

### The Low Brace Turn (Low Telemark Turn)

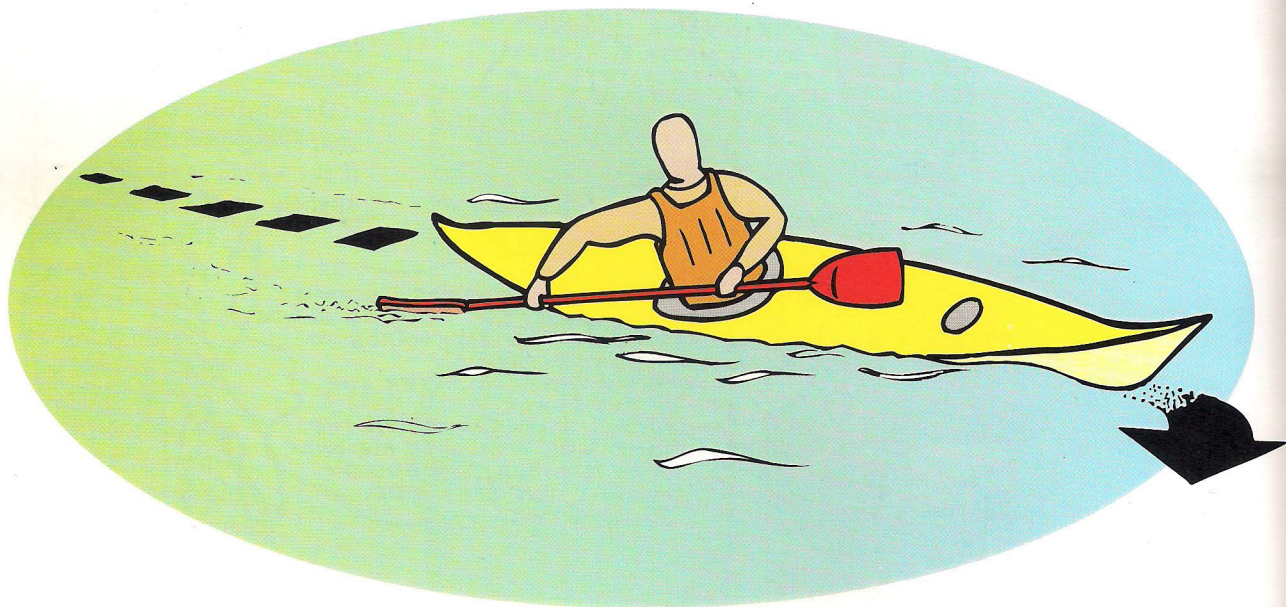
**Aim:** the Low Brace Turn supports the paddler and turns the forward-moving kayak.

#### METHOD

Paddle forwards fast, then reach out with your right arm and present the *back* of the right blade to the water *with its leading edge high* (Figure 52 and Figure 36:1 on page 41). Your arm is almost straight, with the knuckles turned downwards. The angle of the blade is such that it planes on the surface of the water, enabling the paddler to lean right over on to the blade, thus getting plenty of support. The left

arm is passed in front of the body. The paddle is held at a low angle to the water (Figure 52). The kayak in the illustration should turn to its right, but if its hull shape is one that is likely to skid the paddler may find that the boat is going to the left. With practice, there should be no need to change sides to correct this.

If you are using a white-water kayak in surf or a following sea, you can finish up actually leaning down the face of the wave, the paddle stroke on the *outside of the turn*. It may sometimes become necessary to change direction quickly, as on the face of a moving wave. Pushing downwards at the beginning of the stroke will lift the stern and jerk it sideways. The kayak can thus be turned sharply to zig-zag on the face of a wave.



**Figure 52** The Low Brace or Low Telemark Turn.

The kayak is moving forwards fast. The paddler leans over on the turn and is supported on the back of the blade as it planes on the surface of the water. The greater the speed of the kayak – the farther the lean – the better the turn

Figure 53  
'A' shows  
paddler c  
'B' shows  
towards



**The High Brace Turn (High Telemark Turn)****FUNCTION**

The High Telemark Turn is a high-speed turn performed in the High Brace support position. Once the turn is completed, the paddle can be drawn in towards the bow (Figure 53B) and into a position from which it can move smoothly into the Forward Paddling Stroke.

