# Learning to roll.

I'd use this hour to find a movement you can repeat comfortably. Tell the instructor what you feel, take a break when you need one and work on the part that is useful to you today.



## Before you start

Tell the instructor about your experience, comfort in the water and anything that affects your movement.

Ask to be shown how to stop, get help and get out of the boat before starting any capsize practice.

Agree what contact you are comfortable with. You can change your mind during the session.

Work with a qualified supervising coach and the pool session plan. Agree contact and a stop/help signal. Stop for pain or distress. No solo underwater practice, breath-hold tasks or surprise capsizes.

## 0 to 8 min / Agree how you will work together.

1. Tell the instructor what you have tried before and what you want from today.
2. Ask them to show the exit and help arrangements, then agree a clear signal and any hands-on contact.
3. Start capsize practice only when the qualified coach has checked that you are ready.

## 8 to 15 min / Find the movement before adding the paddle.

1. Watch the mat example and try the comfortable variation your instructor demonstrates.
2. Notice how moving your knees and body changes your position. Describe what you feel rather than trying to copy an angle.
3. Once in the kayak, tell the instructor if you slide around, feel squeezed or cannot move comfortably.

Mat demonstration and boat-fit recording

# Build the boat movement.

## 15 to 27 min / Turn the boat with support.

1. Watch the instructor demonstrate the support and finish they have chosen for you. Start with a small, comfortable amount of lean.

2. With the agreed support, use the movement through your knees and hips to bring the boat upright. Let the boat move before trying to lift your head.

3. Pause upright and tell the instructor whether you felt the boat rotate or felt yourself pushing hard on the support.

**Cue:** Let the boat come round before you lift your head.

**Move on when:** The roller can repeat a comfortable supported rotation with less pushing, and the coach agrees to add the paddle.

**Otherwise:** Keep the same support and reduce the lean. The paddle can wait for another session.

EJ phase 1 / 0:43 to 2:49

## 27 to 39 min / Add the paddle without changing the job.

1. Have the instructor place and demonstrate the paddle support. Repeat the boat movement you used in the previous exercise.

2. Keep your hands and shoulders in the position they have checked. If the paddle feels trapped against the boat, stop and ask them to look.

3. Only if the coach agrees, try the prepared movement with the blade on the water instead of fixed support. Agree the assistance and recovery before tipping.

**Cue:** Keep the boat movement you just found.

**Move on when:** The supported movement stays comfortable with the paddle; the qualified coach decides whether support can be reduced.

**Otherwise:** Restore support and return to the previous movement. A first roll is optional today.

EJ phase 2 and prepared first attempt / 2:49 to 5:17

The clock does not decide readiness. Repeat the useful exercise and leave later phases for another session when needed.

# Find the setup and review.

## 39 to 50 min / Learn where the paddle starts.

1. Practise while upright first. Ask the instructor to show the starting position on your chosen side and how the blade should face.

2. Move from that setup to the rolling position they demonstrated. Repeat until you can find it without several instructions at once.

3. If the coach agrees you are ready, rehearse the same order in water: find the paddle position, then use the boat movement. Ask to reset if you lose the sequence.

**Cue:** Find your paddle position, then turn the boat.

**Move on when:** The roller can find the setup and transition upright, and the coach approves any water progression.

**Otherwise:** Continue upright setup practice or return to supported rotation. Do not add submersion just to finish the plan.

EJ phase 3 / 5:17 to 7:52

## 50 to 55 min / Find the setup from somewhere else.

1. Start upright with the paddle in a different comfortable position, then return to the setup you know.

2. Ask for another demonstration if you lose the blade orientation. Take time to recognise the position.

3. Only do a different capsize entry if the qualified coach has agreed it with you. You should know what is going to happen.

**Cue:** Find the starting position you already know.

**Move on when:** The roller can recover the familiar setup comfortably and describe what they are doing.

**Otherwise:** Finish with a comfortable earlier exercise and leave varied entries for another session.

EJ phase 4 / 7:52 to 9:23

## 55 to 60 min / Talk through what changed.

1. Tell the instructor what felt easier and what still felt uncertain.

2. Choose one useful thing to remember and ask what to practise next.

3. Mention any discomfort before you leave, including anything you did not say during an attempt.

## Source and next practice

Adapted from Eric Jackson, EJ's Rolling and Bracing 4 Phases of the Roll. Our timings and role briefings are additions. Illustrations are AI-assisted session scenes, not exact technique or rescue diagrams. Qualified coach review remains outstanding.

Watch the source video | Open your full guide

Next practice: _____