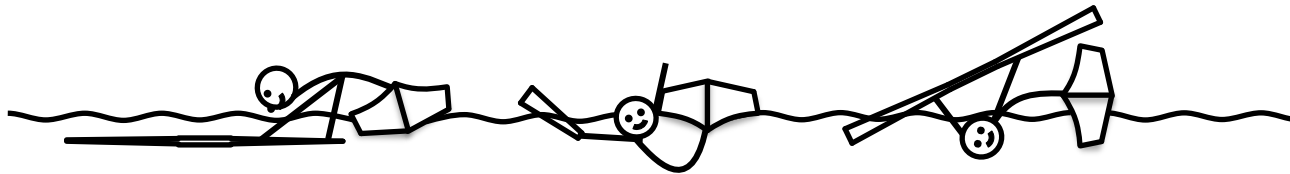


# Rolling with Sticks™



Volume 1

Christopher Crowhurst

# Introduction

Learning to roll is a rewarding and challenging pursuit. Patience and practice are essential to success. This book is not designed to teach you your first roll. It is designed to help you expand your repertoire of Greenland style rolls. The web site [www.QajaqRolls.com](http://www.QajaqRolls.com) has an extensive section on learning your first roll.

Use this book is a companion guide to the [www.QajaqRolls.com](http://www.QajaqRolls.com) web site. The web site contains a comprehensive collection of videos, diagrams and explanations of many Greenland style kayak rolls. The book is printed on Xerox premium NeverTear water resistant polyester paper. It is designed to be used afloat. Open the book to the roll you are learning and place it on your kayak's foredeck under the deck lines.

The rolls are divided into four sections; layback, forward finishing, throwing stick and finally hand rolls. Each section is listed in the recommended order to learn the rolls. The rolls get progressively harder as you work through each section.

The rolls are listed under their English names. The Greenland names are added where appropriate and known. Rolls that are a part of the Greenland Rolling Championship list are numbered and potential scores are listed.

I recommend that you comprehensively review the rolls you are learning on the website [www.QajaqRolls.com](http://www.QajaqRolls.com) prior to starting. Then use this book while afloat to remind you of the critical elements of each roll.

This book contains 25 rolls. There are many more rolls to learn. Subsequent volumes will expand the list.

**Proceed with caution.**

This guide book cannot prevent you from drowning. Dress appropriately, use the correct safety gear and seek training from a qualified instructor before learning to roll.

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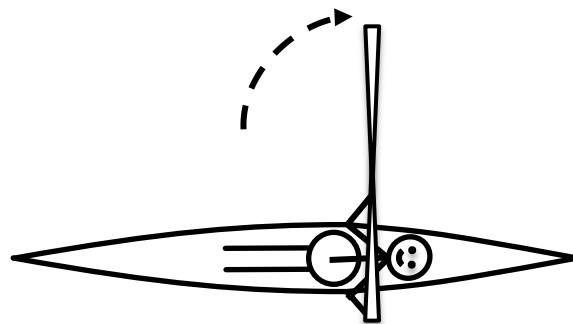
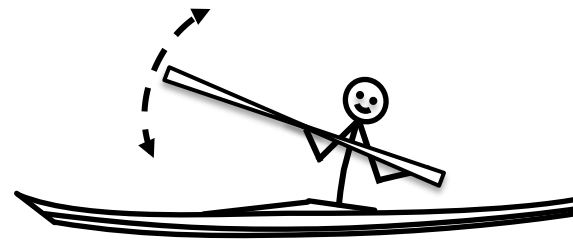
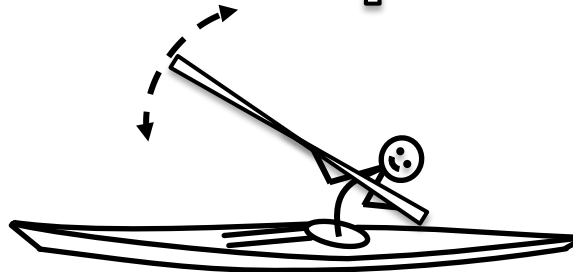
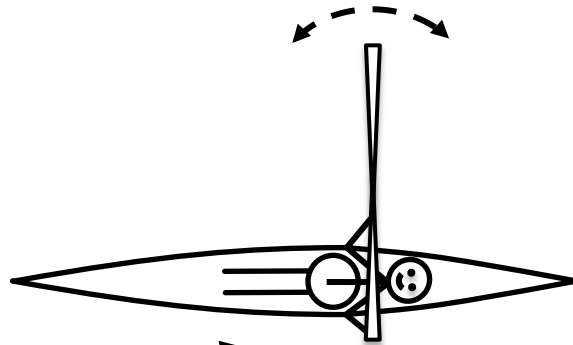
# Side sculling

## Innaqatsineq

Competition #1, two points/side



View from front



Front

Back

Lie back until your head is as close to the deck as possible (preferably touching). Hold the paddle in the extended position sticking out to the right. Grip the blade with your palms upwards. Begin sweeping the paddle in a 30-45 degree arc. Rotate the blade with each stroke to ensure it skims across the surface.

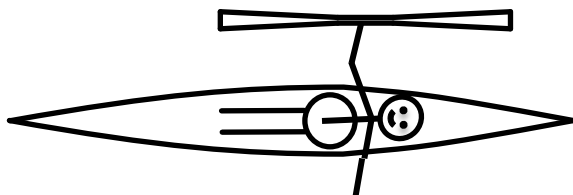
Apply pressure under the deck with your right knee. Swing your body off the back deck. Keep your shoulders flat on the water surface. Continue to sweep the paddle back and forth.

Continue to swing your body as far as your flexibility will allow until you are perpendicular to the kayak. Continue to sweep the paddle. Using your knee pressure gently allow the kayak to rotate to vertical or further and lift it back up again. Learn to balance the pressure of your knee to achieve the angle of the boat you want.

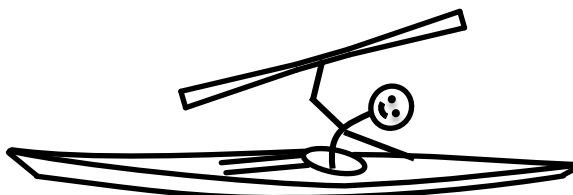
To recover, apply greater pressure with your right knee to flatten the boat and at the same time sweep the paddle aft as you rotate your body towards the back deck. Keep your head in the water until your left shoulder is on the back deck. Do not sit up until your head is back in the center of the boat and the paddle is perpendicular to the kayak. Try not to sweep the paddle back further than perpendicular.

# Balance Brace

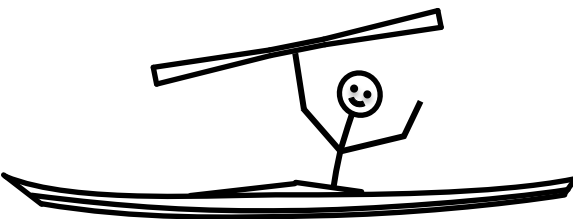
## Nalaasaarneq



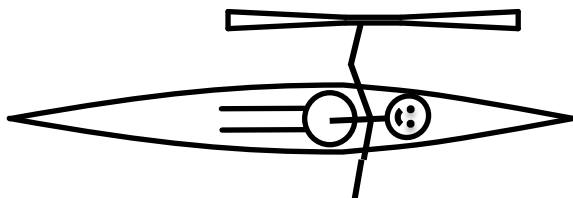
Start with the paddle floating parallel to the kayak on the right side. Hold the paddle in the middle of the loom palm up. Lie straight back on the aft deck. Keep your left arm stretched out to balance yourself.



Push your right knee hard against the deck. Relax your left leg. Slide your shoulders off the back deck into the water. Arch your back and push your head backwards. Keep your shoulders flat on the waters surface.



Once you are in balance, gently rotate your torso away from the boat. Keep both arms outstretched. Hold the paddle away from the boat behind your head. You should be able to rotate until you are perpendicular to the kayak.



To recover, rotate your torso towards the back of the boat. Maintain your shoulders flat and your head pressed backwards. At the last minute, push down on the paddle and lift your back onto the aft deck. Keep your head low and in the water as long as possible,

View from front

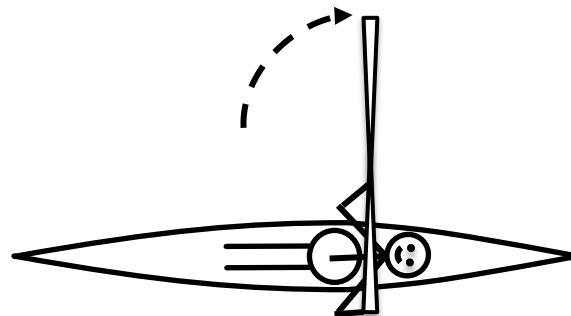
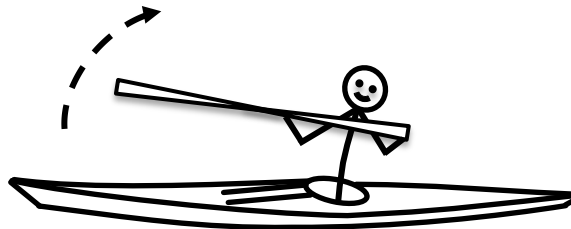
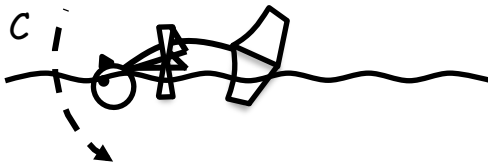
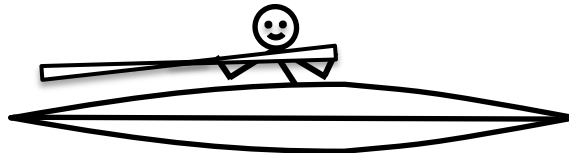
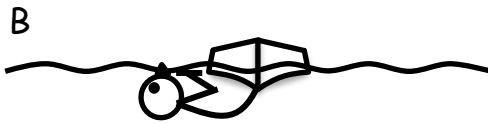
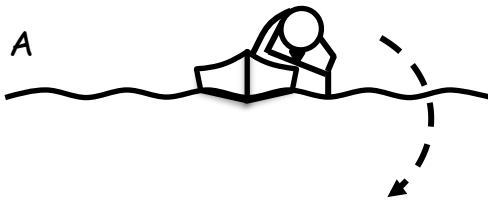
Front

Back

# Standard Greenland Roll

## Kinnguffik paarlallugu/nerfallaallugu

Competition #3, two points/side



View from front

Front

Back

Set up with the paddle parallel with the boat on the left side, extended towards the front. Your right hand should be furthest forward. Hold the paddle blade across the palm. Lean forward with forehead towards the left knee and outwards, rotating your body slightly left. Roll in towards the left.

