

HOW TO SUP RACE



FANATIC

STAND UP TECHNIQUE //

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WHERE TO STAND ON YOUR BOARD

No matter what type of SUP you own, the board should have a carry handle in the middle of the board.

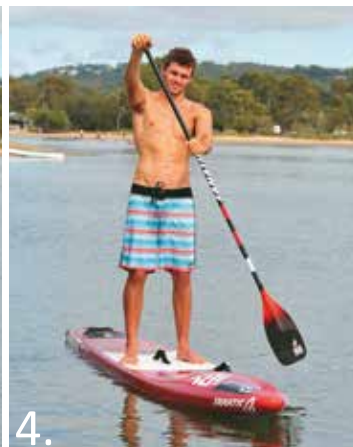
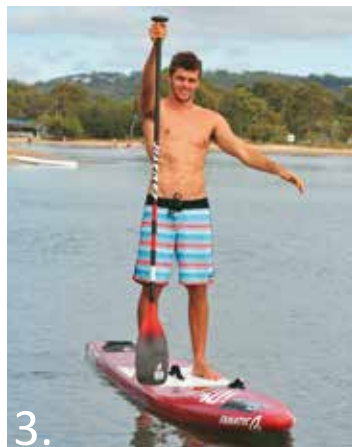
This is where you want to position yourself when paddling.

Spread your feet out to about a shoulder width apart and you're ready to go (the further you spread your feet the more stable you will get).



HOW TO CHANGE SIDES

The quickest and easiest way to change sides when paddling is to simply take your top hand off the paddle and place it underneath your other hand, then simply slide your other hand up until it hits the handle.



HOW TO KEEP YOUR BOARD STRAIGHT WHILE PADDLING

If you find yourself zig zagging while paddling try and remember these 3 things...

No.1 When taking a stroke try to keep the blade as close to the rail of your board as possible.

No.2 Make sure your paddle isn't on an angle when paddling, you want that shaft as vertical as possible.

No.3 Make sure you are evenly balanced on each foot, if you start leaning to one side your board will pull you off course.



Happy paddling everyone!