

Training Video Links for Level 1 Participants

Rescues

Wet exit (how to get out of your kayak when you go upside down)

<https://www.youtube.com/watch?v=9lD0JagMnLs>

Self rescue (scramble)

<https://www.youtube.com/watch?v=a5z2ruAz-xk>

Self Rescue (paddle float)

<https://www.youtube.com/watch?v=D8fGu7EdhPc>

Assisted Rescue (Ladder Technique)

<https://www.youtube.com/watch?v=MoOuOujhk-U>

Assisted Rescue (Heel Hook)

<https://www.youtube.com/watch?v=j-zpJQeiaNc&t=116s>

Strokes

The Forward Stroke

<http://www.youtube.com/watch?v=pvi7rllsNRY&feature=c4-overview-vl&list=PL437C13B7D4489670>

The Sweep Stroke

<http://www.youtube.com/watch?v=hj60GiBK9AM&feature=c4-overview-vl&list=PL437C13B7D4489670>

The Draw Stroke and Sculling Draw

<http://www.youtube.com/watch?v=E5ClMfoSwBA&feature=c4-overview-vl&list=PL437C13B7D4489670>

<http://www.youtube.com/watch?v=161OKb8Z50c>

Stern Rudder

http://www.youtube.com/watch?v=t_yrg-xkRXM&feature=c4-overview-vl&list=PL437C13B7D4489670

Bracing

http://www.youtube.com/watch?v=C_ZxLDtiAGc

Low Brace Turn (L2)

http://www.youtube.com/watch?v=A0_dPoR2aQ4

High Brace Turn (L2)

<http://www.youtube.com/watch?v=ovAyFkTWIzA>

Bow Rudder (or Bow Draw) (L2)

<http://www.youtube.com/watch?v=iGmQjKKuh10&feature=c4-overview-vl&list=PL437C13B7D4489670>

Much more at Sea Kayaking TV and others

http://www.youtube.com/user/SeaKayakingTV/videos?shelf_index=0&view=0&sort=dd