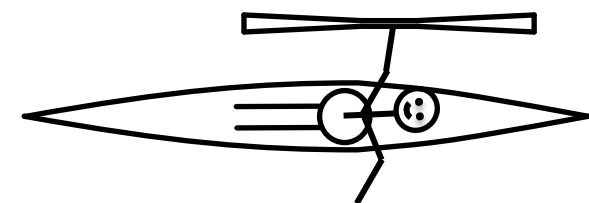
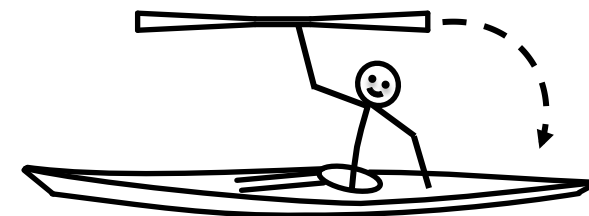
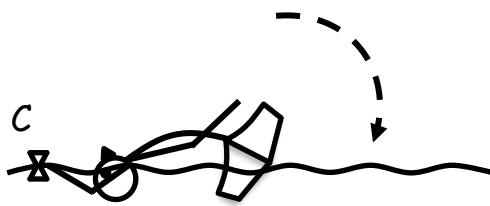
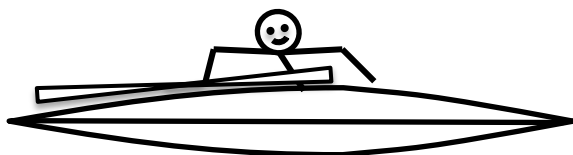
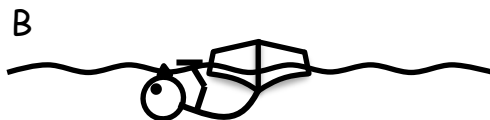
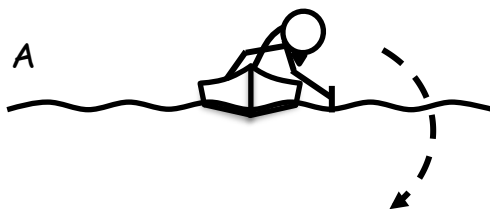
Allow the boat to fully rotate until the paddle breaks the surface. Rotate your shoulders slightly so your chest is almost parallel to the boat. Now slowly lean back, arching your back. Push your head away from the air. It won't feel natural and you will want instinctively to do the opposite. This will start to bring the boat flat.

Then start an outwards sweep of the paddle. Keep your left hand touching the left side of your chest. Sweep the right hand out in a graceful arc. Rotate your core clockwise towards the back of the boat keeping your eyes focused on the end of the paddle. Engage your right knee with the masik or thigh brace/deck to provide additional righting moment for the boat.

Do not heave down on the paddle during this roll. The sweep of the paddle across the surface will provide tremendous lift throughout the movement allowing you to gently right the boat and slide onto the back deck. The last part of your body to get onto the back deck should be your head. When you finish, your paddle should be at right angles to the boat, resting across your chest.

# Butterfly Roll

## Pakkalussatut



View from front

Front

Back

To roll up on the right, start with the paddle floating parallel to the boat on the left side. Cross your right arm over the boat and hold the paddle loosely. Cross your left arm under the right arm and grasp the edge of the cockpit.

Roll left, and wait for the paddle to reach the surface. Because you are holding the paddle with just one hand it will tend to wriggle around a fair bit. When it surfaces make sure it is orientated so the blades are flat on the surface. Then push the paddle away from the boat with your right arm. Arch your back and push your head backwards.

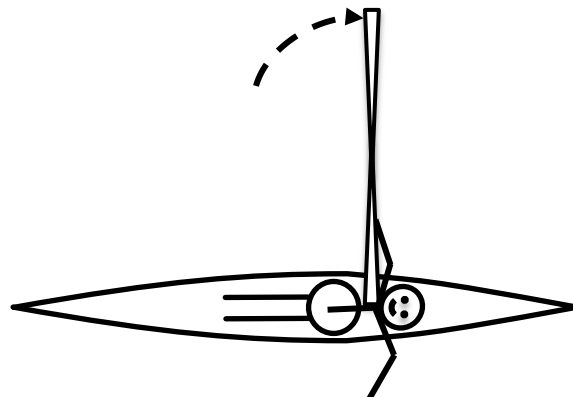
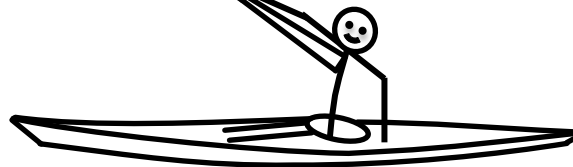
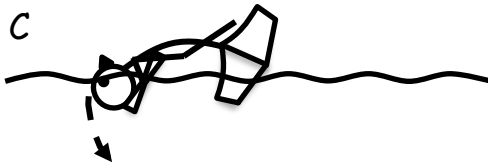
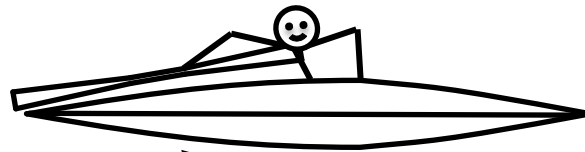
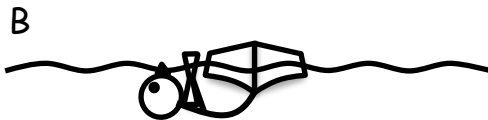
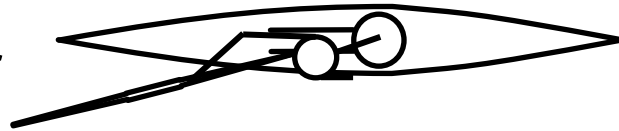
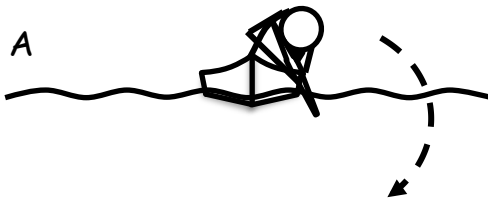
With your right arm extended out sideways, swing your body backwards in the standard lay-back position using the paddle's buoyancy as assistance and flopping your left arm over the back deck as you finish.

You should end with your right arm extended palm up holding the paddle parallel to the boat while lying back on the aft deck. your left arm off to the left in a crucifix position.

# Shotgun or Armpit Roll

Paatip kallua tuermillugu illuinnarmik

Competition #11, three points/side



View from front

Front

Back

The right hand grips the paddle palm down on top of the paddle at nearly full reach. Gently hold the paddle in place against your chest with pressure from your right hand. You will feel as if you need to push the paddle really hard against your chest. If you are like me you will end up bruising yourself at first. Learn to relax, and with practice you will come to realize that not much pressure is needed. The far tip of the paddle is then swung left (counterclockwise) and dipped into the water on the left side of the front of the boat. Lean forward to push it in deeper.

Roll in left. The key to the setup is to wait for the paddle tip to surface. Get the blade ready to sweep with your palm facing upwards.

When the tip of the paddle reaches the surface begin the sweep. Follow the exact same three body movements as a standard Greenland roll. Sweep the right arm out and back. Lean out and push your head back. Rotate towards the back of the boat with your core, and raise your right knee.

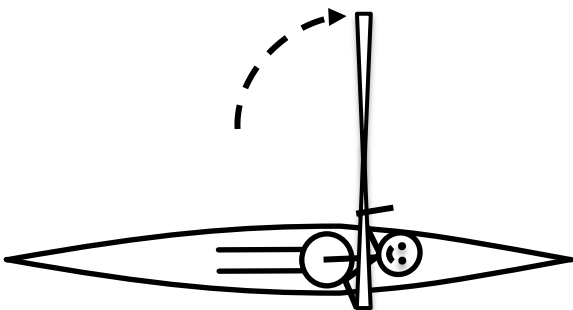
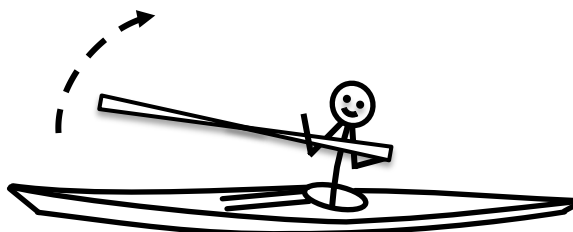
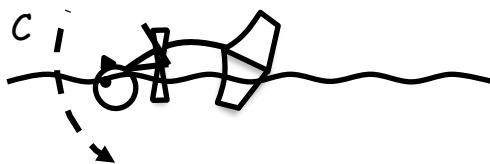
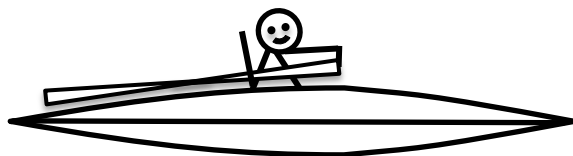
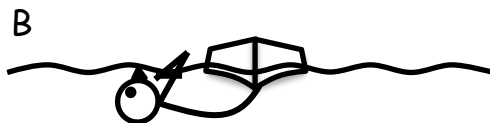
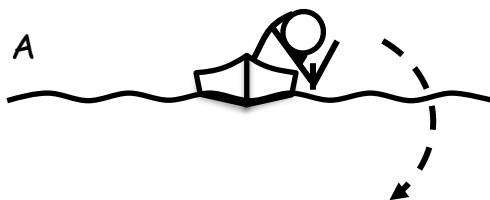
The sweep has even more power than the standard roll, owing to the paddle being extended further. During the sweep your right hand should be palm up. The roll should end with the paddle out at right angle to the boat and your body. As with the standard roll, concentrate on looking at the end of the paddle and keeping your head in the water until the last possible moment.



