

Paddling on a surfboard

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1 Paddling

Here are some resources to help understand paddling:

<https://www.youtube.com/watch?v=LWxbs5WiUEk>

<https://youtu.be/FNpmxBtweYI>

Lets start with a paddle “stance.” You should try to keep your position as hydrodynamic as possible.

Table 1: Optimal body position while paddling

Region	Optimal Position	Why	Cueing tip
T/S	Extension	Better vision & better shoulder position for striking the water	Drive pubic bone down into the board
Pelvis	Posterior pelvic tilt (PPT)	Reduce low back fatigue	
Legs	Together (not apart)	Less drag	

Position on the board:

2 Paddling into waves

<https://www.youtube.com/watch?v=vVdZ7VY9Xc8>

3 Exercises

<https://www.youtube.com/watch?v=9IFVJd0ngUY>