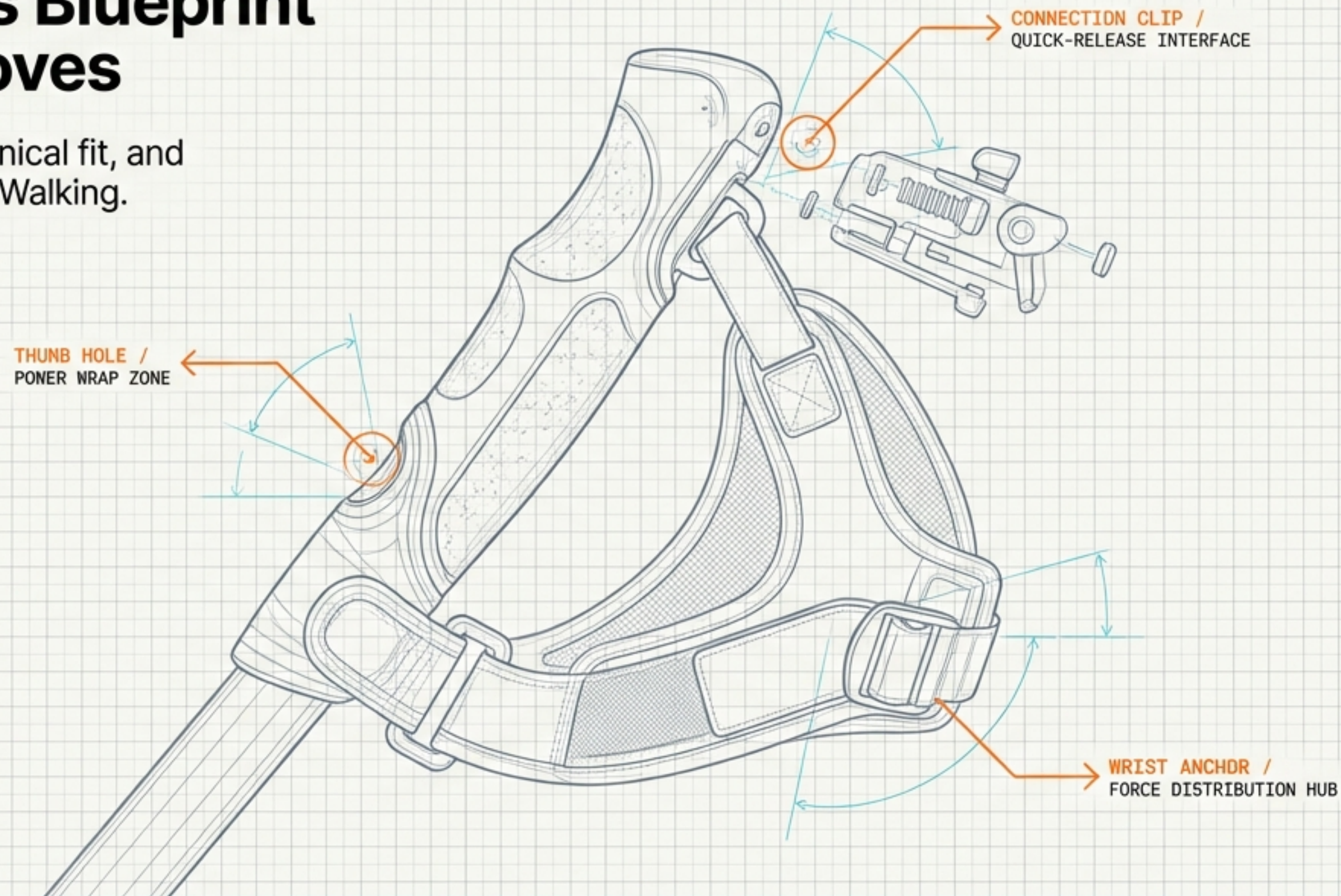
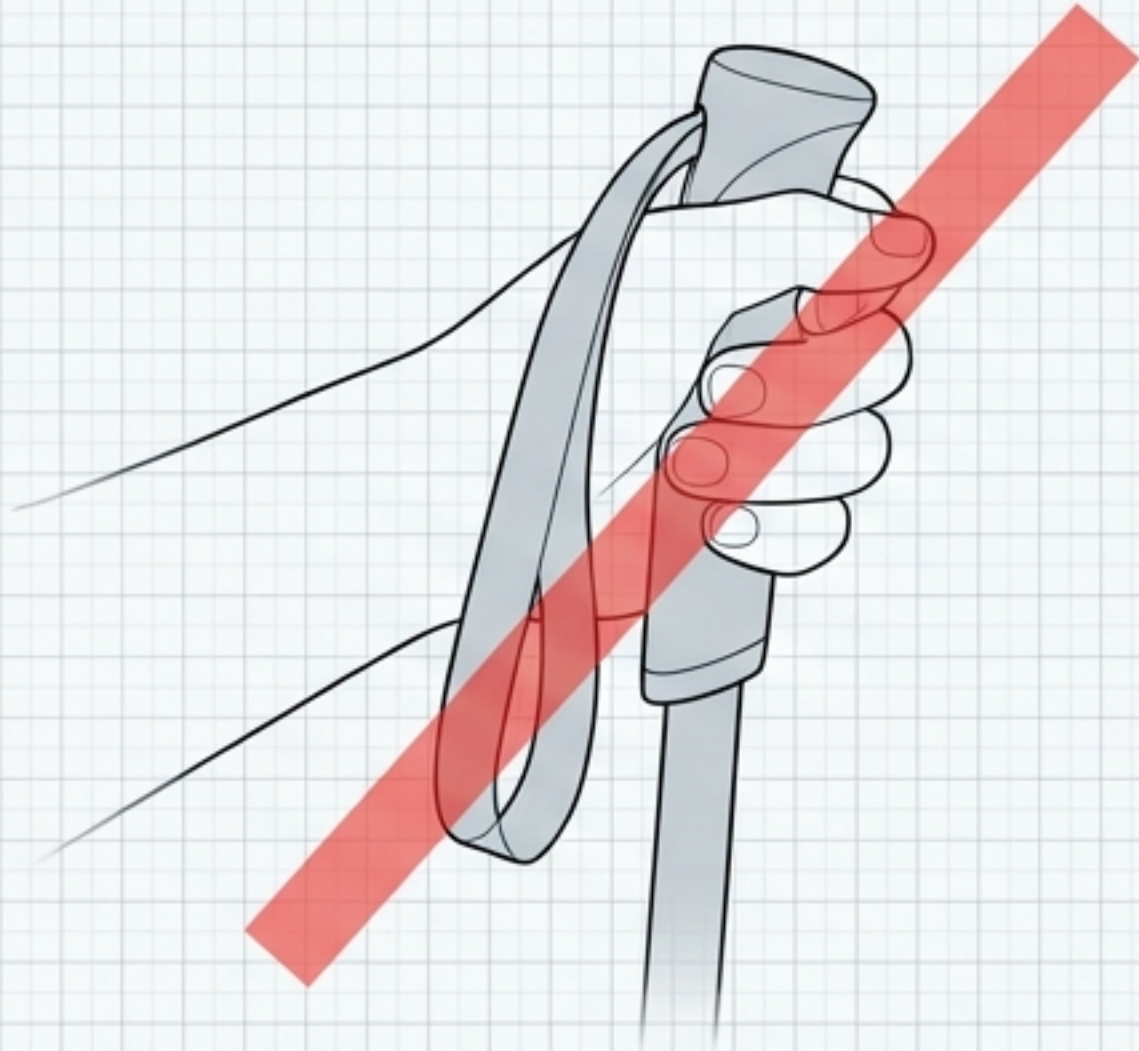