# Rolling with paddle held in crook of elbow

## Pakassummillugu Unermillugu

Competition #4, three points/side



View from front

Front

Back

Start by resting the paddle in the crook of your right arm. Slide the paddle right until your left hand grips the blade across the palm. Your palm should be facing away from the body. Hold the paddle with your right arm by flexing your bicep. Twist from the hips and rotate your body so that your shoulders are parallel to the boat. Hook the paddle over the left side of the boat and then dip forward to dive the paddle blade deeper into the water.

Roll in left. Wait until the paddle tip breaks the water's surface. Make sure the blade is flat on the water so it sweeps effectively. Stay tucked close to the foredeck to help get close to the surface. The trick with this roll is that the leverage is not as great as in some of the earlier rolls, so more of your righting will come from your back arch and knee rather than levering up on the paddle.

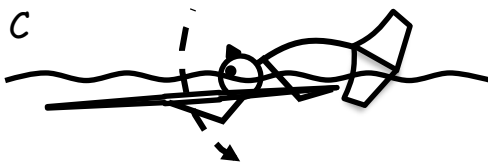
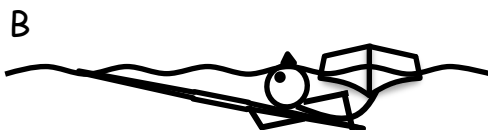
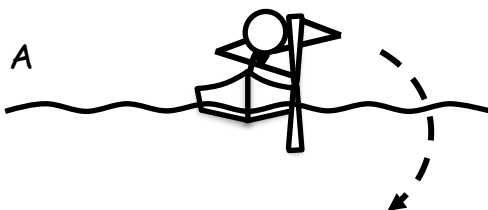
Then perform the three basic layback movements: sweep, lean/arch, knee.

If the roll fails, keep focusing on the basics. You may be starting the sweep too early. You may not be waiting for the paddle to come to the surface, or you may be trying to get your head out of the water too soon. Remember, don't panic or rush, take time to set up and let the huge sweep work its magic.

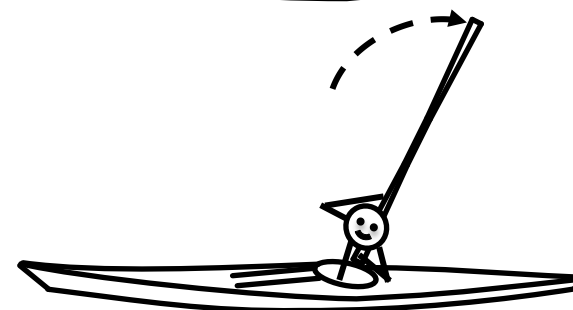
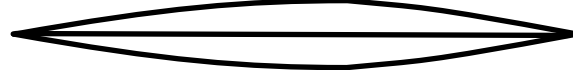
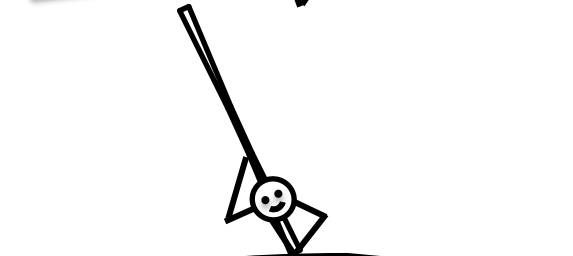
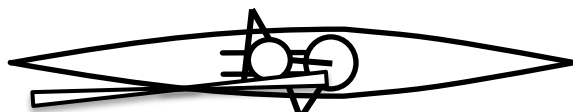
# Spine Roll

## Aariamillugu

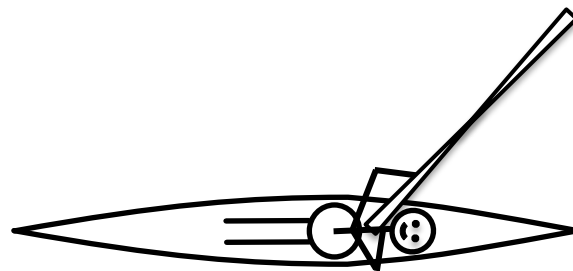
Competition #7, three points/side



View from front



Front



Back

Set up with the paddle held vertically behind your back. Cup the bottom of the blade with your left hand. With your right hand reach up above your head and grasp the loom with your palm towards the front of the boat. If you are like me you probably at this point have the paddle in the middle of your back along your spine. Don't leave it there. Slide it slightly to the left of your spine. As you lean forward allow you left (lower) hand to move away from your back, dip the paddle in to the left of the boat and roll in leftwards.

Wait until you roll over and your shoulders float to the surface. You should sense your blade tip is right up there with you. From here forward this roll follows much of the standard Greenland roll. Arch your back and press with your knee to start the boat rotating.

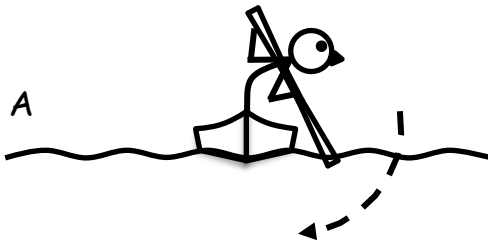
Sweep the paddle and your whole body aft. The key to successfully completing this roll is to adjust the paddle angle along your back as you sweep around. Do not aim to leave the paddle parallel to your body. Allow the paddle to lag behind so that it ends up angled out from the boat while you are leaning on the aft deck.

The easiest way to do this is to raise your left hand up your back and push your right hand out away from your body. This will allow you to brace up using the paddle at the end in case you need some assistance getting onto the back deck.

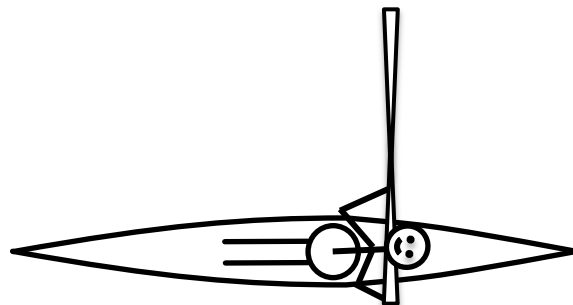
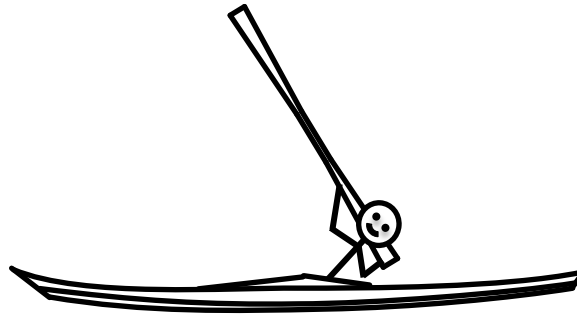
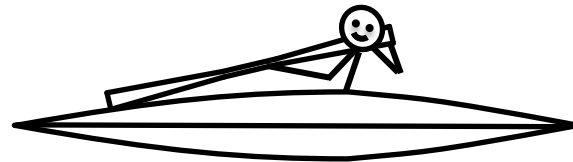
# Standard Roll with paddle behind neck

## Siukkut Tunusummillugu

Competition #9, four points/side



View from front



Front

Back

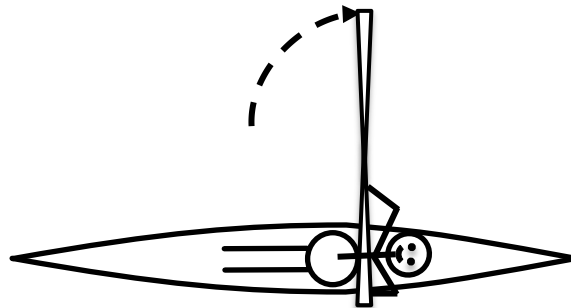
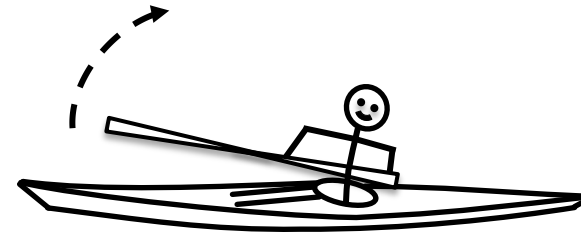
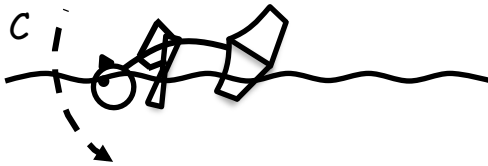
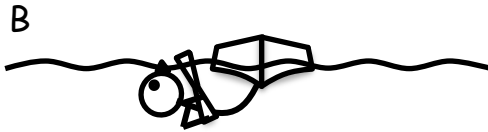
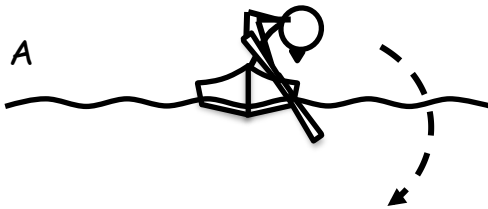
Start by placing the paddle behind your neck extended out towards your right side. Reach up and back with your left hand and hold the paddle across your palm. Your left hand will be quite close to your head. Hold your right hand further out, just outside your shoulder. Twist your core and rotate the paddle counterclockwise across the front of the boat. Dip the paddle down into the water, leaning your body towards the front of the boat to maximize the paddle depth.

Roll in on the left side. Be patient. Wait for the paddle to surface. You will probably be a little lower than normal in the water.

Arch your back and sweep the paddle out and back. Because your neck is not very strong the power of this roll comes later than in many of the other rolls. So expect everything to happen later in the sweep, when the paddle is at thirty degrees from parallel.

The roll finishes with your head on the back deck, the paddle under your neck and your knuckles touching the deck.

# Standard Roll with Paddle Behind back



View from front

Front

Back

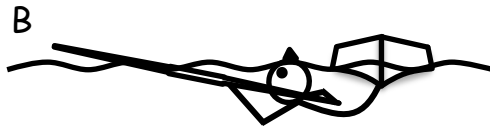
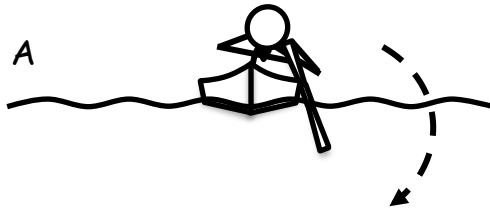
Setup by twisting counterclockwise. Place the paddle behind your back with the right end hooked over the bow and dipped into the water. Hold the paddle on either side of your back, palms towards the left side of the boat.

