



## The Art of Sculling

*Joe Paduda*

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## **The Art of Sculling** Joe Paduda

The Art of Sculling provides novice and experienced scullers with a comprehensive, illustrated guide to the equipment, techniques, and physiology of the sport. Beginners will find step-by-step instructions and photographs for launching and rigging a boat and developing the proper sculling stroke. Experienced rowers will find guidelines for developing training programs. Other chapters cover advanced technique, racing, sculling in team boats, safety, and sculling for the more mature.

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