| DRAGON BOAT COMMANDS | |
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| **Command** | **Explanation** |
| Heads in the boat | All attention-stop talking and listen to steerer |
| Paddles Up | Paddles in ready position |
| Take it away | Begin paddling |
| Let it ride/Let it run | Stop paddling and rest your paddle on gunnel |
| Prepare to back paddle | Paddles ready to back paddle |
| Center your paddle | Place paddle with handle down and blade up in the boat |
| Check the boat | Lay paddle shallow in the water at 45 degrees |
| Hold the boat | Place paddle vertically in the water with blade perpendicular to the boat |
| Steady the boat | Lay paddle on top of the water with blade parallel to the water. |
| Up | Speed up paddling |
| Down | Slow down paddling |
| Finish | Final stage of race-give it all you got without losing sync |
| Power 3-2-1 | Use your legs and core to increase the strength of your stroke, not the speed. |
| **Exercises (Drills)** | |
| Dirty Dozen or Denise | • Everyone paddles for 12 and centers their paddle<br>• Row 1 paddles twice (1, 2)<br>• Row 2 comes in and paddles twice<br>• This continues until the back row paddles twice<br>• Steerer calls 3-2-1<br>• Everyone power strokes for 12 |
| Ladder | • Everyone paddles for 10 and centers their paddle<br>• Row 1 paddles for 10 only, then centers their paddle<br>• Row 2 paddles for 10, etc.<br>• This continues until the back row paddles 10<br>• Steerer calls 3-2-1<br>• Everyone power strokes for 10 |
| 10-20-30... | • Everyone paddles 10 easy strokes<br>• Everyone paddles 10 power strokes<br>• Everyone paddles 20 easy strokes<br>• Everyone paddles 20 power strokes<br>• Etc. |
| 3 & 3 (or any variation of it) | • Everyone paddles three (3) regular paddles<br>• Everyone paddles three (3) Power Strokes<br>• Repeat |
| Start<br>• Attention please<br>• All boats hold<br>• We have alignment<br>• Go | • Ready position<br>• Place paddle 2/3 to ¾ of the way into the water in hold position<br>• Stay in position<br>• 5 short paddles – not fast<br>• Up: 5 little longer paddles – not fast<br>• Up: 5 longer paddles – not fast<br>• 3-2-1<br>• Power strokes |
| Zig-Zag | • Everyone paddles 10 strokes<br>• Zigs paddle 10 strokes while Zags centering their paddle<br>• Zags paddle 10 strokes while Zigs centering their paddle<br>• This might have multiple repetitions.<br>• Steerer calls 3-2-1<br>• Everyone paddles 10 strokes |
| Salute | • Everyone paddles 3 strokes<br>• Raise paddle and tap flat side gently against your partner's<br>• Repeat 3 times |
| Cluck Cluck | • 5 paddles<br>• Tap handle on gunnel twice |

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