Roll in face first. Wait for both your head and the paddle tip to reach the surface. Make sure the blade angle is right for the sweep.

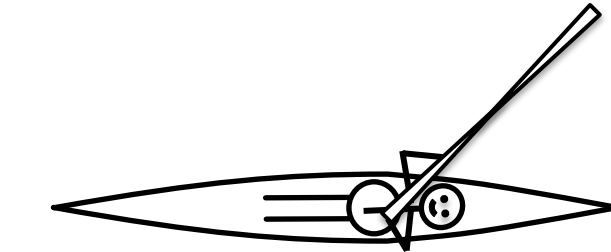
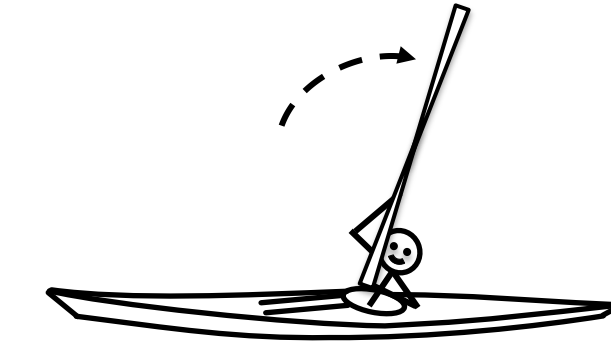
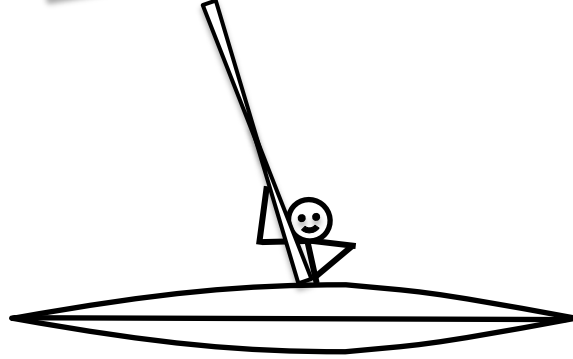
Arch your back and push your head backwards. Press up with your knee. This will start the boat rotating.

Start sweeping the paddle aft. Twist your body slightly to ensure the paddle end makes it up onto the back deck. You will probably skin your knuckles doing this. Recover with the paddle at right angles to the kayak and your torso lying on the back deck.

# Paddle held in front Roll



View from front



Front

Back

Start with the paddle held against your chest and abs. Right hand on the loom. Left hand lower near the tip. Lean forward and dip the tip of the paddle into the water.

Roll in left and wait for the paddle tip to surface. Rotate your body ahead of the paddle.

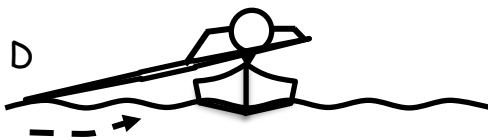
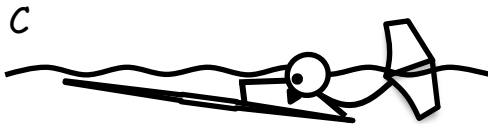
Arch your back and press with your knee to rotate the boat. Swing your body and paddle aft together.

Recover on the back deck with the paddle still angled out to the left about 45 degrees to the kayak.

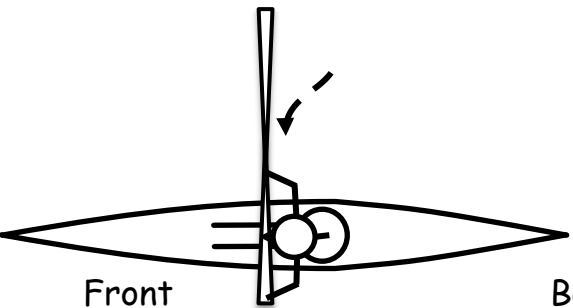
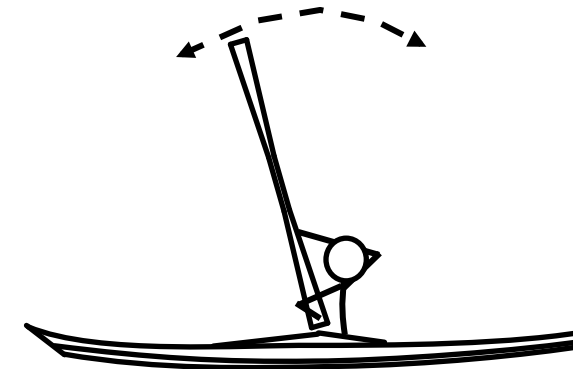
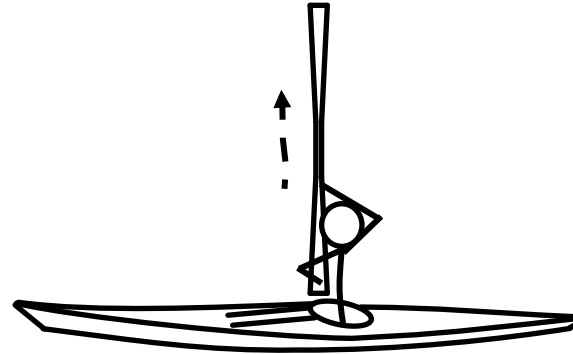
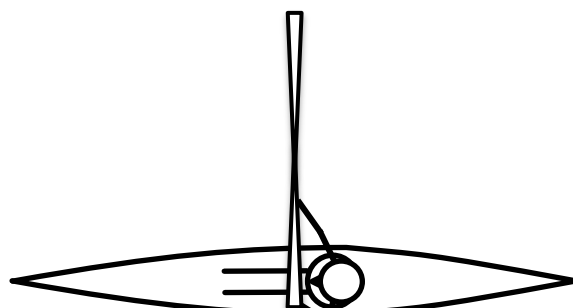
# Chest sculling

## Palluussineq

Competition #2, two points/side



View from front



Front

Back

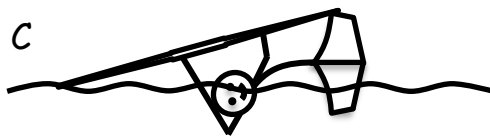
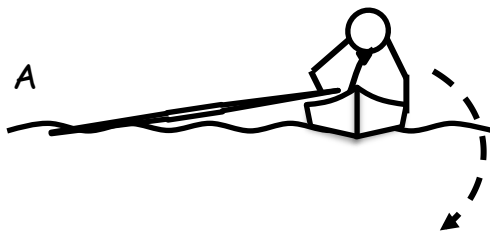
Extend the paddle to your right. Hold the bottom of the blade across your left hand away from your body. Grab the loom with your right hand.

Slide the paddle out sideways and away from the boat, slowly letting your weight be supported by the paddle's buoyancy. Make sure your knee is locked in place under the foredeck.

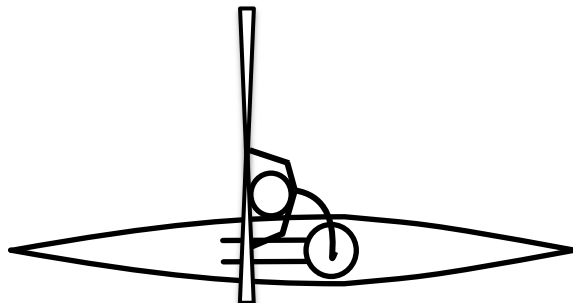
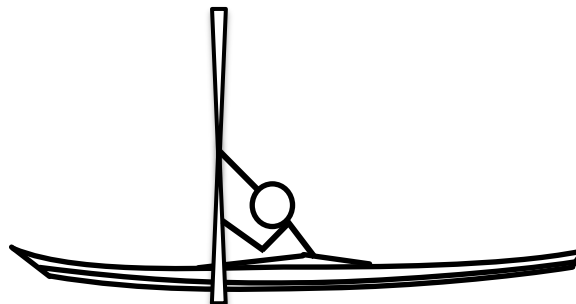
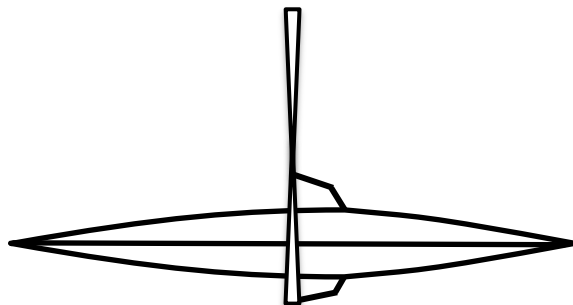
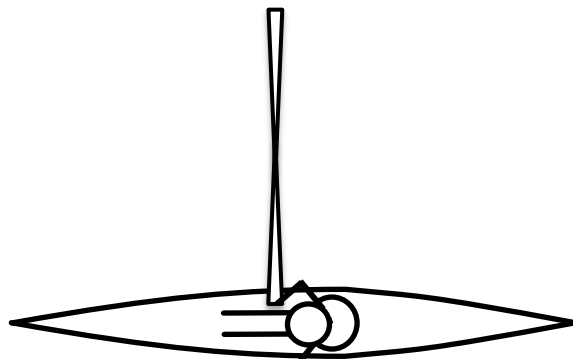
Once fully extended, push your head back to arch your back. Sweep the paddle with your right hand to create the sculling motion. Keep your left hand still. The back of your head should come out of the water. It is not necessary to lift your entire head out (unless you need air).

Recover by arching your back in the opposite direction. Pull your chin to your chest. Then rotate your body forward. Keep your head low in the water until you can slide it up onto the foredeck. Finish by sweeping the paddle in and across the foredeck.

# Under the Paddle Roll



View from front



Front

Back

To roll up on the right, start with the end of the paddle resting on the foredeck with the paddle sticking out to the right. Hold on to the paddle loosely with your right hand and roll left.

When upside down, reach up with your left hand and hold the paddle loom.

Let go with your right hand. Reach across the boat and place your right hand on the paddle next to your left hand.

