

### 70: paddling lexicon

	<b>term</b>	<b>definition</b>
1.	bow	front of boat
2.	breaking in/breaking out	entering/exiting an eddy
3.	capsize drill	drill that every paddler must practise before paddling a kayak
4.	draw stroke	technique for drawing boat sideways
5.	eddy	relatively still pocket of water below boulders, logs, etc.
6.	eskimo roll	technique for flipping a boat back up the right way without bailing out
7.	flat water	water where there is no current or a very slow-moving current
8.	grade	degree of difficulty from 1-6 — grade 1 is easiest; grade 6 is suicidal
9.	helmet	essential protection in whitewater
10.	J-stroke	technique that stops boat turning away from paddle
11.	K1/C2	1-seater kayak/2-seater canoe
12.	pebble race	shallow gently descending section of river — often too shallow to paddle
13.	portage	carry your boat between sections of the river that cannot be paddled
14.	PFD	personal flotation device (i.e. like a “life jacket”)
15.	raft up	when all boats join up alongside each other pointing the same way
16.	river left/river left	right/left side of river when you are facing downstream
17.	standing wave/stopper	wave forming below boulder or log in midstream; can be surfed
18.	stern	rear of boat
19.	stern rudder	very effective way of rear paddler preventing boat turning away from paddle
20.	strainer/log jam	obstacles in moving water
21.	sweep stroke	stroke used to turn boat away from paddle
22.	T-handle	canoe paddle
23.	tongue	smooth water in the shape of a V immediately above a drop (aka V)
24.	whitewater	section of river characterised by steep fast water
25.	whitewater float position	safety technique for going down rapid foot-first after capsize