The High Telemark Turn is both fast and powerful. The stroke's main application, therefore, is in surf or broken water. The turning qualities of short, rockered, white-water kayaks are such that, as you perform the stroke, your paddle will remain stationary in the water while your boat executes a tight spin around the blade.

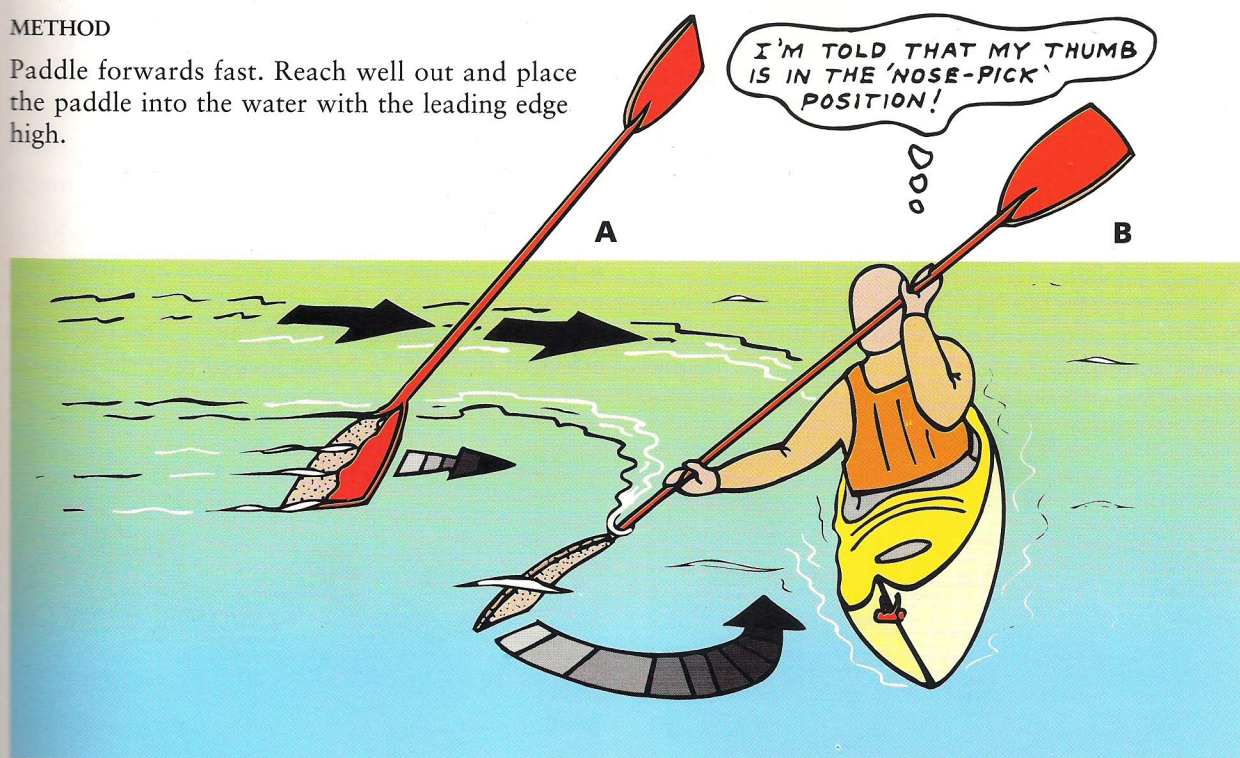
**METHOD**

Paddle forwards fast. Reach well out and place the paddle into the water with the leading edge high.

The paddle shaft should be at an angle of between 30° and 70° to the water. Lean your body over and tilt the boat so that you are supported on the 'lift' of the blade. As you lean, knee-hang on the high side of the coaming and exert pressure on the water by increasing the angle of the blade, at the same time pushing it towards the bow.

Take note of the correct position of the upper arm in the illustration. The elbow is thrust forwards, the wrist is thrown back and the palm of the hand supporting the blade is facing upwards.

The quality of your turn will depend on how fast the kayak is moving forwards, on the angle of tilt of the kayak's hull, and on the angle of the paddle blade to the water.



**Figure 53** The High Brace or High Telemark Turn.

'A' shows the planing angle of the paddle blade as it skids over the surface of the water. This angle supports the paddler during the high speed lean-over

'B' shows the change in paddle angle as the turn nears its completion as the kayak slows down. Pulling the blade in towards the bow compensates for loss of momentum and leads into the next forward paddle stroke