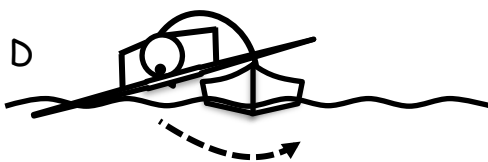
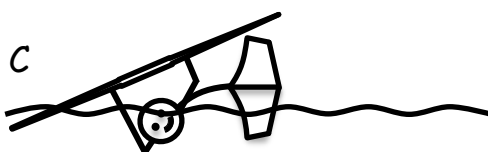
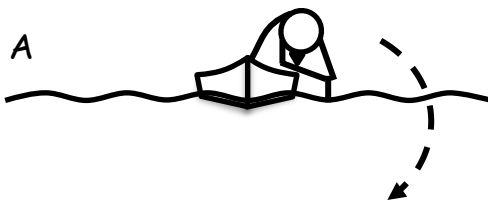
This roll is a low brace roll. It completes the same way a low brace does with the Greenland paddle by drawing the paddle across the boat towards the left side. This action creates additional lift helping complete the boat's rotation. Keep your head in the water as long as possible. Think about dragging your nose across the deck as you finish the roll.

The paddle should finish in roughly the same place as it started.

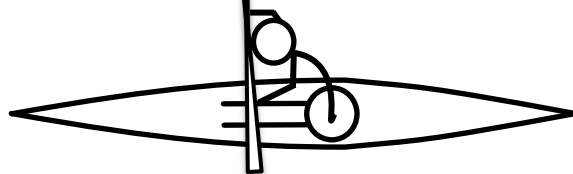
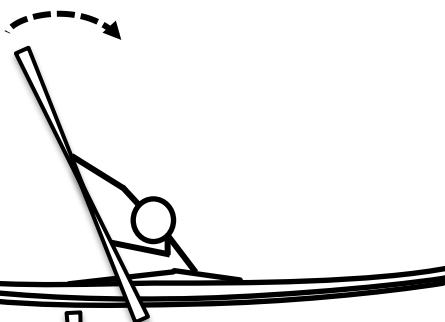
# Storm Roll

## Siukkut pallortillugu/masikkut

Competition #5, three points/side



View from front



Front

Back

Hold the paddle on the left side of the boat with the paddle extended forward. Place your right hand on the loom. Crunch your body forward as low as you can on the deck. Throughout this roll keep the paddle in contact with the hull. To start with it will be touching the off side. Then it will rise up into the side of the hull as it rotates. Finally it will move across the foredeck as the boat rotates. Keep your head as close to the deck as you can throughout the roll.

When upside down, try to keep your head close to the surface, looking forward. Help arch your back by imagining pushing your chin towards the surface. With concentration and practice you will keep close to the deck.

Push the back end of the paddle out of the water a little to get it onto the side of the kayak. Start sweeping outward with your right hand while sinking your chin to your chest, pushing your nose to your right knee, and crunching your abs down hard. As the paddle starts to sweep outwards push your left hand forward, remaining in contact with the hull. The kayak hull will start to rotate as you push your head down. Do not make any attempt to get your head out of the water until the hull is well past the vertical position.

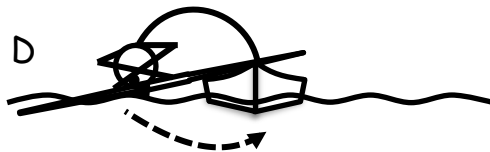
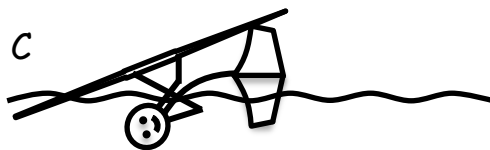
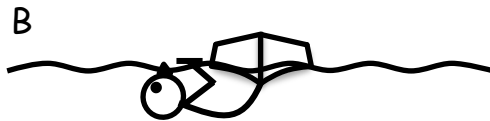
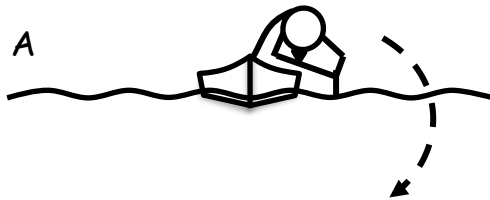
This roll is a low brace roll. It completes the same way a low brace does with the Greenland paddle by drawing the paddle across the boat towards the left side. This action creates additional lift helping complete the boat's rotation. Keep your head in the water as long as possible. Think about dragging your nose across the deck as you finish the roll.



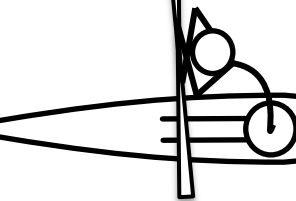
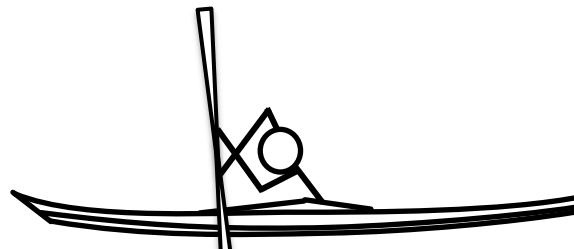
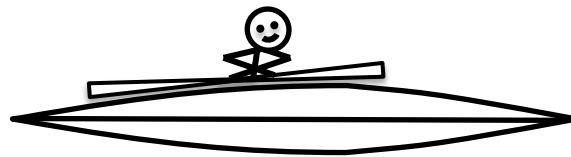
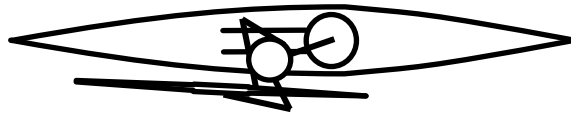
# Rolling with Arms Crossed

Tallip Paarlatsillugit Paateqarluni Masikkut

Competition #15, five points/side



View from front



Front

Back

This roll can be completed with arms crossed either way. For competitions start by grasping the paddle with your left hand slightly to the right of the center of the loom. Put your right arm under your left arm and grip the paddle next to your left hand. Your hands should nearly be touching and in the middle of the loom. Twist your body to the left and dip the paddle into the water parallel to the kayak.

Roll in towards the left. Wait until you surface and your hands are above the water. Push your chin up to the surface to help the boat start to rotate. Push the aft end of the paddle up and swing it onto the underside of the hull (now on top). Position the paddle at a right angle to the kayak.

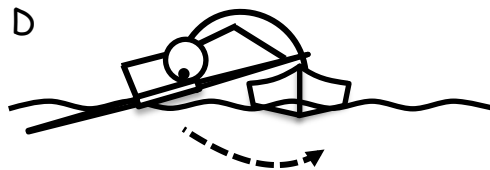
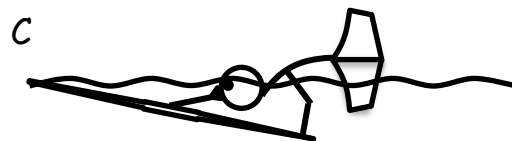
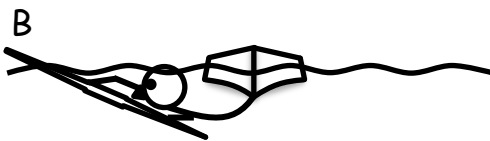
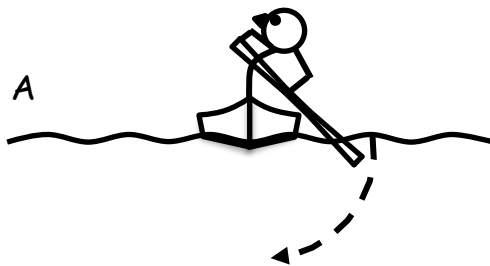
Relax your right arm. Start the boat rotating with your right knee. Push your chin towards your chest. Pull down with your left arm.

Pivot the paddle on the boat's gunwales and then on the foredeck. Allow the paddle to move right and outwards. Keep your head low and slide your nose across the foredeck to finish near your right knee.

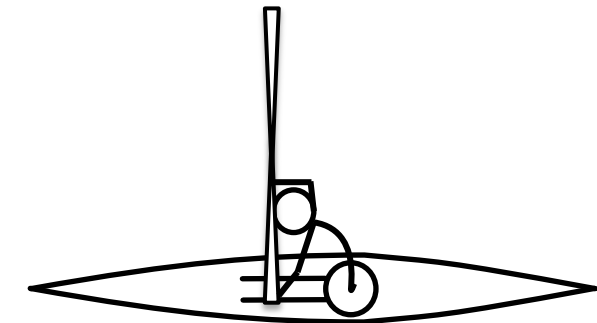
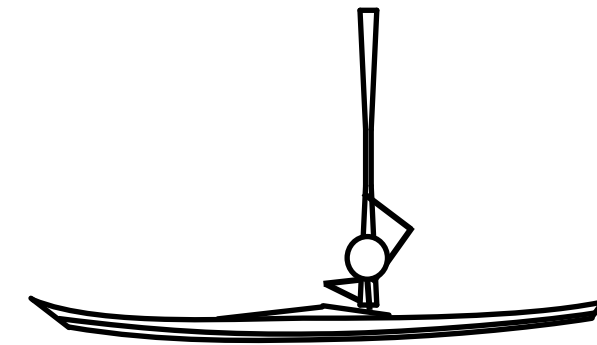
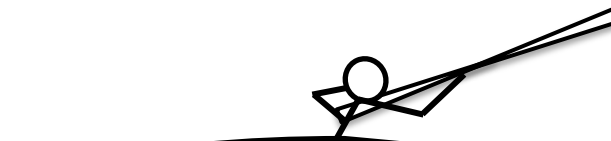
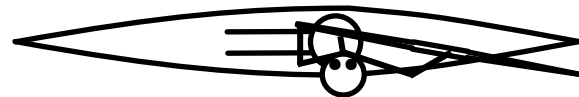
# Reverse Sweep Roll

Kingumut naatillugu

Competition #6, three points/side



View from front



Front

Back

Hold the paddle extended out to the right at chest level. Left hand close to the end of the blade with the blade across your palm and the right hand the same way grasping the loom. Rotate your body clockwise. Hook the end of the paddle on the left side of the boat. Lean your body towards the back of the boat to dig the paddle deeper into the water. It is critical to have your right knee in good strong contact with the masik or thigh brace. Roll in backwards.

When the boat is fully upside down, you should feel that the paddle blade is out of the water. If you don't feel the blade out of the water reach up and waggle the paddle around until you find the surface. You should now be face down in the water with your back arched backwards.

