Rowing

THE GDR TEXT OF OARSMANSHIP



Dr. Ernst Herberger, et al.

Rowing Rudern The Gdr Text Of Orsmanship

Amateur Rowing Association (Great Britain)

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Rowing Ernst Herberger, 2003 Rowing, 1984 Rowing 3, 1982 Modern Rowing Paul C. Wilson, 1969 Rudern Technik Training Manual of Rowing Training Dieter Altenburg, Klaus Mattes, Jürgen M. Steinacker, 2012 Training in Rowing Amateur Rowing Association (Great Britain), 197? On the Grammar of Rowing Edmond Warre, 1967

Rowing and Sculling Walter Bradford Woodgate, 1896 Rowing R. P. P. Rowe, 1893 Rowing and Sculling Walter Bradford Woodgate, 2013-09 This historic book may have numerous typos and missing text Purchasers can usually download a free scanned copy of the original book without typos from the publisher Not indexed Not illustrated 1890 edition Excerpt will raise the average he must stay where he is Somebody must always be at the tail end of the average unless all are equal It is in comparing a man's work for his weight with that of another that the greatest difficulty often arises It must be borne in mind in choosing a crew that apart from sheer work absence of faults must weigh to some extent It is no use for a man to work hard on his own hook if his faults hinder other men from doing their best But this will be treated of more fully in analysis of faults and other remedies in a later chapter CHAPTER VII ANALYSIS OF FAULTS FAULTY FINISH WRONG GRASP OVERREACH MEETING OAR ROWING DEEP When a crew has been picked and set into regular practice the task of the crew will be of course to correct individual faults and to inculcate uniformity Though the latter is the most important element of eight or four oared rowing by the time the race is due so much so that every day experience exhibits weak but uniform crews defeating others physically and individually superior to them but which have not acquired uniform time and swing yet too often in early practice a coach allows his main energies to be expended too much in objurgations against bad time and swing Time is called and admonished every half minute to the exclusion of correction of the very faults of form which probably are at the root of the inequality of time In the first row or two behind a strange stroke a man may be inaccurate in time without perhaps being radically wrong in form but so soon as he has got used to the stroke he knows an absence of time must be ascribed to some other radical E fauit and it would be much more to the point if the coach would Training for Rowing Ed (Edward) McNeely, Sport Performance Institute, 2000 devote his energies to tracing out and

Knowing Rowing Ronnie Howard, Nigel Hunt, 1977-01-01 Text and numerous photographs introduce the equipment basic techniques and training exercises for rowing and sculling On the Grammar of Rowing Rev. E. Warre, 1925 Rowing Eugene J. Giannini, 1901 A Textbook of Oarsmanship Gilbert Charles Bourne, 1925 Sculling for Rowing Richard Burnell, 1968

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