# The Instructor's Blueprint for Straps & Gloves

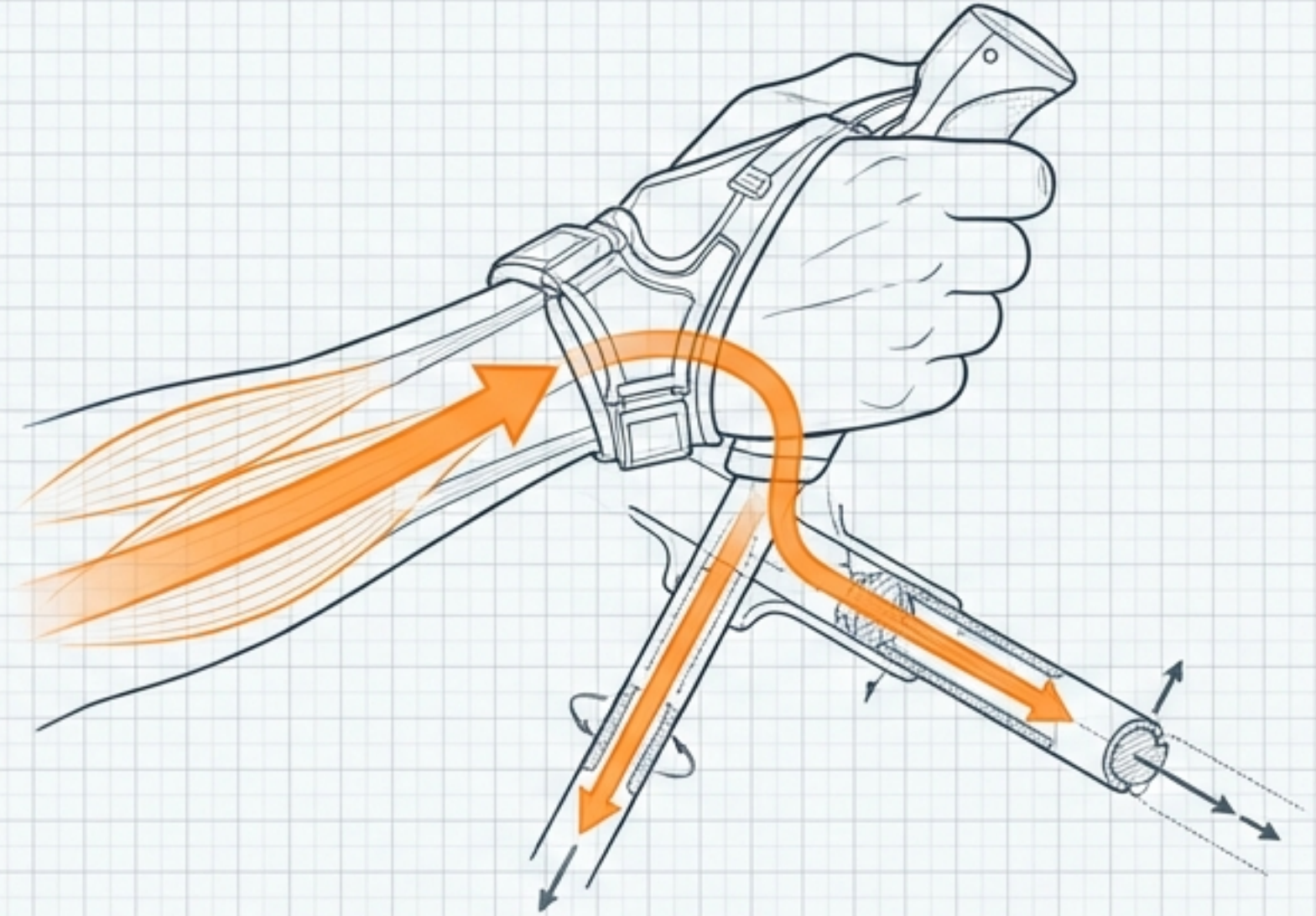
Technical selection, biomechanical fit, and coaching protocols for Nordic Walking.



# Straps are an active power-transfer engine, not a passive handle.



**Passive Grip**  
Relying on hand strength



**Active Engine**  
The most critical component for biomechanical efficiency

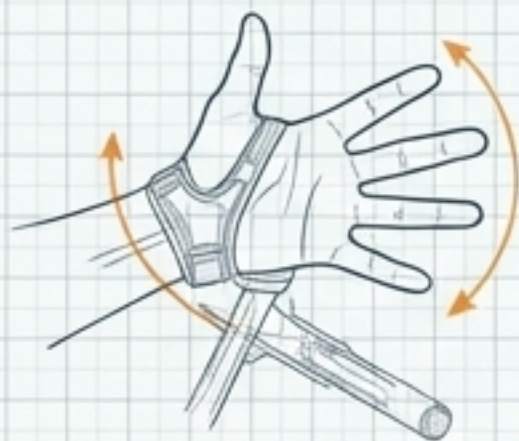
Straps are not optional accessories for holding poles. They are the fundamental mechanism that makes true Nordic technique possible.

# The Biomechanical Efficiency Cycle



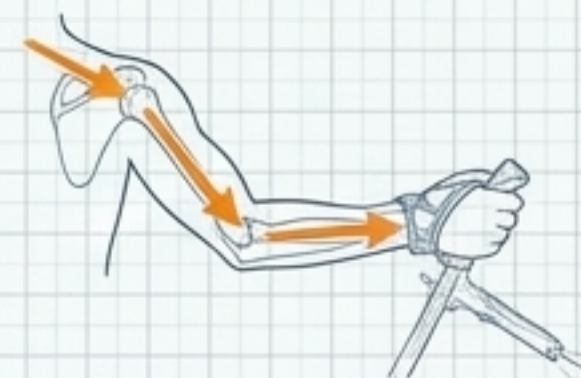
## Safety & Stability

Prevents the pole from slipping or rotating unpredictably during the return.



## Proper Hand Release

Keeps the pole secure while the hand opens entirely behind the body.



