

TBAC 2. About my posture and other related stuff.....

Handout Content Overview

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Introduction

A generalisation is a broad statement that's usually true, but not always. Everything in this handout is a generalisation – including what most coaches tell you about sport. It's often mostly right but rarely absolute. Maybe one day we'll get to a point where a coach can say, "This is 100% correct," but for now, I love that we're still exploring, discovering new lands of unforetold opportunity.

POSTURE IS KEY – TO EVERYTHING!

It's important to note that I didn't formally study anatomy, sports science, or physiology, so what I share here is drawn from my experience and research. I've interpreted the information, so some of the terms may be slightly off. If you spot something that seems wrong or know better, please let me know. It's how we grow. This handout is my best attempt to pull together those many years of experience into a resource that will genuinely help you and unlock your performance potential. To my mind, getting this as close to right as possible is the only way to reach your potential—that's why I focus on it so much!

The numbered points below are not in order of importance but simply to help you focus on specific areas. If I highlight one, it means I think it's something you could work on. Remember, none of this should cause pain. Correcting poor posture might require effort, and you might experience new muscle aches (from Delayed Onset Muscle Soreness or DOMS), but it should never cause sharp or unusual pain.

Key Posture Points:

1. Two Types of Posture

We use two key postures in our sport:

- **GOOD posture** (neutral): You're seated with your pelvis slightly tilted backward, spine straight, chest lifted, and shoulders relaxed. This is your relaxed, stable position.

- **READY FOR posture** (activated): Here, you tilt your pelvis slightly forward, sit on your femoral heads, and feel a slight effort lifting your chest forward. Your shoulders remain relaxed, but you're more 'switched on'—connected to the boat without your bottom sinking into the seat.
- 2. **Sit Tall**
Think tall. When paddlers sit tall, most other postural elements naturally fall into place.
- 3. **Lengthen Your Neck**
A long neck is key to carrying your posture upward. This simple cue can be transformative.
- 4. **Pull Your Shoulders Back**
Your trapezius should pull your collarbones back while your pectorals push forward, giving you a proud posture. Open your palms, like in Appendix 2, and feel that chest lift.
- 5. **Maintain Natural Curves**
Your spine's natural curves—cervical, thoracic, lumbar—shouldn't be exaggerated. Appendix 1 shows a healthy spine. Watch videos of top paddlers, and you'll see who's keeping these curves natural and who isn't. Try to mirror the best.
- 6. **Keep Your Chin Up**
Dropping your chin messes up the whole alignment, affecting not just your cervical curve but also your thoracic and lumbar curves. Keep it up.
- 7. **Keep Elbows Close**
Unless necessary, keep your elbows close to your sides. Moving them away weakens your strength and messes with your posture.
- 8. **Wrists Above Paddle Shaft**
If your wrists aren't above the paddle shaft, you may be holding your paddle incorrectly. This position is key for ergonomic strength.
- 9. **Collarbone & Shoulder Mobility**
Your collarbones and shoulders need to be flexible—able to move up, down, forward, and back. Small adjustments here can have a big impact on your overall posture.
- 10. **Sit on Your Sitting Bones for Speed**
At the moment of speed and intensity (SMSI), you should be in the READY FOR position, perched up on your sitting bones.
- 11. **Posture is a Long-Term Commitment**
Every paddler must work at posture—it's a long-term project. No one has perfect posture without consistent effort over time.

Conclusion

If you want to nail this, integrate these postural cues into your everyday life! Whether you're sitting, standing, or walking, apply these principles. The more automatic it becomes off the water, the easier it will be on it.

Resources

1. The video is pretty on the mark for us apart from nobody I work with has bad posture per say but we are looking to become more aware and strengthen. Once

the video gets past the bad posture bit it gets useful

https://www.youtube.com/watch?v=F_JxvkeFQ78

2. This is my favourite physio Kelly Starett in his kayak talking about posture and mobilising at the position of restriction.

