

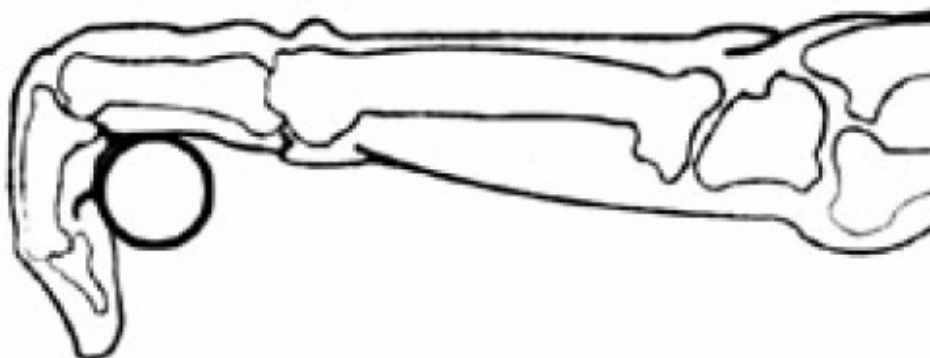
SQUARED POSITION

The hand looks like this.



FEATHERED POSITION

The hand looks like this.



Sculling Grip Position – Squared and Feathered

From RCA Journey Level 2 – Rowing Canada