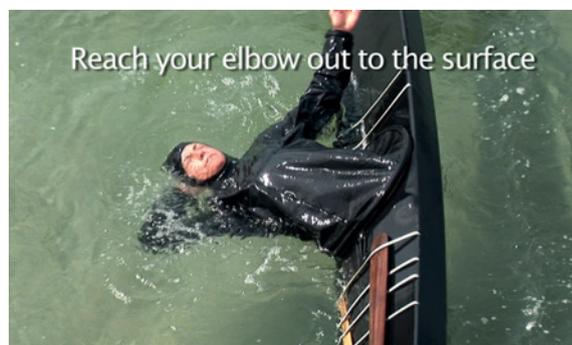
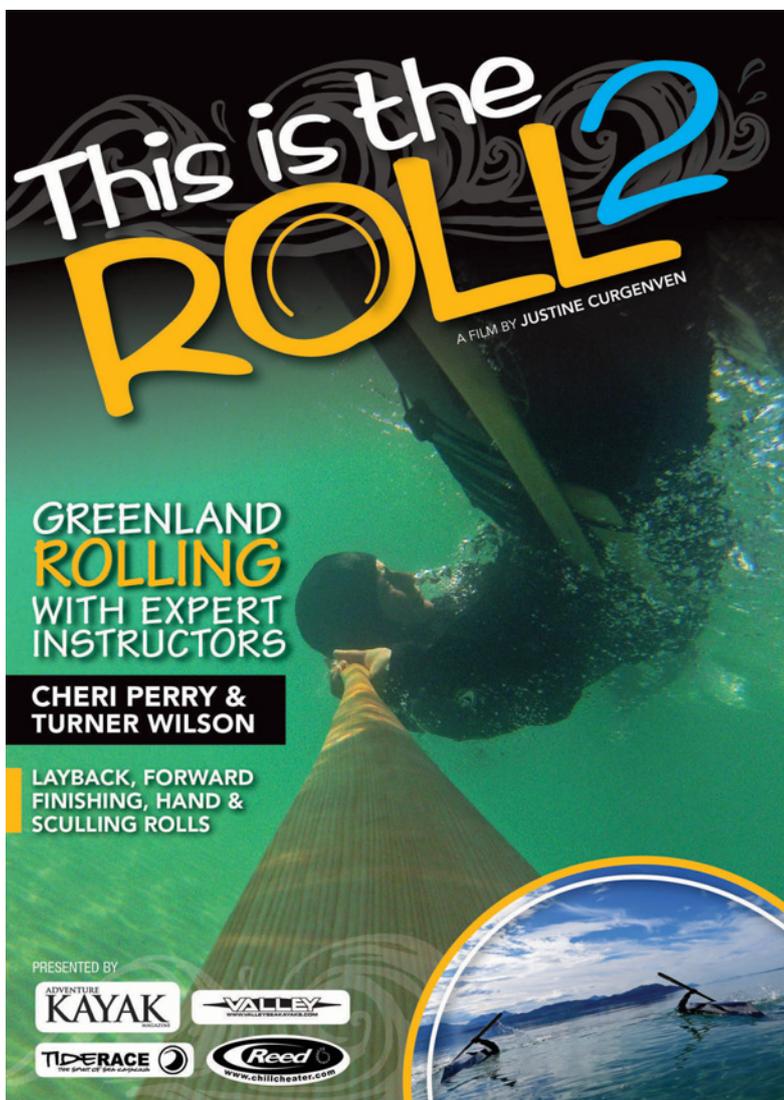




This is the Roll 2

by Christopher Crowhurst

This is the Roll 2 is available on DVD or Download from www.cackletv.com



In this age where any wave-riding jock with a GoPro strapped to their helmet can become an overnight YouTube viral sensation, it is the exception not the norm to come across great-quality video content, especially training videos. Justine Curgenven's production of *This is the Roll 2* is just that exception. Unless you have attempted to create a training video, it is difficult to appreciate the level of effort required to envision, story board, shoot, process, edit and publish a work of such length and quality. The many hours of pre-work necessary to establish the flow of the video, the development of the approach to sharing the skills, the quality of camera work and varied locations, the scripting of the voiceovers and the post-processing and editing have resulted in an exceptional piece of work that builds upon the first edition of *This is the Roll*. All this exceptional technical effort is complemented by the great mentoring skills that are shared by Cheri Perry and Turner Wilson, the stars of this production.

This is the Roll 2 picks up where *This is the Roll* left off, allowing the viewer to learn the fundamentals necessary to perform some of the hardest competition Greenland Rolls.

To review their work I chose to download the video content directly to my PC (it took me about 15 minutes over a high-speed connection). The video can be downloaded in sections, so if you are just stuck on a specific roll and don't want the rest you can save a few pennies and be selective.

Each roll is broken down into the fundamental components of body position and motion, then strung together. After a complete run through of the roll sequence, a series of troubleshooting sections outline likely failure modes and how to correct them. Those rolls that use a paddle are demonstrated with both and Greenland and Euro-blade, and any differences in technique needed for each paddle style is described.

I chose two rolls to focus on that are not in my reliable rolling repertoire: the elbow roll and the spine roll. I have been doing a delicate dance with the elbow roll all year; it comes and goes like a sly fox in the night,

appearing when I least expect it and vanishing just as quickly when I am not concentrating.

The techniques described in elbow roll section, which introduced extensive use of the non-water leg, were eye-opening to me. I put them to use afloat and was impressed at the difference they made. Tips like this cannot be gleaned from watching people roll. They need to be passed from person to person, mentor to mentee. Cheri and Turner's teaching style permeates the entire production and their passion for sharing the hard-won knowledge that has enabled them to become world-renowned rollers and mentors is ever present.

The challenge of the spine roll is the awkward position of your hands behind your back throughout the roll. The answer is simply to arch the back to make room for the paddle behind you on the aft deck; this is obvious advice when you are told it, not so obvious when you are struggling to understand why you keep stalling out and sinking. I just wish I had been reminded of this two months ago when I was flailing about in the lake wondering why it wasn't working.

Justine's partnership with Cheri and Turner to create *This is the Roll* was proclaimed as the finest Greenland rolling training video available when it came out, a claim I personally supported. But I would make my own claim now: number 2 is even better. It's not meant for beginners, but anyone looking to move beyond their first one or two Greenland rolls would be well served by buying the DVD or downloading the content and watching it ten times before going afloat to work on their rolls.

For full disclosure, this review is biased. I am a huge fan of Justine's work, having fallen in love with it starting with *This is the Sea* many years ago. I also consider Greenland Rolling a tremendously important skill, both for safety and pleasure. Even with this bias however, I feel confident that this will be an excellent addition to many a sea kayaker's library and will facilitate the skills progression of many paddlers. ☺