



Nordic Pole Walking "Teaching Techniques"

Demonstrate the Nordic Pole Walking Technique

It is important for your walkers to see what "Nordic Pole Walking" looks like.

The Nordic Pole Walk looks like a natural walk - you happen to have poles in our hands.

Always demonstrate the next new step - before having your walkers try it.

Set the correct Pole Height

Beginners start at 2 inches lower than 90 degree angle

Graduate to 1 inch below the 90 degree angle

When comfortable with technique work up to a 90 degree angle!

Pole Tip: If they are going to be walking on sidewalks and paved roads measure the pole height with the feet on. If they are going to be walking on grass, gravel, sand or in the woods measure the pole height with feet off.

Arms at sides, elbows bent to 90°

For Proper Posture - walk with poles behind your back

To help teach your walkers to walk with proper posture have them put two poles behind their backs, shoulders down, shoulders back, chest open and chin up. Proceed to walk and be aware of how this posture feels. Remind your walkers that Nordic Pole Walking helps to improve their posture

The Swing

While holding onto the middle of your poles walk with a natural swing.

This allows your walker to feel comfortable walking with something in their hands.

Shake Hands

Have walkers face each other with poles on the ground. While facing each other have our walkers swing their arms no higher than waist height. When their arms are at waist height they should be in the correct position to shake hands. This is a simple way to teach the proper arm height while swinging arms front & back.

The Drag

This is a very important teaching step.

The Drag allows the walker to feel what walking with poles is going to feel like. With hand loops on and pole tips on the ground the walker proceeds to walk allowing the feet to drag on the ground at all times. The natural swing can be perfected at the stage. The drag is also a very important step to go back to whenever a walker starts to feel a little overwhelmed with a new technique and wants to go back to the basic arm swing to regroup!

Co-ordination Challenges

Try not to mention that we walk right arm with left leg. This will cause the walker to over think their natural walk.

If you see a walker with an unnatural walking technique

- Walking same leg with same arm
- Taking 2 or more steps for each arm swing

It is important to reassure an uncoordinated walker that this is all part of the learning process and that they will eventually walk with a natural swing. Reassure them that they do not have to feel frustrated and that it is wonderful that they are outside exercising for their health.

Try the following Teaching Techniques to help initiate a natural swing:

1. Teach a few more steps to see if the opposite arm to leg rhythm will naturally begin
2. Have the walker count 1-2-3-4 to give the walker something to think about and help them relax.
3. Walk beside or in front of your walker to help them see and hear your natural swing.
4. Have the walker hold onto poles with 2 fingers and not wrist strap
5. Begin with right leg in front on ground and left arm lifted to the front at waist height.
6. Begin with right leg in front on ground and left arm lifted to waist height. Take a step and freeze then step again and freeze then step again and freeze and continually increase the speed slowly.
7. Have the walker grasp hand around wrist strap.
8. Make sure your walker stays relaxed and knows that a natural walk will gradually come with patience.

Teaching Techniques when showing a new Nordic Pole walking technique

1. Demonstrate first what you are going to teach.
2. Demonstrate all walking technique while crossing in front of your walkers, try not to demonstrate while walking toward or away from your walkers because they will not be able to hear or see you clearly
3. Walk beside your walkers so they can see you and you can see them easily.
4. When teaching something new, ask your walkers to "Look at your open hand" or "Look at my shoulders" or "Watch how my shoulders stay horizontal" etc...

How to Teach the Proper Grip

1. Demonstrate how you grip your poles and ask walker to "Look at your grip".
2. Show your walker how your fingers and thumb close around the pole
3. The tension on your hands is just enough to allow the pole to be held at a 45 degree angle off the ground
4. When your fingers are around the pole the tricep and upper body muscles can be activated properly
5. When Nordic Pole walking the pressure is from the shoulder downward through the hand loop. Your fingers remain around pole until you are an "Advanced Walker". Advanced Walkers will let go of their pole at the *end* of the arm swing.

The Advanced Walking Technique

This technique takes a great deal of co-ordination and should be taught to the experienced walker or a walker who has also cross-country skied.

This technique is performed when a walker can push through their pole from their shoulder and they have a natural front and back motion with their shoulder.

This technique allows for full Range Of Motion of the upper body.

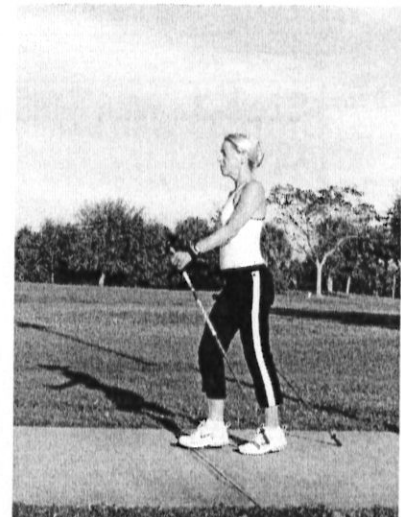
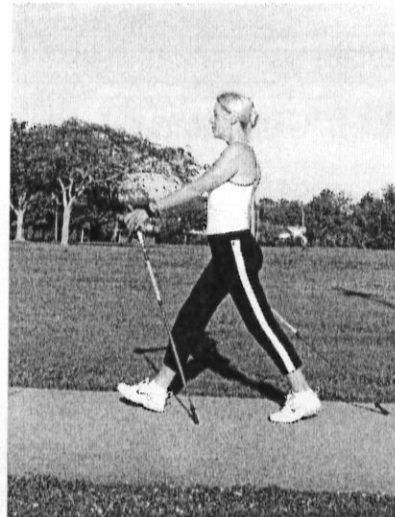
You relax your fingers at the end of the arm swing then grasp your pole as your arm swings forward.

