

Canoe

As a canoeing discipline, kayak events made their Paralympic debut at the Rio 2016 Games and new Va'a events have now been included in the programme for the Tokyo 2020 Games. The highlight is the speed and strength of the athletes aiming for the goal of the 200 meters straight course.

Rules:

Competition by ranking, not by time.

Races are held over 200 meters on straight-line courses marked by buoys on still water. Athletes with lower limb impairments are integrated with the boats using unique seats according to their impairments.

A va'a is an outrigger canoe which the paddler moves using a single-blade paddle.

The kayak is propelled using a double-blade paddle. Paddlers use different seats and foot straps according to their impairments.

Classification & Categories

Athletes with a lower limb impairment are eligible for the Tokyo 2020 Paralympic Games and compete in two categories. A total of nine events are held for men and women.

Column:

Look out for the powerful physique and paddling techniques!

You'll be overwhelmed by the sight of the athletes propelling themselves forwards using their upper body as the driving force, as if they are gliding across the surface of the water. The key to victory is how efficiently and stably they are able to turn the paddle around, in addition to the sense of balance and advanced paddling techniques, which will make you forget about their impairments in the trunk or lower limb functions. Despite Japan having only a short history of para-canoe, a Japanese athlete nevertheless finished eighth at the Rio 2016 Games, which demonstrates the improvement being made by Japanese athletes. They are expected to perform significantly better at the Tokyo 2020 Games.

Trivia:

Athletes with the mildest degree of impairment in the KL3 class can reach 200 meters in around 40 seconds, at a speed of around 18 kilo meters per hour.

Venue:

At the Tokyo 2020 Paralympic Games, canoe will be held at Sea Forest Waterway.