



Hey thanks for emailing us and asking for this guide. If you get stuck any time, just call us and we can talk it through on 0749548488

Like any sport, there are a lot of variances in technique and body size that will affect you decisions.

### **Outrigger.**

#### PHASE 1. who is this paddler?

1. What type of craft do you paddle most?
  2. How much catch do you want to feel on the blade?
  3. In a team canoe, what are the basic size and shaft of the others?
- answer these and it leads us to ..

#### PHASE 2. what does this paddler need to look at for the shape and shaft

In a team Boat with 19 x 10 inch blade... our glider or P3 shape

In a team boat with 18 x 9 1/4 or 9 1/2... our P2 or P2 round or even the XS glider.

Paddling an OC1/2 ..the P2 shape stands the test of time, and the XS glider is a good choice also

V1...a glider..or be really adventurous and use our new "woobegong", both good to paddle steer for the mixed bags of strokes you need on the craft.

The rounder blade shapes are more forgiving in the entry and exit angle of the blade. They can feel smoother. The slighter sharper corner blade shapes are bitier on the catch.

If your focused on an individual craft, it's easier, get what suits you! In a team boat you should be looking to blend in with similar size blade.

The larger the blade, the more catch and most likely the slower and longer the stroke (to maintain efficiency) will be appropriate.

A double bend shaft on your paddle gives your bottom hand a more neutral grip and keep the tension as low as possible. Where you grip the shaft down low, this shaft has more angle and then smoothly curves back to the top hand to give ideal degree of entry of the blade into the water.

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PHASE 3. what length to order

We are talking outrigger canoe, Wa'a, Va'a ..anything you sit down to paddle. So we measure paddlers while they are sitting, that' s not strange right?

One of the easiest ways is to SIT shoulder to shoulder with another paddler that knows the most appropriate length for them.

They use a 50" paddle. Your height difference to them is one inch ( 2.5cm) or the thickness of the handle at the top of a paddle. So if your taller by that much...add that much to your paddle ( make it a 51"), if your shorter by that much...then take off that much ( a 49")...doesn't get any simpler than that.

Now, if you have shoulder injuries, you're on a V1 or OC1, you may even opt to take off another inch...this helps with technique and power...your body and pressure over it rather than under it.

If you want to double check this or don't know another paddler around, use this chart.

Paddler Shoulder Height		Paddle length- tip	
Inches	CM	OC6	Single
20	51	45	43
21	53	46	44
22	56	47	45
23	59	48	46
24	61	49	47
25	64	50	48
26	66	51	49
27	69	52	50

Case Study:

Marty is 26' Shoulder height..but uses 49" and 49 1/2" for most paddling..steering and OC / V1 in the middle of a 6 canoe more like a 50"

Maata is 24" Shoulder height..but uses 47" and 48" for most paddling..steering and OC / V1 in the middle of a 6 canoe more like a 48 1/2"

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## SUP.

### PHASE 1. who is this paddler?

1. What type of board are you on..thick, dug out, surf?
2. How much catch do you want to feel on the blade?
3. What sort of conditions or events do paddle in (lakes/surf/ long downwind). Race or Recreational?

answer these and it leads us to ..

### PHASE 2. flat or curved blade and how big?

There is so much leverage on a SUP paddle, a smaller ( than outrigger) blade has good efficiency straight up. If your surfing, travelling lakes and faster river water or just cruising the larger blade will make some turns and varied strokes give more "grip". upto 73/4" or 8".

Downhill ocean racing or flat water racing, you need to keep that efficiency for quite some time, so 7" - 71/4" with a curved blade can give that consistent feel throughout.

### PHASE 3. How long?

Fixed length paddles need to be cut and handle glued. You can shorten them later.

This table is based on a 14' ocean hard board ( about 5" thick), average weight person. A dug out will be closer to the water, an inflatable may be higher out the water, so take this into account.

Feet and inches chart.....

<b>Paddler Height</b>		<b>Paddle length- tip tip</b>		
Feet/In	Inches	Racing	Surfing	Cruising
4'10"	58"	62"	59"	64"
4'11"	59"	63"	60"	65"
5'	60"	64"	61"	66"
5'1"	61"	65"	62"	67"
5'2"	62"	66"	63"	68"
5'3"	63"	67"	64"	69"
5'4"	64"	68"	65"	70"
5'5"	65"	69"	66"	71"
5'6"	66"	70"	67"	72"
5'7"	67"	72"	69"	74"
5'8"	68"	74"	70"	76"
5'9"	69"	75"	71"	77"
5'10"	70"	76"	72"	78"
5'11"	71"	77"	73"	79"
6'	72"	78"	74"	80"
6'1"	73"	79"	75"	81"
6'2"	74"	80"	76"	82"
6'3"	75"	81"	77"	83"
6'4"	76"	82"	78"	84"

Convert from feet and inches to centimeters....

Paddler Height		Paddle length- tip tip		
Feet/In	cm	Racing	Surfing	Cruising
4'10"	147	158	150	163
4'11"	150	160	152	165
5'	152	163	155	168
5'1"	155	165	158	170
5'2"	158	168	160	173
5'3"	160	170	163	175
5'4"	163	173	165	178
5'5"	165	175	168	180
5'6"	168	178	170	183
5'7"	170	183	175	188
5'8"	173	188	178	193
5'9"	175	190	180	196
5'10"	178	193	183	198
5'11"	180	196	185	200
6'	183	198	188	203
6'1"	185	200	190	205
6'2"	188	203	193	208
6'3"	190	205	196	210
6'4"	193	208	198	213

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