<https://youtu.be/d2tcl069kLI?feature=shared>

To Do

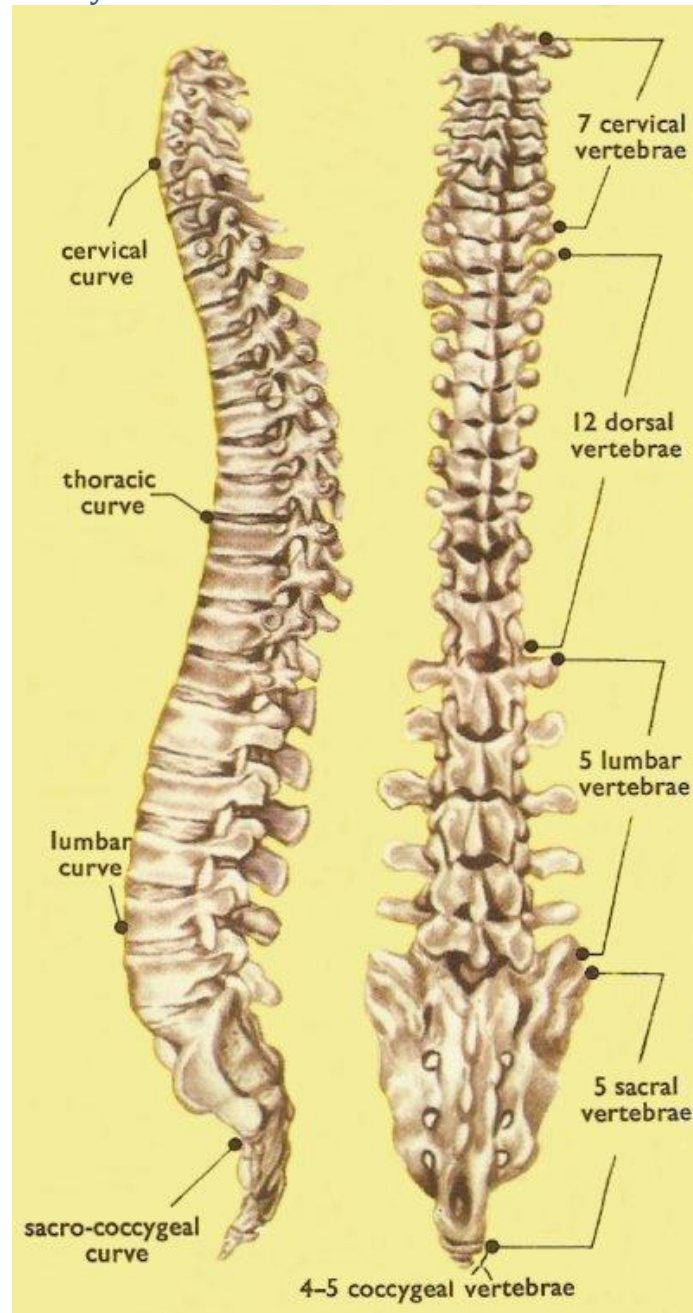
1. In everyday life always look to maintain good posture – apply the following.
 - a. Set up your desk so that when using your computer, you look straight ahead and not down.
 - b. At least five times a day take a deep breath and make yourself as tall and upright as possible.
 - c. When people call you and they are behind you, instead of turning around leave your feet where they are, take a breath and rotate around.
2. Check yourself out – look at video of you in your boat and check out how you look compared to someone who paddles like you want to. Compare and copy.
3. Do some Yoga – Yoga is a great exercise to develop great posture.

