



How to paddle board on your knees

When to paddle a board in your knees is a popular paddle-boarding method for beginners as well as seasoned SUPers. Although knee paddling is a helpful move for beginners and one that we discuss in this article, it has its advantages when used in the right conditions for more experienced paddlers. So it is important to keep your paddle boarding 'toolbox' even after you switch from paddle boarding on your knees to standing.

Stand up paddle boarding removes the centre of gravity from your knees and improves your balance. This makes stabilising the board simpler for you. For a beginner, you can need or wish the additional stability before you master get a feeling for paddle boarding. Even for the novice (we get into that a little later), knee paddling is a useful practise, so don't think of it as training wheels. Get a feeling for your board and the water conditions by starting on your knees.

How to get into the role of knee paddle

It's really clear what you have to do for knee paddling. When in the water, the board finds a good location from the middle of the vessel. Put your legs together from a sitting position. And force yourself on the knees. You are ready to paddle when you have found your balance in a relaxed kneeling position. Be sure that you're not too far ahead. This will diminish your glide performance (how your movement propels you across the water). It can impact your tracking (your direction line) when you are too far back.

Now is the time to test your place. You can sit or kneel upright on your heels. Just make sure you do your best to keep your paddle straight forward. If you hunch or slouch your arms will do all the work instead of your heart, and you will tyre quickly. Much of the pull is coming from your arms and your shoulders in kneeling position, but make sure you move your torso and heart to get more strength out of your stroke.

How to Choose a Paddle Board?

Adjust the paddle to the height of the knee paddle.

Where to grab your paddle when you kneel

Switch the length of your paddle.

Now that you are comfortably kneeling, it's time to concentrate on the stroke of the paddle.



If you intend to remain more than just a couple of strokes on your knees (before you stand), you won't need or want your paddle to be complete in length. It's time to use it if you have an adjustable paddle. If you use a Pakaloa paddle, for example, simply unlock the top clip and slip the T-bar into your shaft. And keep the top of the T-bar as you would normally. Then put your other hand away from the other hand but not too close to the blade, so you are bent on the waist to feel unbalanced.

Aim for a shorter, less effective movement on your knees than you would stand up. You will easily get a feeling for it once you start paddling. The goal is to strike a balance between pushing the top hand and pulling the bottom hand. Paddle boarders come in all shapes and sizes so that for each paddler the exact positioning is different.

Place your hands for the right lever

Try positioning your hands at the extremities of the paddle to get a sense of where your best leverage is. Seek to paddle your hands unbelievably close by the end. Then try again too far away from them. The disparities between the two extremes should be felt. Seek a comfortable centre spot that will help you paddle efficiently while holding your top hand on the top of the grip. Please listen to your body as you paddle. When your shoulders are straining, try to use each pull more towards your heart and back. Make sure you use your hands if your muscles are dulling. It takes preparation to achieve this balance, but physical skill will support and even move to other sports in any aspect of your paddling.

How to transport an inflatable SUP

Change the paddle to the height of your knee paddle and grip it as usual

When a good grip has been developed, bend to the waist and dip the blade of the paddle into the water, close to the rail(or side) of the board. Then bring the paddle back to you through the water and then back and forth when it hits your body parallel. And repeat. Repeat. Even a quick paddle is not too difficult until you get your grip right.

TIP: It's particularly important to remember to stack your hands to hold your board straight while paddling the board on your knees. This means that when your Paddle enters the water your top hand should be directly above your bottom hand. You may claim that they are 'stacked' as they line up vertically. When your hands are crossed, the paddle is vertical, which is a straight row. You can switch your hands after some strokes on one side and then take a few on the other. It helps you to keep a straight line.



The knee starting is more secure and it can be a perfect way to feel like a novice or relaxed for the first time you paddle.

When is your knees the right time to paddle?

We stated that knee paddling is not just an earlier technique for beginners in this article. It is an great way to get the board relaxed when you're ready to get up, but can also be helpful in a few other circumstances.

Unforeseen changes in weather or big waves

Even even more seasoned paddlers can be in rough waters. Unforeseen winds, waves and chops will make it very difficult to stand. Or can you just need a little additional support before you stand up after the break. If this is the case, drop from a spot. You'll be good to go in a sitting stance with a lower centre of gravity.

Why Paddle Boarding Is the Best Workout

Shallow Seas

You can often find yourself paddling through shallows if you don't want to slip into a threat. It is especially popular when you paddle unknown rivers. Do your best to avoid risky circumstances, as always. When you're in one, try to paddle the leg. Take use of the improved knee flexibility to navigate the danger and swim deeper and healthier waters.

Strong winds. High winds.

Relentless winds will make daunting progress. The bigger you 're on the boat, the more your body is like a sail. Taking a kneeling stance will help you rising your profile so that you can stroke or stop floating when you have to rest.

Go beyond surfing or across rocky waters across knee paddling.

Knee Paddling and SUP Surfing

Some paddlers find [SUP](#) surfing easier to catch the wave by knee paddling. Then you come up to your feet until you get in front of it. The hope is that the improved stability you will paddle hard and concentrate on your stroke at the beginning. In turn , this allows you to catch the wave so you can get up and surf. Many contend, however, that getting up from your knees simply makes it harder. Here's only one way. Try it out and see what you think.



How to paddle your knees on the Paddle board

Staying on your knees can be a valuable starting point for beginners to surf. And though you just have the sensation of catching a storm.

Last thought. Last thinking.

As you see, knee paddling is more than a step in the paddle boarding process. It is a great tool for paddle boarding and a ability that can support you in a variety of circumstances. Experiment with knee paddling and have fun there in various conditions. Keep in mind that mastering the basics just makes you become a more effective and efficient paddler irrespective of your ability.