



How to measure the right size paddle for you?

With so many paddles in the market today, it's already a headache to decide which one to buy let alone to decide which size is right for you.

In this quick guide, I will show you how easy it is to determine what size paddle to use. **Note:** this is a general guide based on a formula developed by a combination of dragonboat manufacturers.

We usually determine the length by following some simple steps:

1. Sit upright on your buttocks on a flat surface. (e.g a chair or bench)
2. Raise your right arm vertically upwards pointing the ceiling
3. Measure the length between the center of your palm to your buttocks. (This measurement is in *inches* ranging from from 46inches to 51inches)

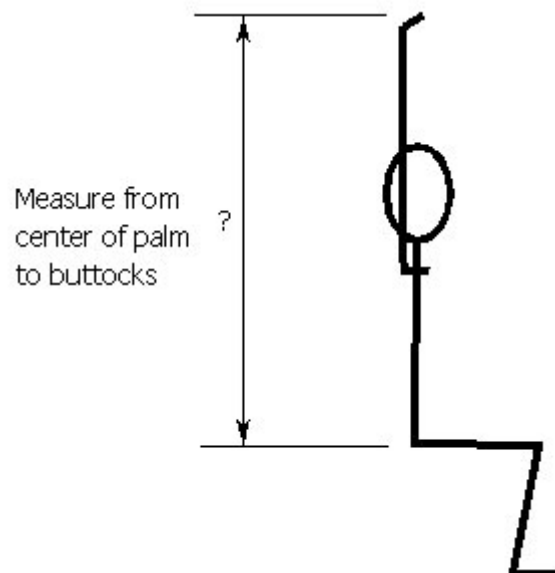


Table of paddle sizes:

Measurement from center of palm to buttocks (cm)	112	114	117	119	122	124	127	130	132
Paddle Length (inch)	44	45	46	47	48	49	50	51	52