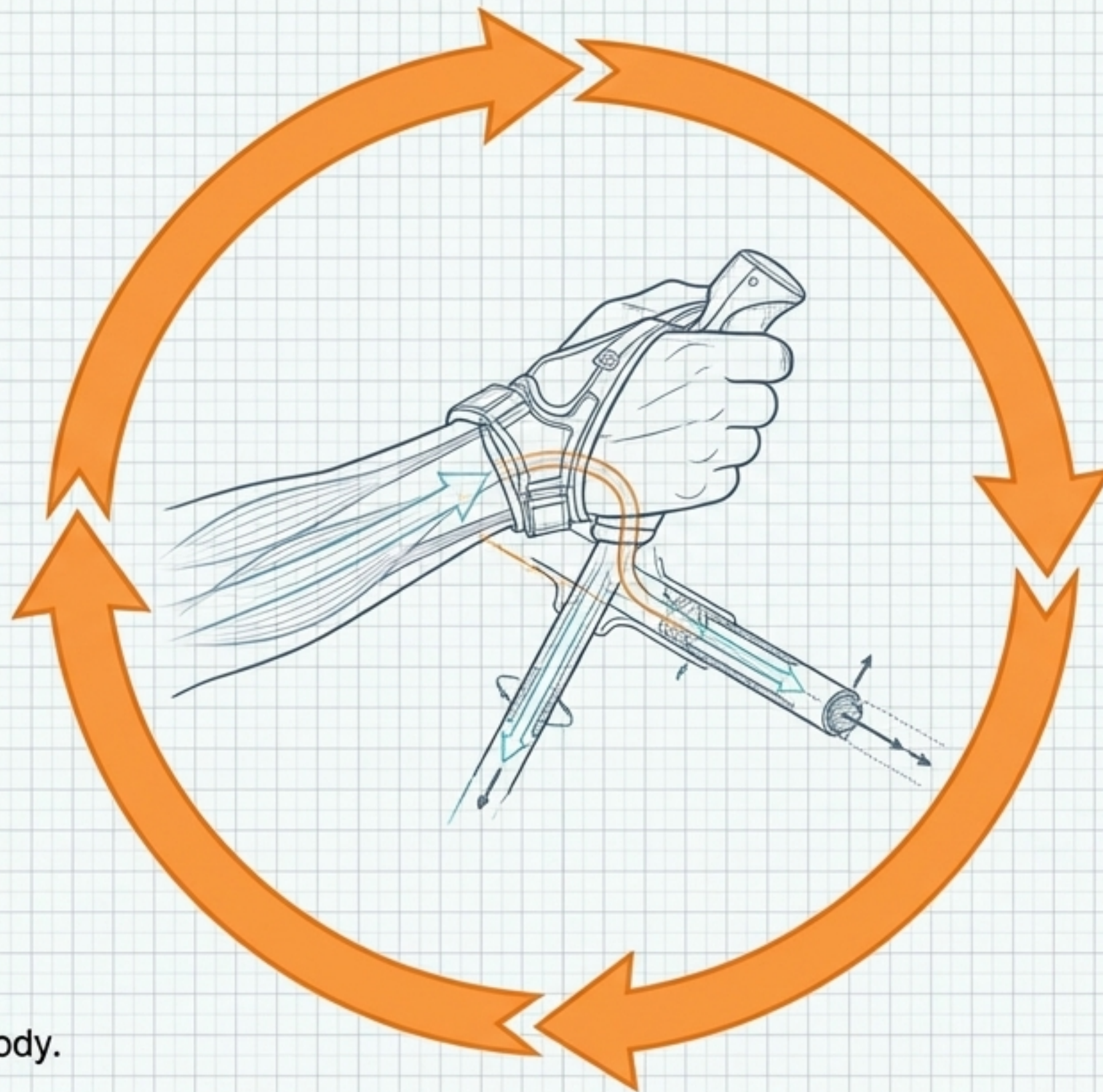
## Efficient Power Transfer

Transfers force from the arm and shoulder through the pole without requiring a tight grip.

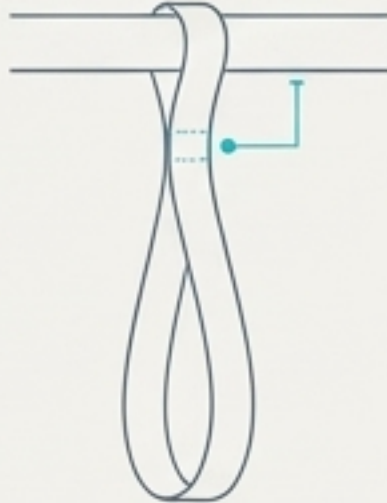
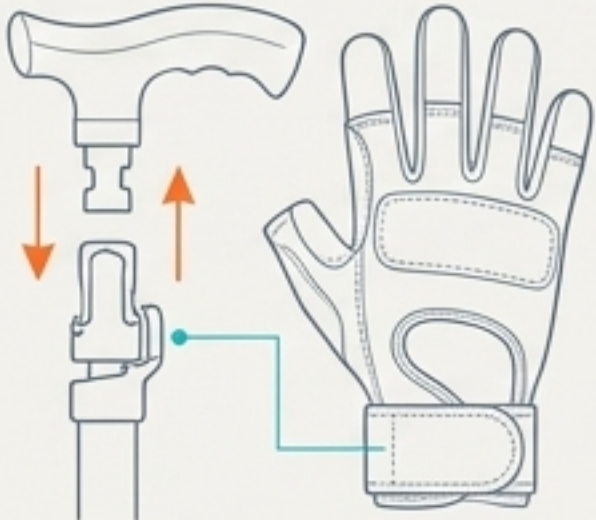


## Relaxed Movement

Maintains a fluid, natural hand motion, preventing beginner tension.



# Selecting the proper strap architecture

|                | Glove-Style Straps<br>(The Standard)                                                          | Simple Loop Straps                                                                                         | Quick-Release Systems                                                                |
|----------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|                |            |                        |  |
| Target User    | Sport & Fitness walkers.                                                                      | Beginners & Group Sessions.                                                                                | Coaches & Instructors.                                                               |
| Power Transfer | Maximum.                                                                                      | Low.                                                                                                       | Maximum.                                                                             |
| Core Trade-off | Highly secure and ideal for release, but requires specific L/R sizing and is harder to share. | Easy to adjust and share, but creates hand tension and makes it difficult to teach the push/release phase. | Convenient and safe for crowded classes, but adds weight and expense to the pole.    |

# Anatomy of the Glove-Style Strap

## The Wrap

Ergonomic wrap provides the highest level of security and comfort.

CALIBRATION

## The Release

The structural anchor required for executing a proper open-hand release.

