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has won several major
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to paddle between all
eight of the Channel
Islands consecutively.

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It requires the ability to demonstrate and instruct stand up paddle boarding techniques applicable to flatwater conditions. To do this, instructors and guides must be proficient in paddle boarding skills which are covered by other units.

**SISOSUP004 Lead
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boarding activities
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From choosing the right gear to stroke techniques (j-stroke, Tahitian, sculling brace) and fitness advice, Rob will have you stand up paddling in no time. Specific chapters focus on flat-water paddling, paddle surfing, and river paddling to show you

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exactly what you need to take your SUP skills and knowledge to a specific environment.

Stand Up Paddling: Flatwater to Surf and Rivers — Books

Ventured out to Monksville on a Saturday in May, and the experience with Flatwater Paddle could not have been better. I was able to reserve a stand-up paddleboard for a specific time, pay

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in advance, and sign my waiver, so all I had to do was check-in and go upon arrival.

Flatwater Paddle Co. (Ringwood) - 2020 All You Need to ...

2. Paddle and manoeuvre stand up paddle board on flatwater. 2.1. Select a safe location to enter the water, propel and mount board while maintaining balance and stability. 2.2.

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Control direction of
paddle board forward,
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turning, using a range
of appropriate strokes
and leans. 2.3.

training.gov.au - SISOSUP001 - Paddle a stand up board on ...

What is Stand Up
Paddling? Stand Up
Paddling is contested
all over the world and
is also one of the
fastest growing

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recreational sports on the planet. It is practiced on rivers, lakes, canals, whitewater, the ocean – basically anywhere there is water. As well as world-class competitions, participants also enjoy stand up paddling as a fitness activity and as a unique way to sightsee.

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Flatwater Paddle Board
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be around stability
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and skill levels.

**Flatwater Paddle
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