

Paddling technique and race strategy for K41000 m

Aim: 1. Give complete information on proper execution kajakářského shot while riding Kayak Four.

Trace the second best tactics to track 1000m, used representational Kayak Four crews in top international competitions.

A method:

ad 1. Qualitative overview of knowledge in the art of paddling a kayak. Description shot exploded basic phases. Synthesis of practical and theoretical knowledge discipline of K4.

Ad 2. Analysis, the subject of which is a set of results top world races levels. We define variants waveform rate, that affect the explicit transformation (order ships in goal) and we find the relationship to the quality of results achieved various options strategies.

Results ad 2 shows the most frequently used options strategies used in the discipline K4 1000 meters the world's best crews in recent years.

Keywords: canoeing gear - paddling technique - tactic - kayak - Kayak Four - K4