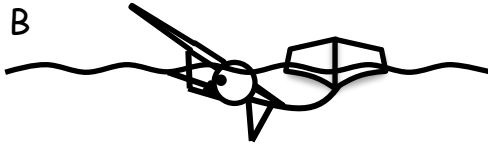
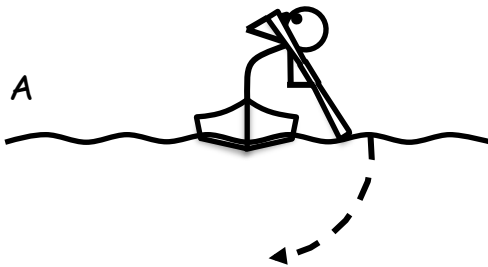
While swinging the paddle toward the front of the boat (keeping your left hand on your chest), arch your back then do a crunch. This arch to crunch motion combined with lifting your knee towards your head will cause the boat to rotate and will keep your head low and in the water.

By the time your paddle is perpendicular to the boat you should be in the crunch position. Sweep the paddle across the foredeck in the low brace finish.

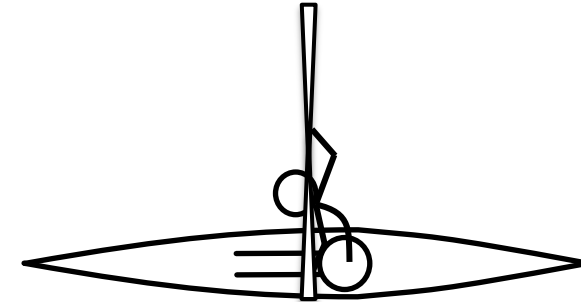
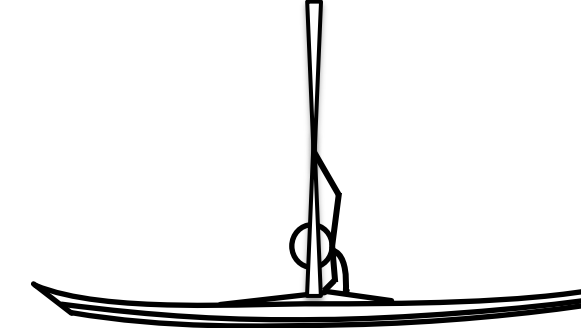
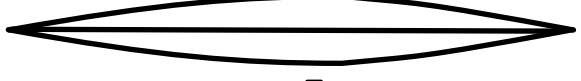
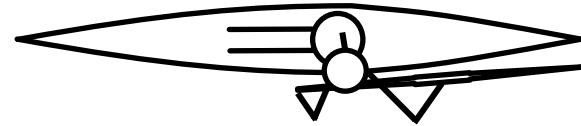
# Reverse Sweep Roll with paddle behind neck

Kingukkut tunusumillugu

Competition #10, four points/side



View from front



Front

Back

The setup for this roll is very similar to the standard reverse sweep roll. Twist clockwise and hook the right end of the paddle over the stern. Hold the paddle behind your neck. Your palms should face forward (The way you are looking).

Roll in backwards. Arch your back. Wait until the back of your head reaches the surface. You should feel the far end of the paddle above the water.

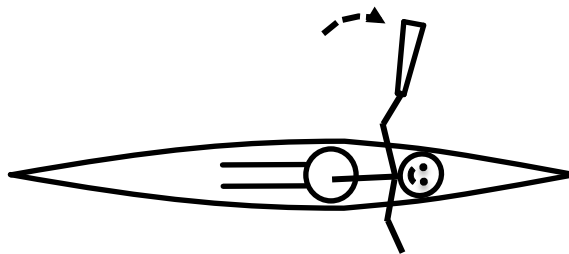
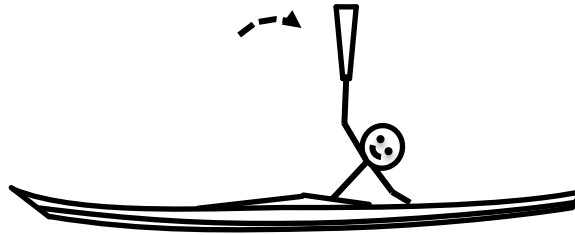
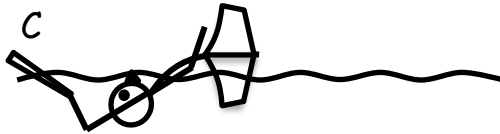
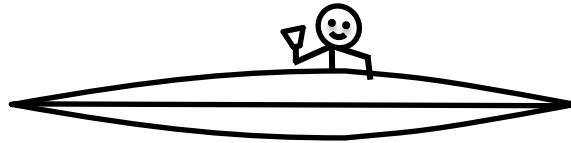
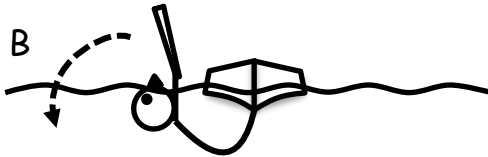
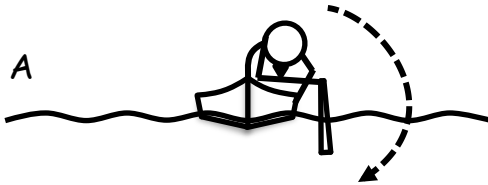
Keeping your shoulders flat on the water sweep your torso forward. Twist the paddle and sweep it with you. Keep the paddle in the same position, behind your neck, throughout the sweep.

Once you have rotated the paddle perpendicular to the kayak, swing your head towards the boat, keeping it low. Drag your nose across the deck, finishing in the low brace position.

# Throwing stick, start tucked forward, finish leaning aft

Norsamik nerfallaallugu

Competition #22, six points/side



View from front

Front

Back

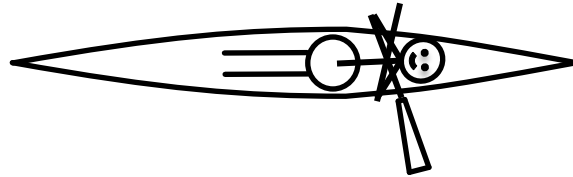
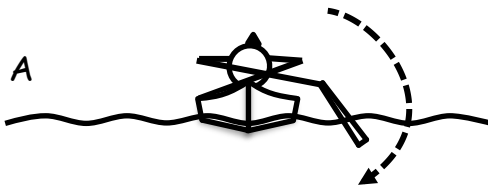
For this roll, the lower and more streamlined you are the easier the kayak will rotate around its axis. Wrap your left hand under the boat. Reach left across the foredeck with the norsaq in your right hand. Dip the norsaq in the water on the left side.

Roll in left. When you float up on the right side, reach both hands toward(s) the sky. Your left hand is a counter balance that will help as you rotate. Your right hand is a massive lever that will sweep the norsaq wide and deep. To maximize the effect of your hands, get them into the air, then spread them apart perpendicular to the boat.

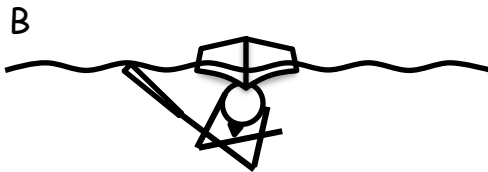
Swing your arms aft into a crucifix position. Get your right arm wide and pushing down. Your left arm should be wide across the aft deck and acting as a counter balance.

As in all layback rolls finish by sliding your spine onto the back deck followed by your head.

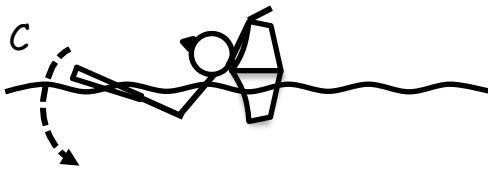
# Throwing stick, start leaning aft, finish leaning aft



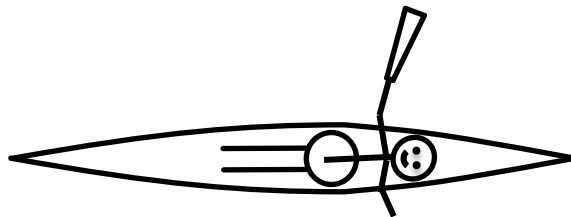
Start laying back on the aft deck with arms crossed. Your right arm holding the norsaq over your left arm.



For a right-handed roll reach right hand (holding norsaq) over the left side. Roll towards left keeping body pressed against deck.



When your hand is above the surface, sweep the norsaq out and down. Press hard with your right knee. Throw your left arm out sideways as a counterbalance.



End with arms spread out wide for balance. Then re-cross your arms. Only sit up once the boat is stable in the upright position.

View from front

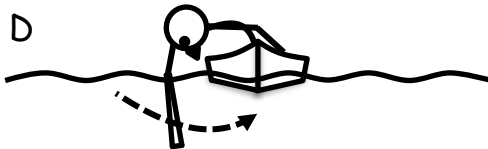
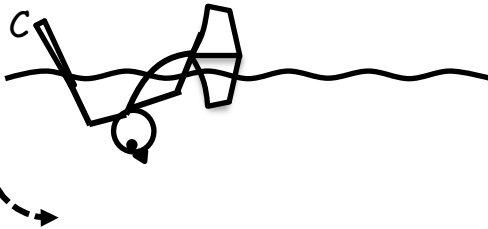
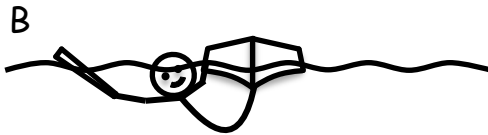
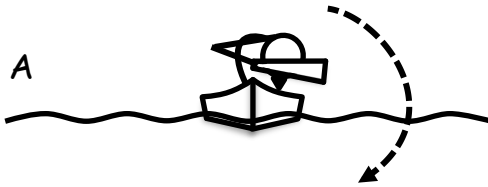
Front

Back

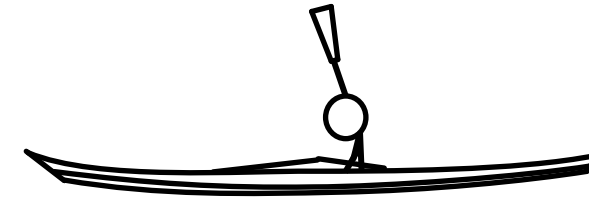
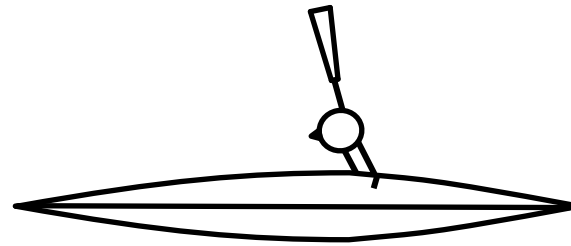
# Throwing stick, start tucked forward, finish tucked forward

## Norsamik masikkut

Competition #20, six points/side



View from front



Front

Back

Reach around the boat with your left arm and pull yourself low and 'hug' the deck. Place your right hand, palm forward(s) holding the norsaq to your head. Keep your right knee engaged throughout the roll.