STRAP BODY

WRIST JUNCTION

THUMB ANCHOR

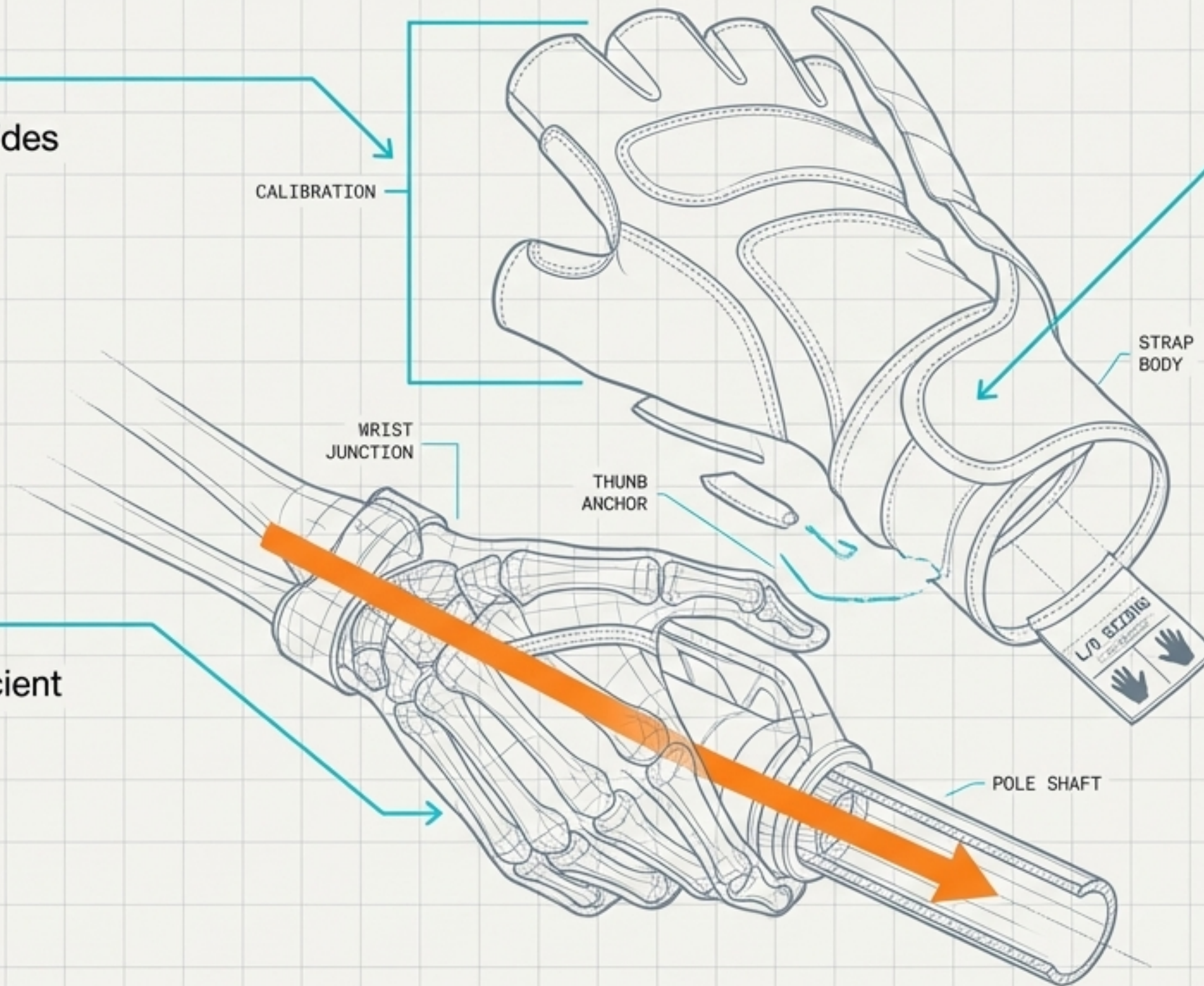
## The Vector

Delivers the most efficient power transfer from shoulder to pole.

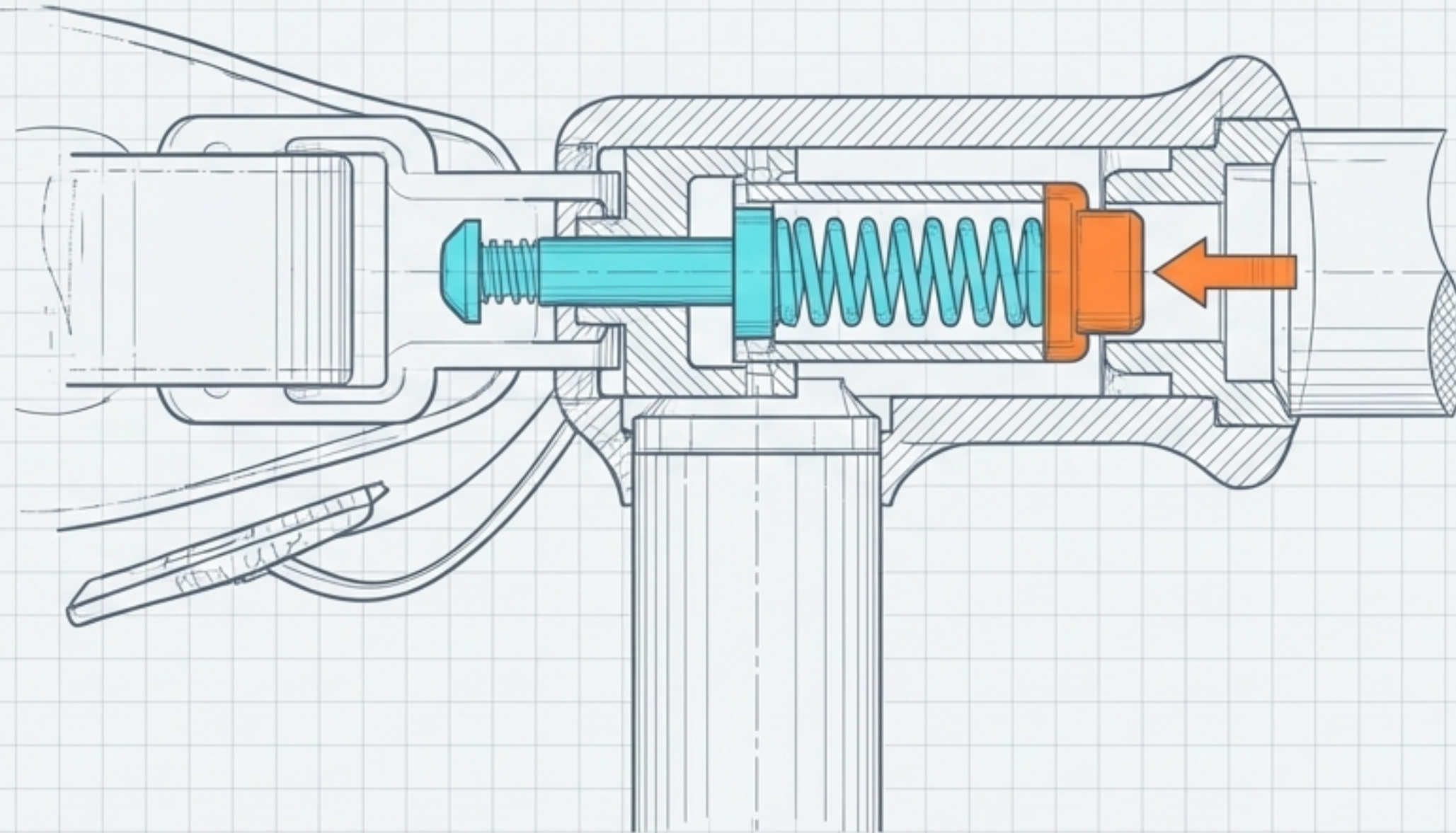
## The Constraint

Requires precise left (L) and right (R) sizing for the individual user.

POLE SHAFT



# The Quick-Release System is a specialized coaching mechanism



## Operational Utility

Detaches the glove from the pole instantly via a button or clip.

## Instructor Advantages



- Allows hands-free technique demonstrations.
- Enables rapid physical adjustment of participants' poles.
- Increases safety when managing crowded group classes.

