

McConks SUP user guide #8 how to paddle kneeling.



## McConks SUP user guide #8: how to paddle kneeling.

Paddling your [McConks stand up paddle board](#) in kneeling position is a fundamental skill that all beginner [SUP](#)ers will need to have under their belts. Even as you advance and improve, paddling whilst on your knees will still be needed at times. A sudden strong headwind, for instance, may require knee paddling as water states are whipped up making your [SUP](#) unstable. In some situations, it may be the only efficient way of getting back home to your original launch spot, so the skill is important for [SUP](#) safety as well.

Having dragged yourself onto your [stand up paddle board](#), you need to position your knees either side of the centreline (an imaginary line running down the board's middle that symmetrically splits the [SUP](#) in half). You shouldn't be too far forwards, with your [iSUP](#)'s nose starting to catch under the water. Likewise you shouldn't be too far back, wheelieing the board with its nose in the air. Subtle shuffles side to side/nose to tail will help you

determine where the sweet spot is. Out of interest, this sweet spot won't be any different when you're [standing and paddling](#).

If you're unsure of how to kneel paddle your [SUP](#) then we're happy to help.

**You can read more from the McConks SUP user guide by clicking the link below -**  
<https://mcconks.com/mcconks-sup-user-guide/>