With your right hand reach as far left as you can. Roll in left. When upside down reach with your right hand as far away from the boat as possible and attempt to get your head to the surface.

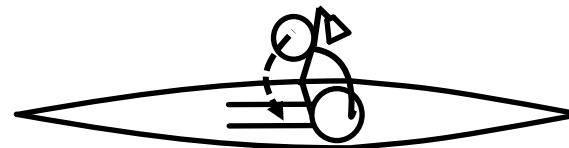
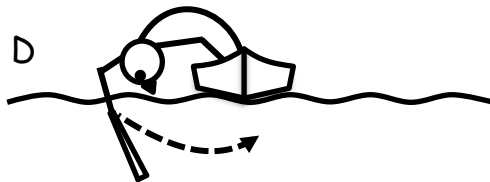
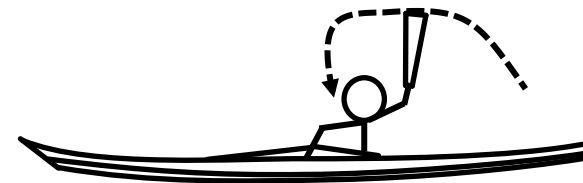
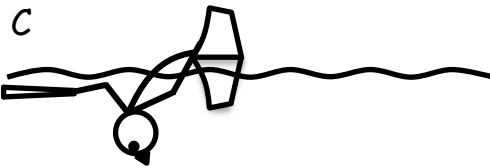
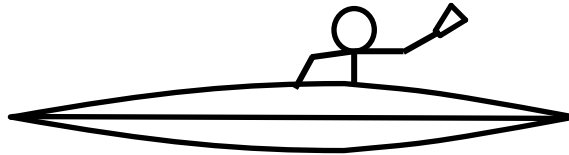
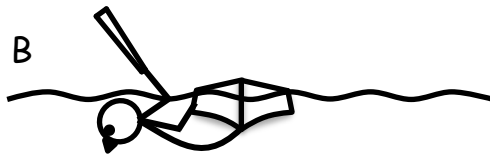
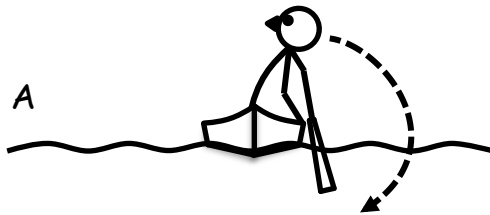
Begin rolling the boat upright by crunching your abs. Bring your chin to your chest. Start bringing the boat upright with your abs and hips before starting to sweep the norsaq.

Sweep the norsaq in a huge arc, continuing until the norsaq is fully underneath the hull on the right side of the boat. Try and keep your chest in contact with the deck throughout the entire roll. This roll is easiest if you keep the boat moving throughout. If it is interrupted, it will be difficult to resume.

# Throwing stick, sweep from stern to bow, finish tucked forward

## Norsamik kingukkut

Competition #21, six points/side



View from front

Front

Back

Hold the norsaq in your right hand. Twist your body clockwise until your shoulders are parallel to the boat. Reach with your right hand and hook the norsaq over the side of the kayak. Roll in backwards. Make sure your right knee is engaged with the Masik. Hold your left hand against the hull throughout the roll.

When the boat is completely upside down, arch your back. Reach upwards until the Norsaq is just out of the water and your arm is stretched out towards the back of the boat.

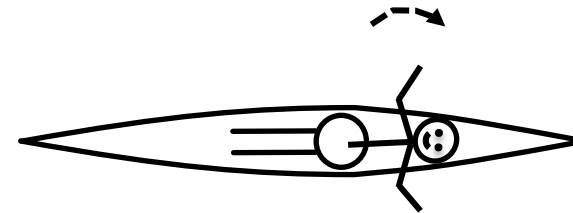
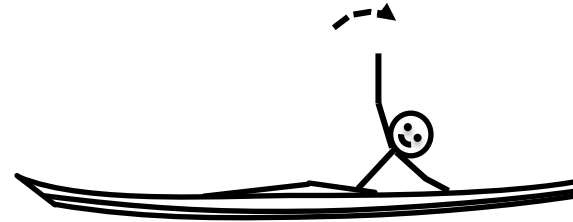
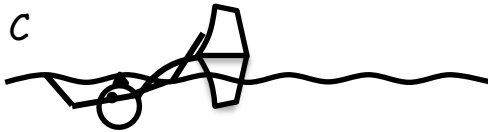
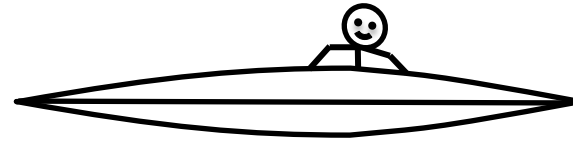
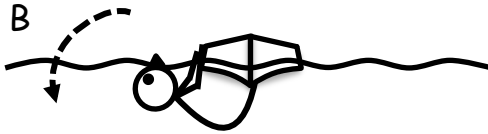
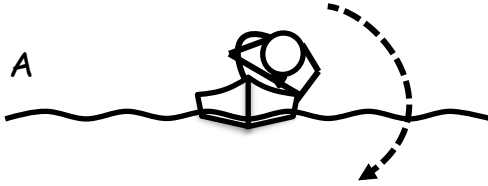
Sweep the Norsaq in an arc away from the boat and towards the front. Push your head down into the water. Engage your right knee. Move your back from the arch to a tuck as you rotate forward.

When the Norsaq is perpendicular to the boat, dive it down under the boat. Swing your head low across and into the center of the boat. Finish with the Norsaq touching the hull under water.

# Hand Roll, start tucked forward, finish leaning aft

## Assammik nerfallaallugu

Competition #25, seven points/side



View from front

Front

Back

Start tucked forward pressed low against deck. Reach your right hand across the boat in front of your head. Clasp the underside of the hull with your left hand. Roll in and wait to surface.

As you surface, both hands should be out of the water. Keep your left hand touching the boat. Make sure you are looking up at the sunlight.

Arch your back. Push out and up and back with your right arm until it is reaching as far away from the boat as possible. Push hard with your knee, and sweep your body aft. Your left hand should remain out of the water and slide across the back deck of the boat.

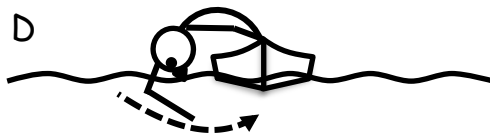
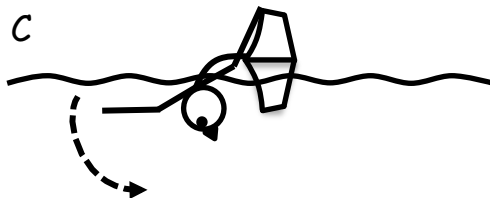
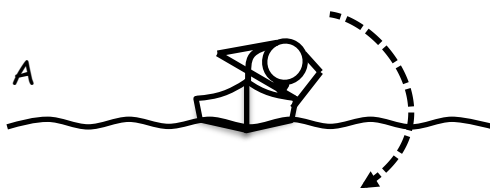
Continue to rotate your core until you are lying prone on the back deck with one arm on either side balancing you in the water. If necessary you can push your right arm down at the end of the roll to provide a last bit of righting moment.



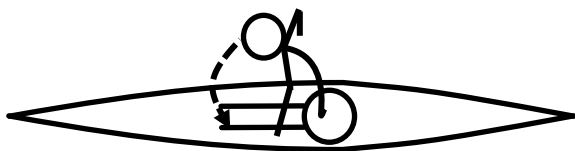
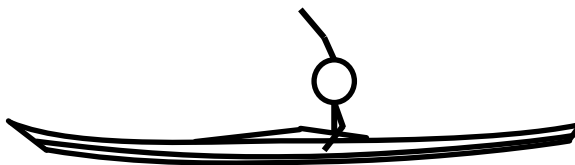
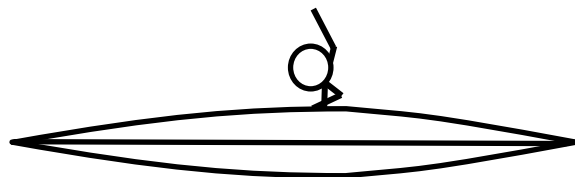
# Hand roll, start tucked forward, finish tucked forward

## Assammik masikkut

Competition #23, seven points/side



View from front



Front

Back

The closer you can keep your chest to the foredeck the easier this roll will be to complete. Reach around the boat with your left arm and pull yourself low onto the deck, 'hugging' it. Place your right hand against your forehead, palm forwards.

Keep the right knee engaged throughout the roll. With your right hand reach as far left as you can. Roll in. When upside down reach as far away from the boat as possible and attempt to get your head to the surface.

