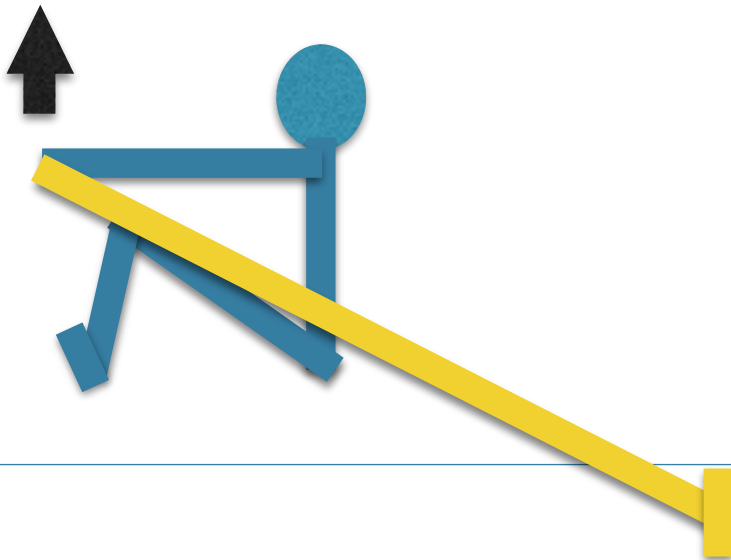
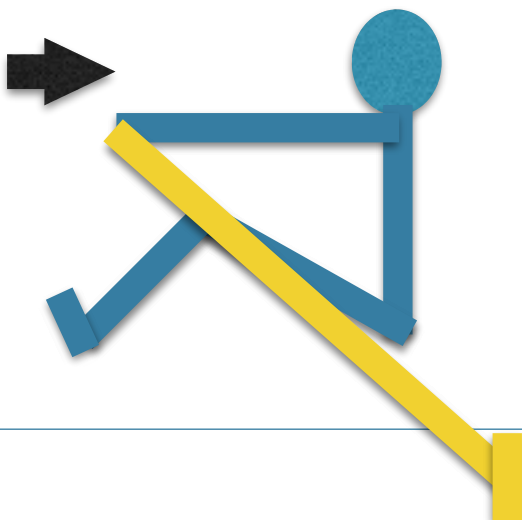


4. Roll up the the slide, again keeping the handles at the same height with the same downward pressure. Knees about a hand's width apart.



5. The Catch - When you reach front stops - remove the downward pressure and the oars will enter the water and float at the correct height. Note that there is absolutely no upward pressure applied to the oars, only a release of downward pressure.



6. Pull horizontally (ie no upward or downward pressure) on the oars making sure the right hand comes back first so the handles can stay level all the way to the finish.

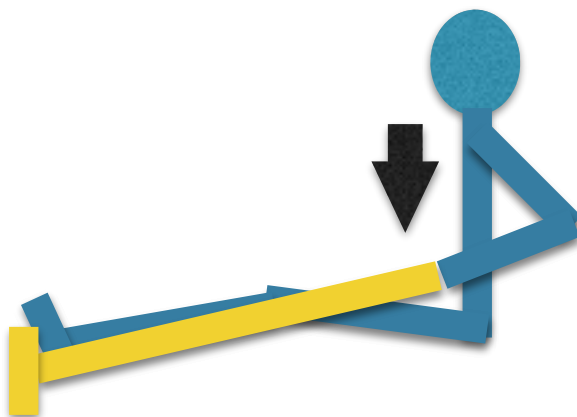
The rowing stroke has two ends:

The **Catch** - where we put the oars in the water

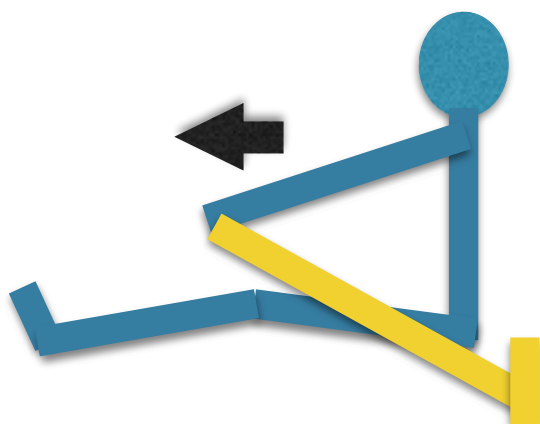
The **Finish** - where we take the oars out of the water



1. **The Finish** - we always start at the finish position, oars floating in the water, handles at the same height.



2. Push both handles down together - the oars come out the water. Note that to keep the oars out the water, we need to maintain a downward pressure.



3. Push the left handle away first until the arm is straight, then the right. Note that the handles are at the maintaining the same height. If the handles are pushed away together, they would hit each other.