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Kayak Paddling Directions: How to Paddle a Kayak

<https://outdoorgearbest.webs.com/apps/blog/show/42675230-top-3-websites-to-learn-about-canoeing-kayaking>

Kayak paddles comprise dual blades, whereas, canoes use single blade paddles. There's the sea or ocean kayaking, which involves taking the kayak out to the ocean or open water (lake). Taking the kayak down the rapids is called whitewater kayaking. It really is popular among experience enthusiasts and divers, etc. Prior to entering a kayak, it's better to be familiar with some essentials. The very first important point out note is the fact that power in paddling is generated through the torso (trunk area) and then channeled through the hands.

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