## Equipment Cost

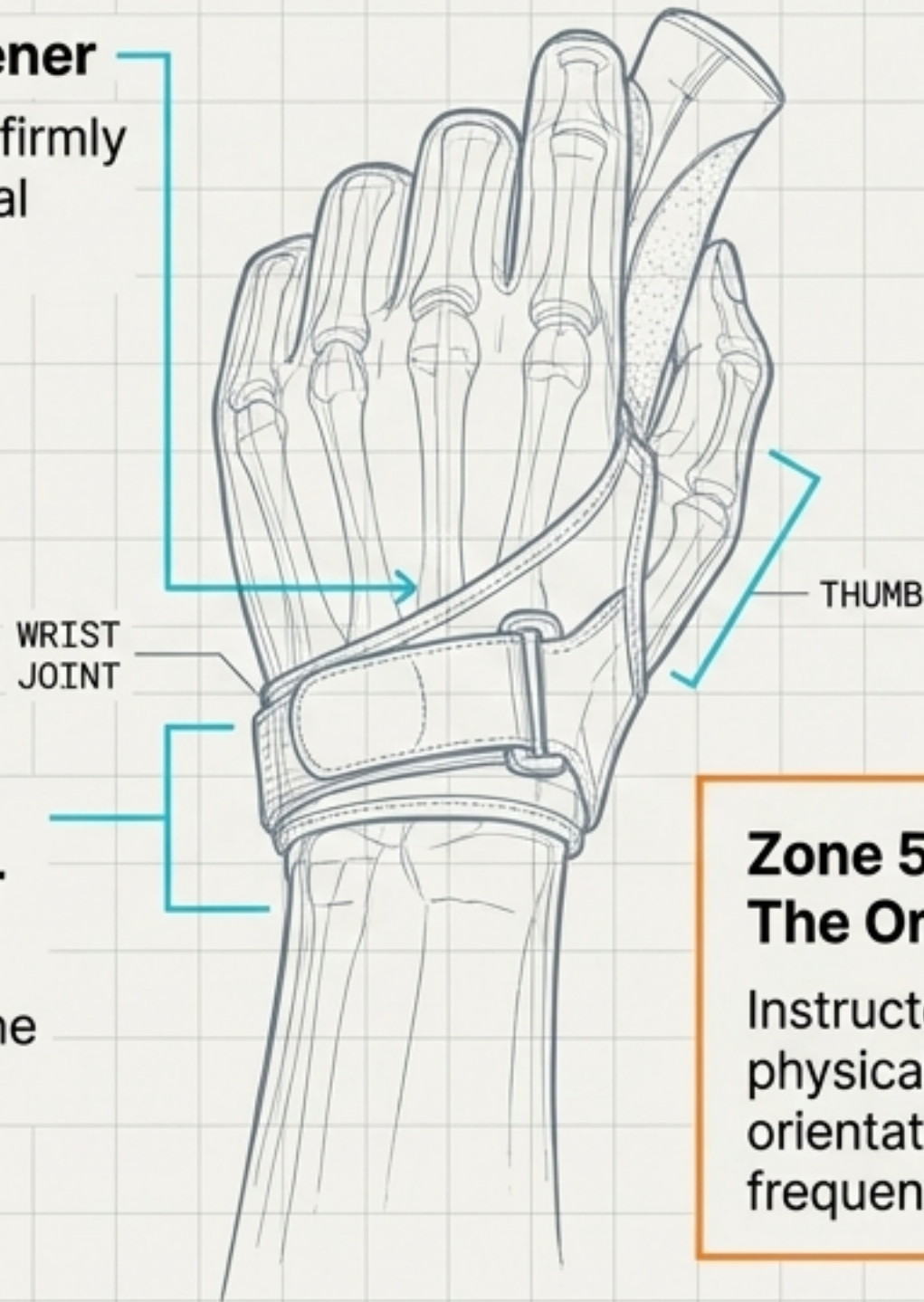


The mechanical advantage comes at the cost of added pole weight and higher price points.

# Calibrating the strap to the individual walker

## Zone 1: The Fastener

Strap must connect firmly while allowing natural wrist movement.



## Zone 2: The Wrist Anchor

Wrist must be fully supported to bear the weight of the push.

## Zone 5: The Orientation

Instructors must physically verify left/right orientation; beginners frequently reverse them.

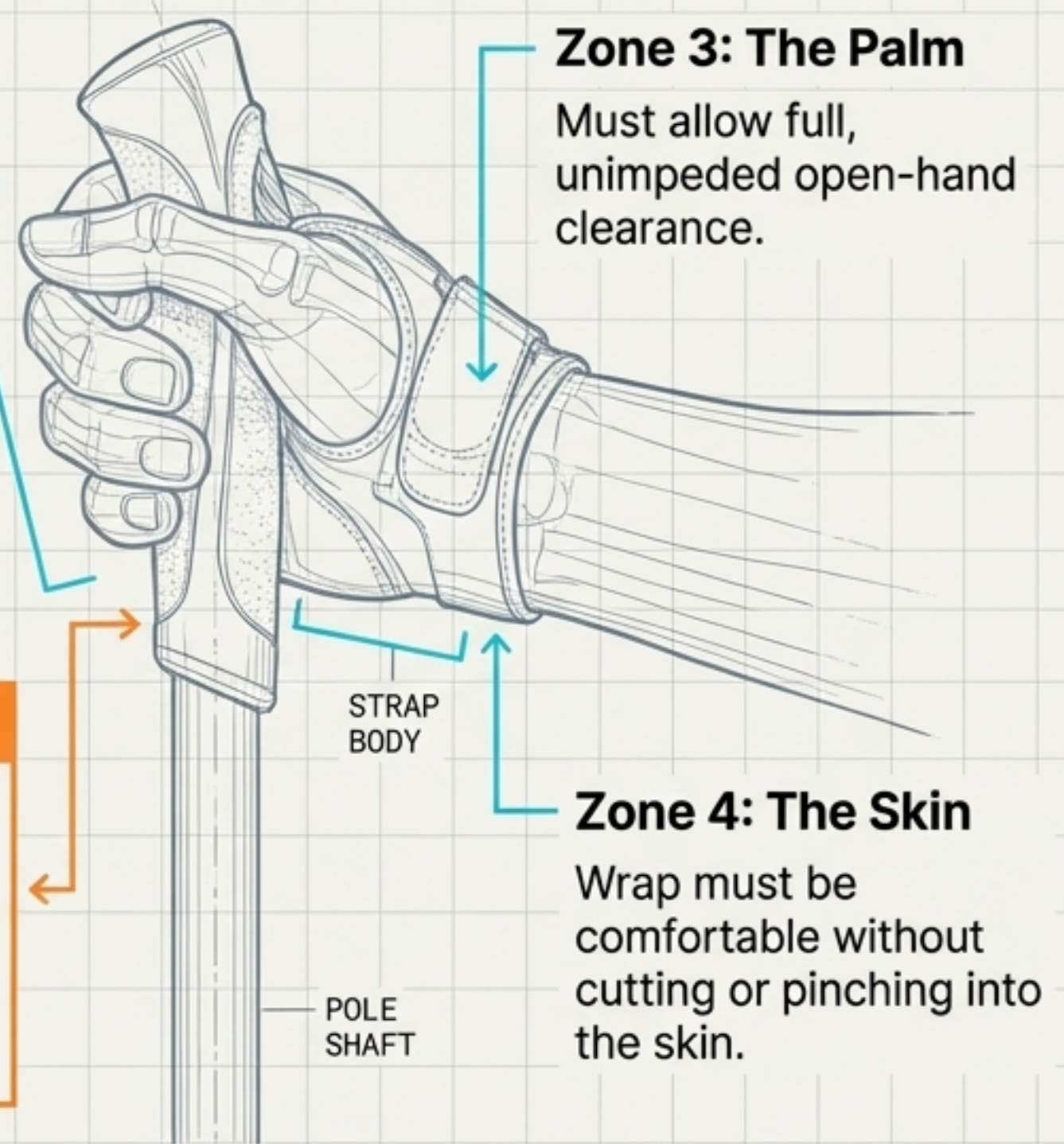
L / R

## Zone 3: The Palm

Must allow full, unimpeded open-hand clearance.

