

Summary of Nordic Pole Walking Technique for Various Actions

	Posture	Feet	Arms	Hands
Basic Technique	Look at horizon	Walk your speed Stride length gentle	In harmony Swing triangle shape Power point pushing Back	Tiny chopsticks Relax hands & wrists Palm presses down on strap & hinges
Advanced Technique	Same	Same	Power point pushing back farther Lower arm fully Extended backward at end of “stroke”	Tiny chopsticks Downward pressure on strap longer, bigger hinge (*tips of poles lift off ground automatically)
More Support (for knees, etc.)	Same	Same	Swing boomerang shape Poles 2 inches longer	Tiny chopsticks Relax hands & wrists Hands press down on strap more firmly, in front of body
Uphill	Body leaning forward into the hill a bit, look at horizon	The steeper the hill, the shorter the steps	Shorter swing, in front of body, matching shorter steps, like sawing a log	Grab those handles, push downhill 90% of force
Downhill	Body upright, leaning back into the hill a bit, look at horizon	The steeper the hill, the shorter the steps, springy knees	Arms relax	Hands relax
Fast Speed	Lean forward a tiny bit, look at horizon	Same stride length only take more steps at faster speed	Harmony, same speed as feet. Same technique as advanced. Lower arm may swing more forward at start of “stroke”	Tiny chopsticks. Relax hands & wrist. Hold pressure on straps longer. Hurry up to get ready for next swing