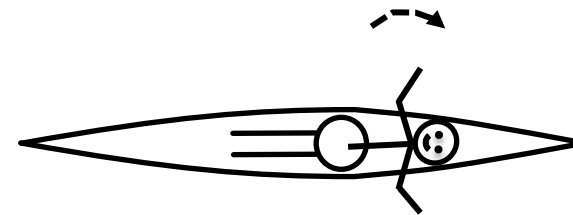
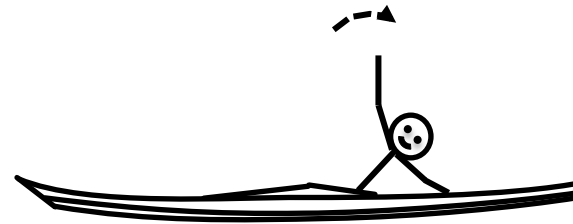
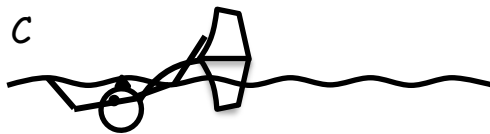
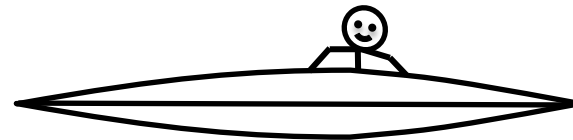
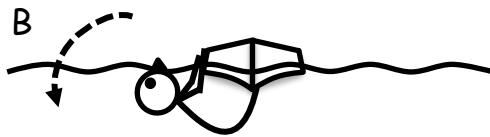
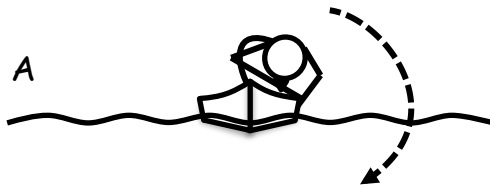
Begin rolling the boat by crunching your abs and bringing your chin to your chest. Start bringing the boat upright with your abs and hips before starting to sweep your right hand down.

Sweep your hand in a huge arc. Commit to the roll by keeping the arc going until your hand is touching the underside of the hull on the right side of the boat. Try to keep your chest in contact with the deck throughout the entire roll, and stay down until you are upright. This roll is made easier if you can keep the boat moving throughout the roll.

# Clenched fist roll, start tucked forward, finish leaning aft

Assak peqillugu nerfallaallugu /Qilerlugu/poorlugu

Competition #28, eight points/side



View from front

Front

Back

This is the same roll as the hand roll but with your hand clenched in a fist. In competition, people hold a Ping-Pong ball to prove their hands remain closed the entire time. Start tucked forward pressed low against deck. Reach your right fist across the boat in front of your head. Clasp the underside of the hull with your left hand.

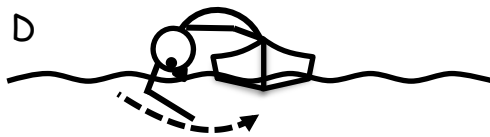
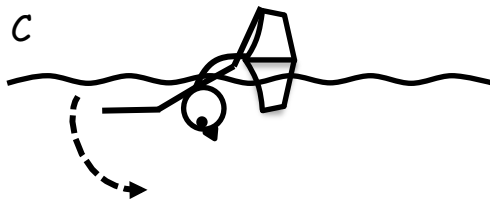
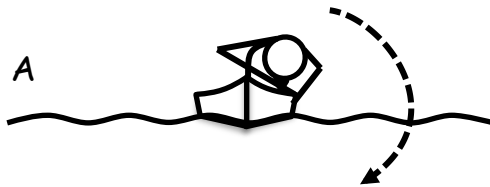
Roll in and wait to surface. Both hands/fists should be out of the water. Keep your left hand touching the boat. Make sure you are looking up at the sunlight.

Arch your back. Push out and up and back with your right arm until it is reaching as far away from the boat as possible. Push hard with your knee, and sweep your body aft. Your left hand should remain out of the water and slide across the back deck of the boat.

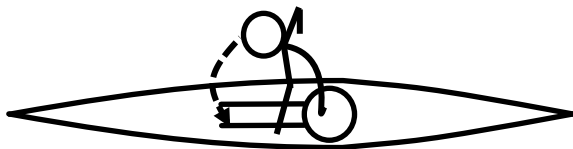
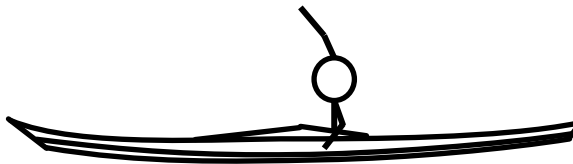
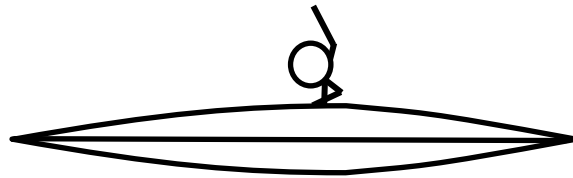
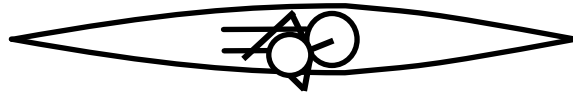
Continue to rotate your core until you are lying prone on the back deck with one arm on either side balancing you in the water. If necessary you can push your right arm down at the end of the roll to provide a last bit of righting moment.

# Clenched fist roll, start tucked forward, finish tucked forward

Assak Peqillugu Masikkut  
Competition #26, eight points/side



View from front



Front

Back

This is the same roll as the hand roll but with your hand clenched in a fist. In competition, people hold a Ping-Pong ball to prove their hands remain closed the entire time. Start by reaching around the boat with your left arm and pull yourself low to the deck, 'hugging' it. Hold your right hand against your forehead with your palm forwards.

Keep the right knee engaged throughout the roll. With your right fist reach as far left as you can. Roll in. When upside down reach as far away from the boat as possible and attempt to get your head to the surface.

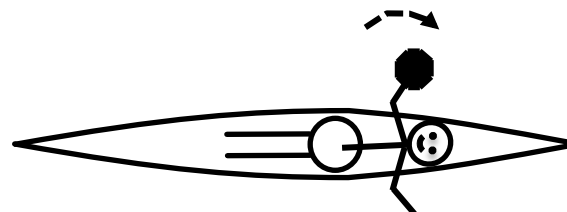
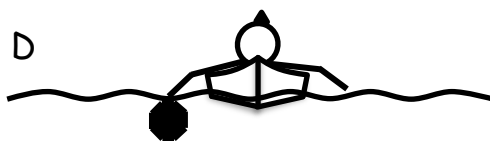
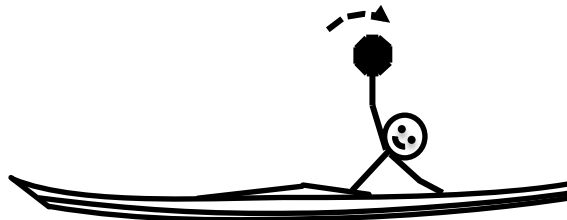
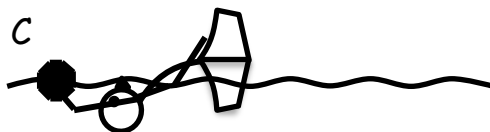
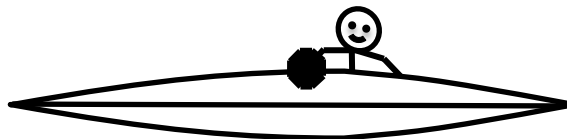
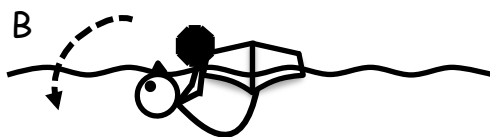
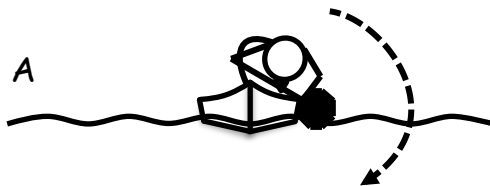
Begin rolling the boat by crunching all your abs and bringing your chin to your chest. Start bringing the boat upright with your abs and hips before starting to sweep your fist down.

Sweep your right fist in a huge arc. The arc continues until your fist is fully underneath the hull on the right side of the boat. The further away from the boat you can reach the better the leverage you get. Try and keep your chest in contact with the deck throughout the entire roll.

# Rock Roll, start tucked forward, finish leaning aft

Ujaqqamik tigumisserlunii "nerfallaallugu"

Competition #31, nine points/side



View from front

Front

Back

Start tucked forward pressed low against deck. Holding the rock in your right hand reach across the boat in front of your head. Get the rock as low in the water as you can. Clasp the underside of the hull with your left hand.

Roll in and wait for the boat to rotate. Push the rock to the surface if it is not there already. Both hands should be out of the water. Keep your left hand touching the boat. Make sure you are looking up at the sunlight.

Arch your back. Push the rock up, out and back until it is as far away from the boat as you can reach. Push hard with your knee and sweep your body aft. Your left hand should remain out of the water and slide across the back deck of the boat.

Continue to rotate your core until you are lying prone on the back deck with one arm on either side balancing you in the water. The rock will sink during the sweep so don't be surprised if your right arm is dipped in deep by the end of the roll.

# Written and illustrated by Christopher Crowhurst

About me: I live in Minnesota, USA. Married, with two girls. All four of us paddle, but none is as obsessed as me. I paddle my skinny black boat with a skinny black stick wearing a black tuilik. I have bigger boats like the NDK Explorer but I prefer to spend time in my Tahe Greenland. Learning the Inuit paddle strokes, rolls and rescues is my passion. I am equally passionate about passing on those skills to others, especially my girls. I was fortunate to grow up in England in a family which was afloat at every opportunity. My youth was spent sailing. That meant sailing our family yacht in the Solent, crossing the North Sea in the Tall Ships Race, and competing in national and international sailing dingy races. I discovered my passion for kayaking later on. My parents bought me a P&H Capella which I paddled in the Chesapeake Bay for many years before moving to Minnesota. Home to 10,000+ lakes, Minnesota has provided me with a wealth of experiences. Paddling in all kinds of temperatures from -20F to 110F. I have also been able to travel around the World extensively and have paddled in four continents. My favorite place to paddle is unquestionably the Na Pali coast on the Western side of Kauai. I was able to enjoy paddling and surfing with spinner dolphins and cruising along with huge sea turtles and rays. My most memorable paddle was also in Kauai. Paddling a tandem up the Hanalei River, and for the first time my wife Jacquelyn getting the real feeling of the forward stroke. To celebrate we rode the current out into the ocean and surfed back in on her first ever wave over the bar. She was squealing with delight! Every paddle is a learning moment for me. The best has to be launching in Lake Superior last summer and ending up going over headfirst into 37F water without my butt even making it into the seat. My girls laughed so hard I thought they were going to fall in too. I have my father's patience and guidance to thank for teaching me my first roll in the warm salt waters off the shore of Bahia Honda Key in Florida. Since then I have gone on to learn many Greenland style rolls. I have been assisted by many local, national and international paddlers who have followed the tradition of the Inuit and passed on their skills to me. I am extremely grateful to them all.

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