## Zone 4: The Skin

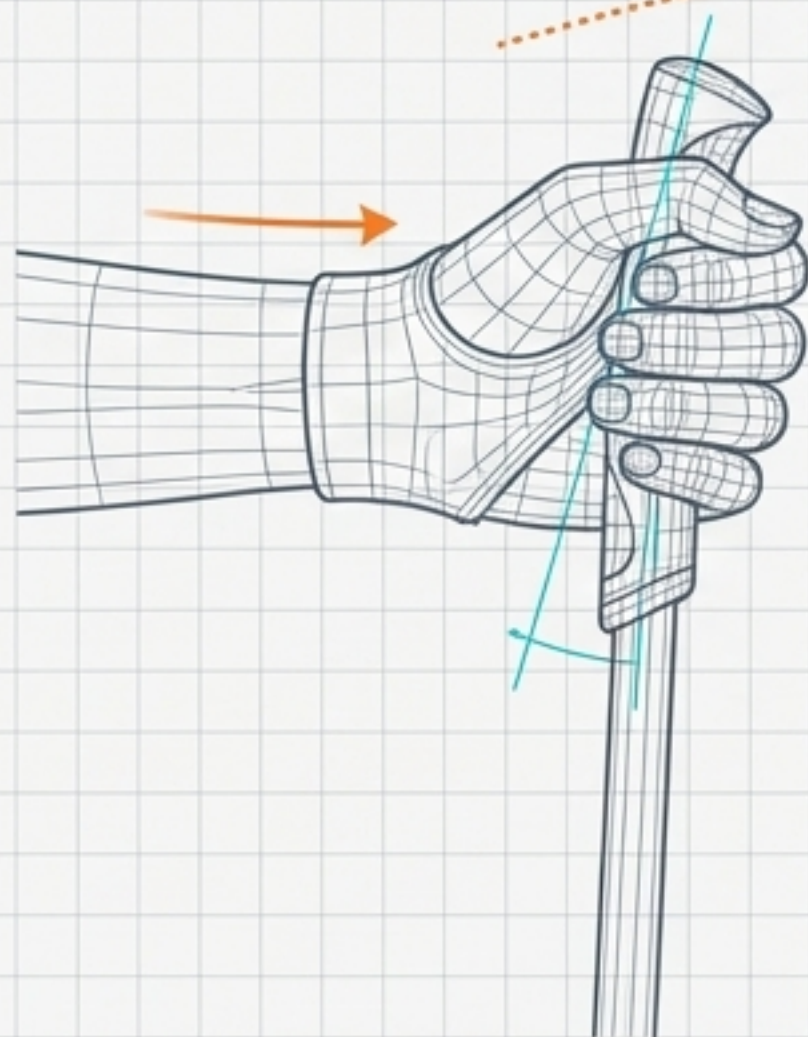
Wrap must be comfortable without cutting or pinching into the skin.



# The Biomechanical Prerequisite: The Open-Hand Release

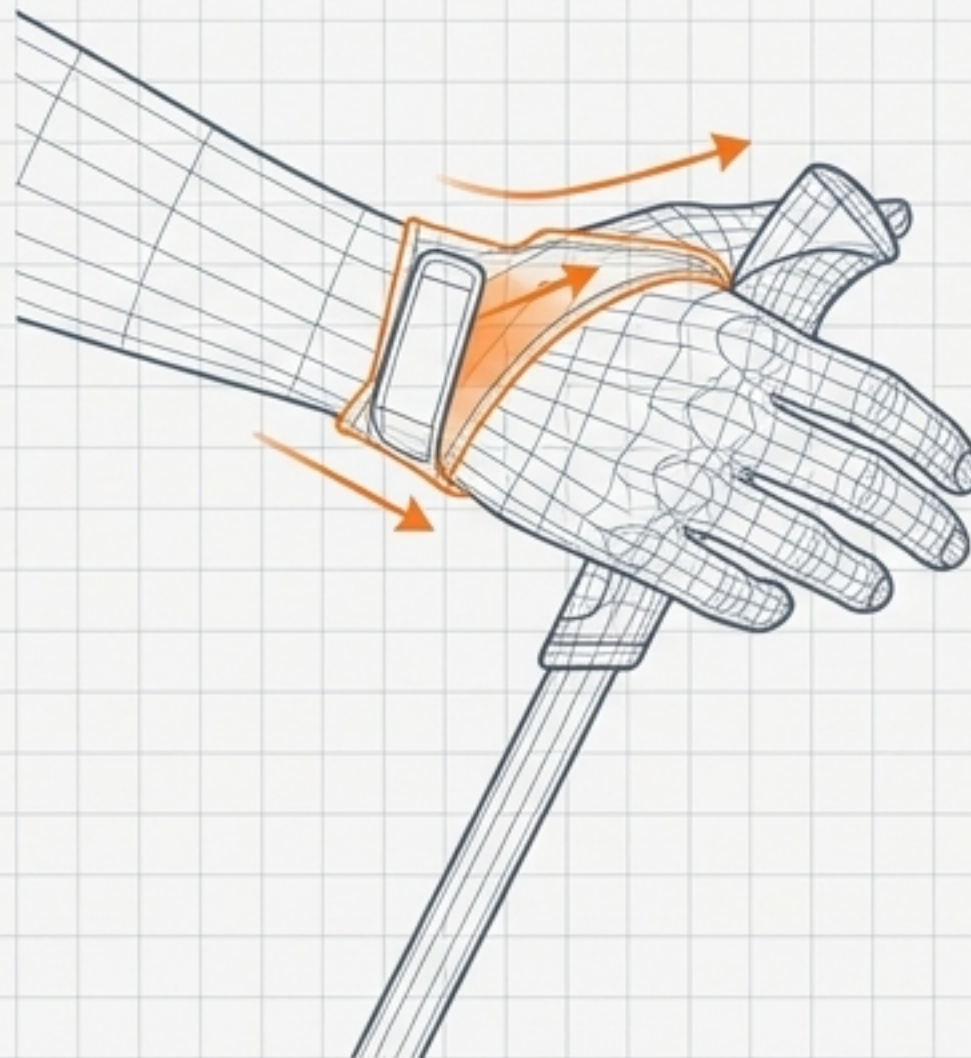
## Phase 1: The Grip

Gentle grip during the plant.