Essential 100 Words - 10 Points Checklist

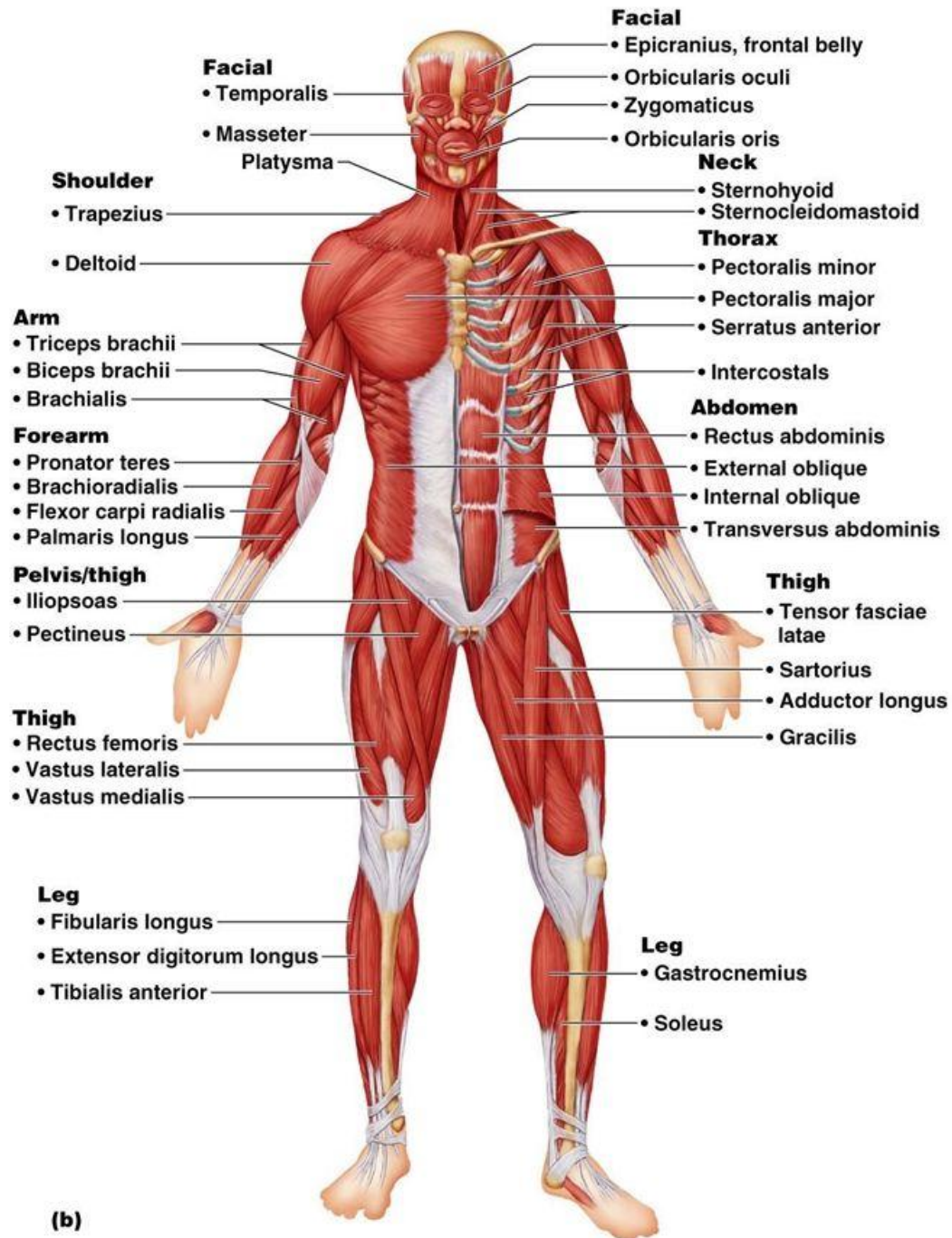
1. **Two Postures:** Use "GOOD" (neutral) and "READY FOR" (activated) postures.
 2. **Sit Tall:** Always think tall—good posture follows naturally.
 3. **Long Neck:** Lengthen your neck to unlock upward posture.
 4. **Shoulders Back:** Pull your shoulders back, lift your chest forward.
 5. **Natural Curves:** Keep your spine's natural curves—don't overextend.
 6. **Chin Up:** Keep your chin up to maintain spinal alignment.
 7. **Elbows Close:** Keep elbows close for strength and posture.
 8. **Wrists High:** Keep wrists above the paddle shaft for power.
 9. **Shoulder Flexibility:** Ensure your shoulders move freely.
 10. **Sit on Sitting Bones:** At speed, sit tall on sitting bones.
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Appendices:

Appendix 1 Skeletal System



Appendix 2 – The Muscular system



Appendix 3 - the modern office worker – Is this you?



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