



The Brent Reitz Forward Stroke Clinic Sea Kayaking DVD

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The Brent Reitz Forward Stroke Clinic: The Premiere Video that brings the techniques of the elite Olympic kayaker to the recreational paddler. the forward stroke is the most used and least taught stroke in kayaking. Paddle more efficiently, avoid injury, avoid bad habits that cause further injury. Learn proper technique from the very beginning, or tune-up skills to gain more power per stroke. Brent clearly and concisely models the forward stroke in 5 easy steps

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