

## Rolling with Helen Wilson

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The past weekend, 18 & 19 June, marked the Greenland style rolling clinics by Helen Wilson at camping het Stoetenslagh. I went there together with my son Marnix to learn some more about Greenland style rolling and pick up on rolling again. The weekend was organised by Freek and Andre, who use this location frequently for their Greenland style rolling workshops. There was no lack of Greenland style kayak for the participants to choose from thanks to generous sponsoring by kajakcentrum Arjen Bloem and Tahe Marine Kayaks.. The participants could choose from various Tahe Greenlands or the Seabird Designs Black Pearl (until recently only available as self built strippers).

Of course we brought our own Greenland style SOF's and my Black Pearl stripkayak.

Rolling Greenland style is contrary to the familiar modern kayak rolling techniques not based on force and power, but on control, flexibility and suppleness. When the technique is mastered properly it can even be done without the aid of a paddle or norsaak (throwing board) with the same control and suppleness.

Both started with a yoga session by Helen and painfully pointed out to many attendees their lack of flexibility (including me).

After each rolling session Helen ended with a brief evaluation with the participants. Repeating remarks for all groups were: practise practise practise, shoulder facing the sky, arch the back and eyebrows underwater.

I have learned a lot again and noticed that over time with practise it becomes easier to do.

Helen, thanks for the instructions. Freek and Andre thanks for setting this up and again next year ?

And thanks to Freek Knol and Dirk Herfs for the photos.