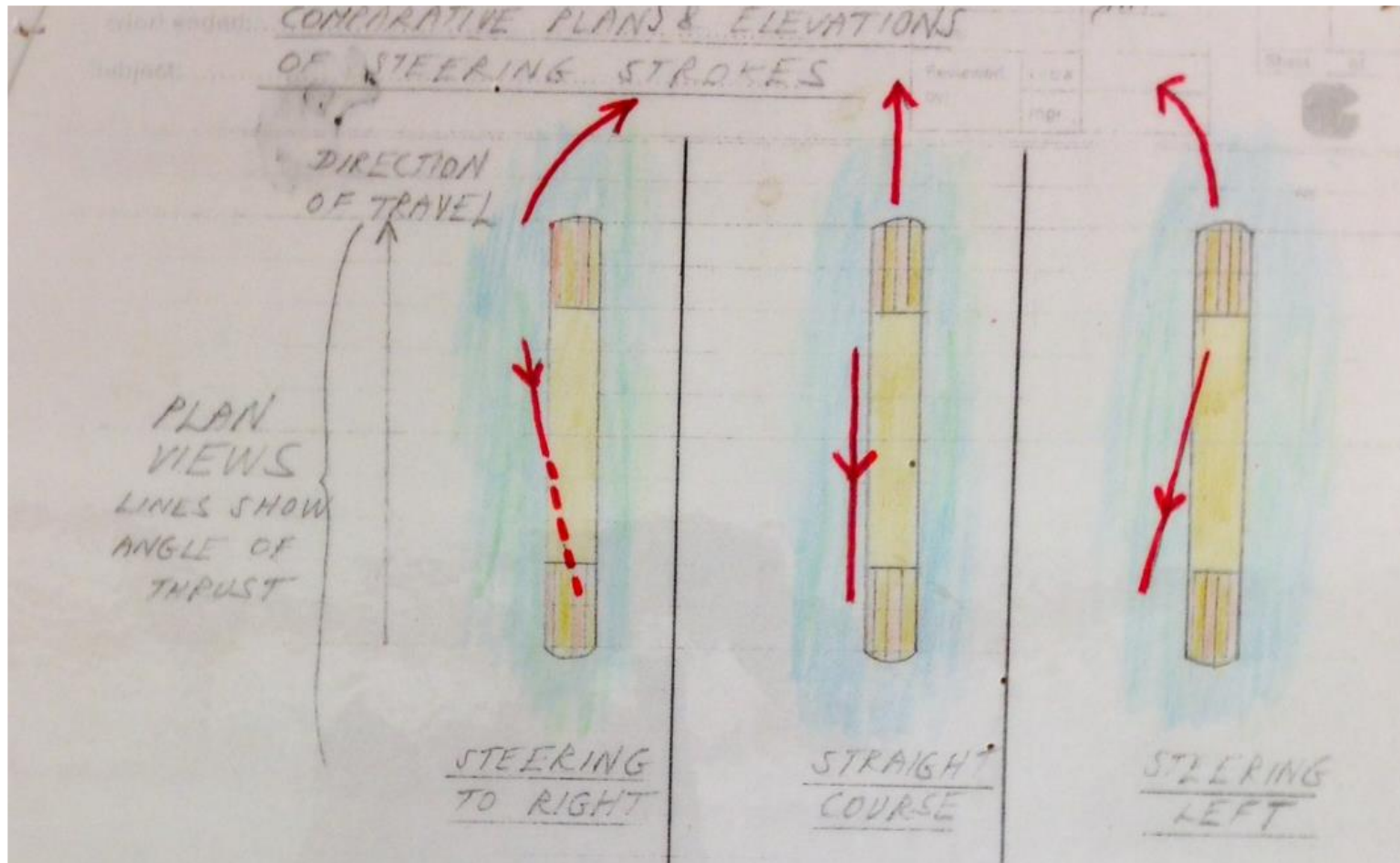
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