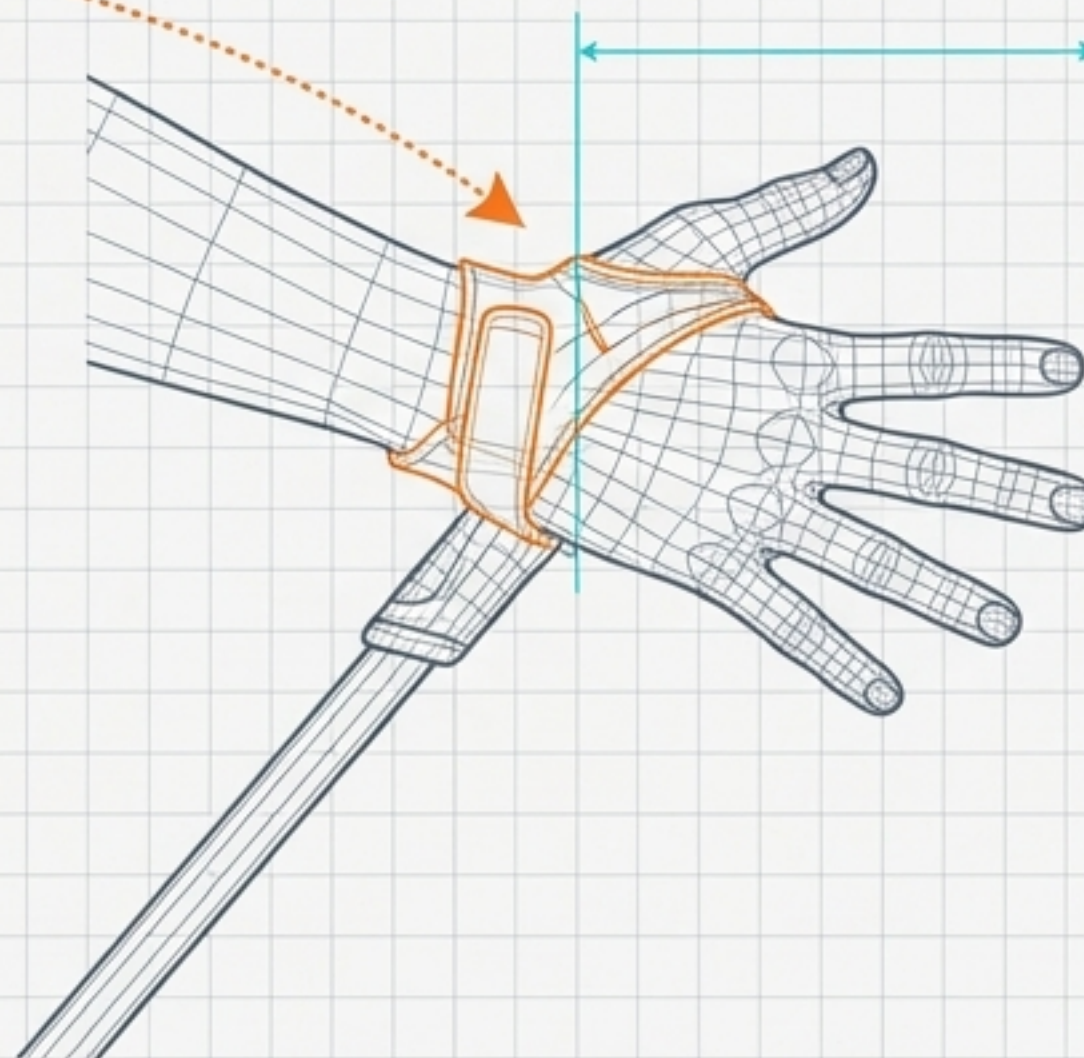
## Phase 2: The Push

Hand begins to open as force transfers directly into the strap.



## Phase 3: The Release

Complete extension. The strap perfectly secures the pole while the hand opens entirely.



# Instructor Diagnostic Desk: Troubleshooting common errors



## Symptom / Error



## Root Cause / Coaching Cue

Holding the pole too tightly.

Relax your grip — let the strap do the work.

Wearing the strap incorrectly.

Stop and demonstrate slowly how the strap fits over the hand.

No hand release behind the body.

Isolate the movement; practice opening the hand exclusively during the push phase.

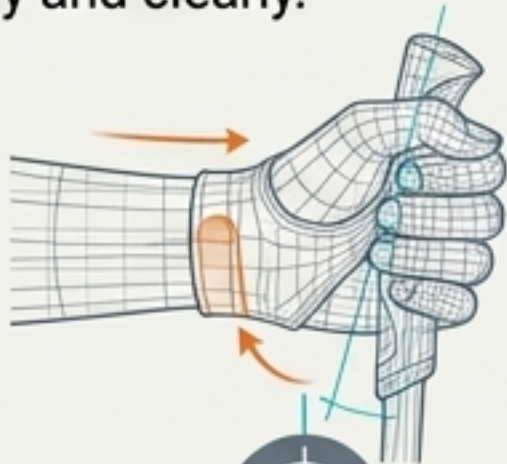
Strap twisting or rotating unpredictably.

Halt movement, physically adjust the strap tension, and re-align before walking.

# The First Five Minutes: Day-one teaching protocol

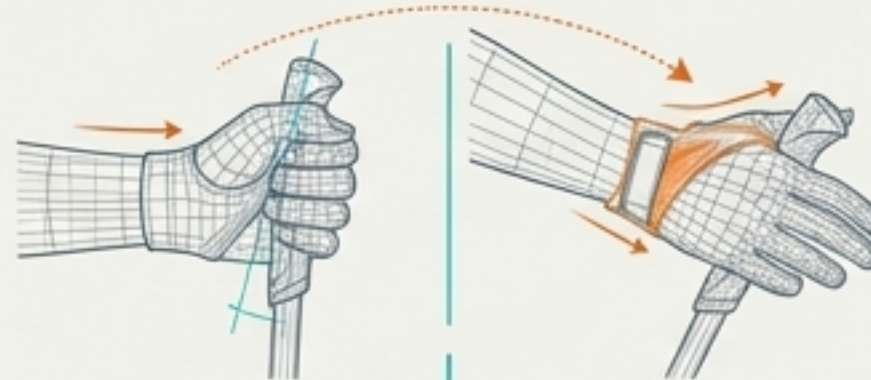
## Step 1: Visual Demo

Demonstrate fastening the strap slowly and clearly.



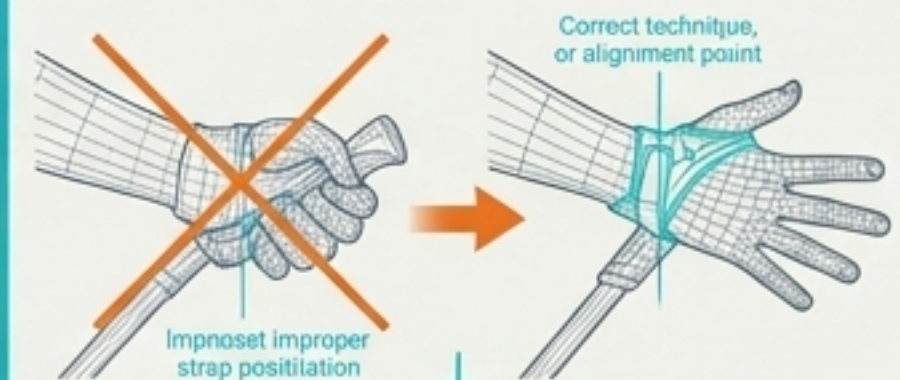
## Step 3: Stationary Practice

Let participants practice the grip and release without walking first.