Full extension of the arm allows for complete extension of the tricep muscle.

Remember to keep your grip soft so that you do not fatigue the small muscles of your hand and forearm before your larger back and arm muscles get a work-out.

NPW "How To Teach NPW Technique"

The Nordic Pole Walking Technique



The Nordic Pole Walking technique basically mimics your natural walking style with the support of 2 Nordic Poles. You walk and swing your arms diagonal as you walk every day. As the right leg moves forward you automatically swing your left arm forward. There is no "artificial" movement in the technique. In learning the technique, the goal is to perform all steps conscientiously and to get all movements well coordinated.

Step 1. Learn walking with an upright body posture

Put the poles behind your back and stand up straight and tall.



**Poles behind your back
let you feel the upright
body posture**

Pull your chest up high, look to the horizon and drop your shoulder by just relaxing. This is the perfect body posture Nordic Pole Walking will teach you.

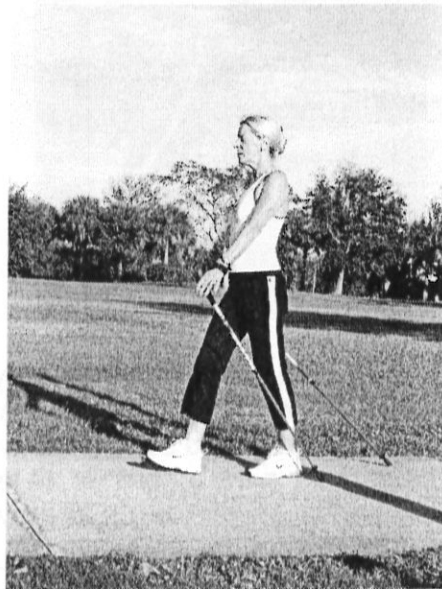
Step 2. Swing arms naturally while holding onto poles.

Step 3. With hand-loops on, walk naturally while dragging the poles behind you.

**Drag your Poles
&
Walk**

Start walking and upright position and like walking without

--> **Now**



keep your body in a straight, walk with swinging your arms poles.

Step 4. Grasp the handles and push through your hand loops

The Arm Push from the shoulder is the (Key to Success).

By using the poles to propel you forward you really achieve all the benefits of Nordic Pole Walking by enhancing energy consumption up to 46% in comparison to just walking exercise.



Step 5. Incorporate all Upper Body Muscles

Walk with a slight & relaxed Shoulder Rotation

Walk naturally.

As the heel touches the ground your knee is slightly bent.

Your shoulder swings back slightly.



After becoming familiar with Nordic Pole Walking, you are ready to involve all of your upper body muscles into the technique.

When you are a novice Nordic Pole Walker, it is important that you conscientiously complete these rotations every day. So that all core and back muscles, and even the deep-lying back muscles close to your spine are involved and strengthened.

Step 6. Improve your Pole Walking Technique

Open your Hand at the Back of the Arm Swing

Pushing the poles
“from the shoulder”
incorporates triceps
and shoulder muscles
&
reduces impact on
knee & hip joints.



6 Basics Steps to Nordic Pole Walking

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|--------|---|
| Step 1 | Posture – poles behind back |
| Step 2 | Swing - walk with poles in hands (Swing -Handshake-Swing) |
| Step 3 | Drag – with hand loops on drag poles with a natural walk with open hand |
| Step 4 | Grasp – grasp the hand grip lightly while pushing off of hand loops (Drag - Fingers On - Grasp) |
| Step 5 | Push and Lift Poles off ground. Shoulders – Swing shoulders naturally while you walk |
| Step 6 | Advanced Walk - Open Hand – Open your hand as your arm swings backwards past your body. |

Warm Up: (Basic warm up exercises for all classes)

1. Breathing Exercises

- Standing with upright body posture. Poles with stretched-out arms in shoulder height. Turn right and left with deep exhale and inhale.



- Standing upright. Legs slightly bent. Stretched arms and poles overhead. Bend down with deep exhale. Raise up with deep inhale. Poles close to the body.



2. Mobilization of great joints

- Hip and Knee joints: Use poles for balance. Swing leg forward and lift up knee, then swing back and stretch leg. Change leg.



- Stretch right foot in front and rotate foot ankles in circulars. Change foot.



- Shoulder joints:

Hold poles vertically with stretched-out arms in front of body. Right hand up, left hand down. Swing vertical pole to the right as far back as possible and...



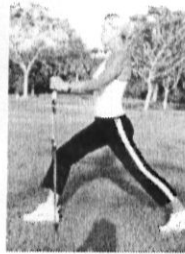
...turn poles upside down, right hand down, left hand up, and swing back to left side. ("Kayaking").



3. Stretching

- Stride position

- Stretch calves.



- Stretch hip flexors.



- Stretch hamstrings.



- Stretch quadriceps.



- Stretch upper body muscles

- Stretch core muscles.



- Stretch back-muscles.



- Stretch shoulder & arm muscles.