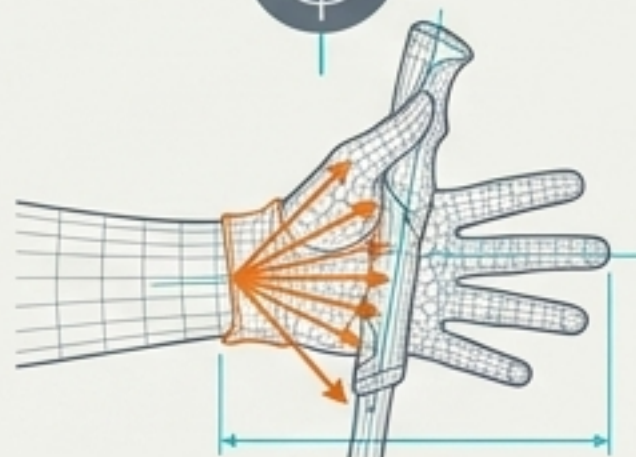
## Step 5: Immediate Correction

Correct improper strap use instantly — it affects the entire technique.



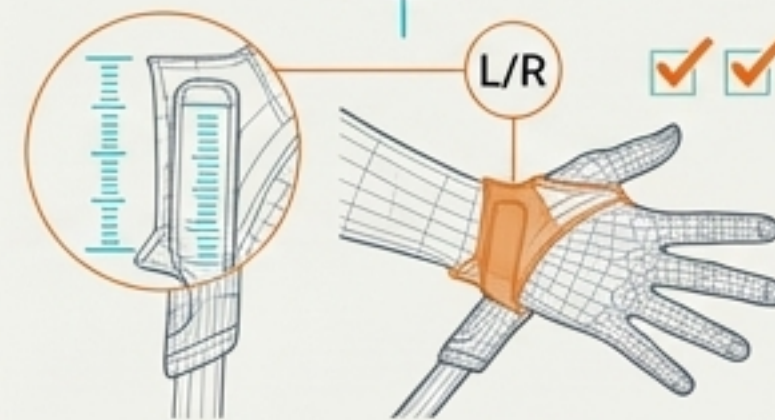
## Step 2: Security Proof

Show how the pole stays completely secure even with an open hand.

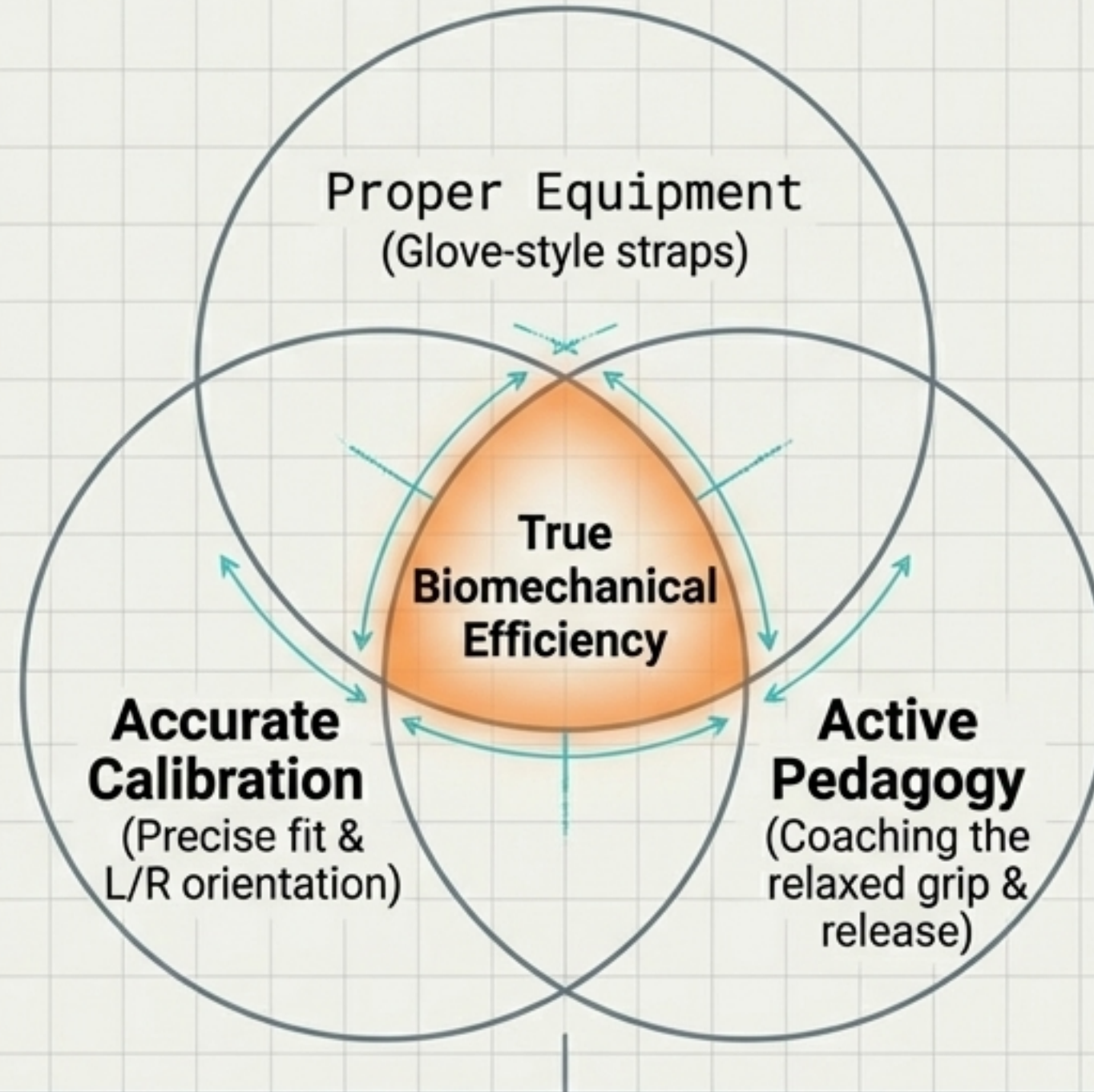


## Step 4: Individual Audit

Check fit, size, and L/R orientation individually before starting movement.



# The Ecosystem of Nordic Technique



Proper Nordic Walking cannot be achieved with equipment alone. It requires the exact intersection of the right strap architecture, perfect individual sizing, and active grip-release coaching.

# Core Protocols for Nordic Instructors



## Essential, Not Optional

Straps are the foundation of proper technique, allowing for relaxed grip and optimal push.



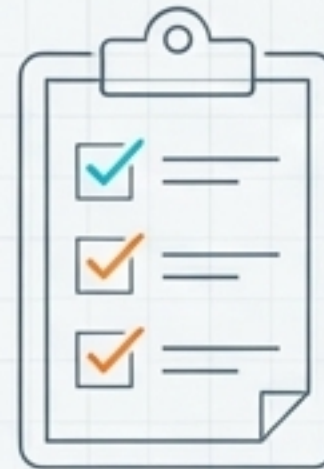
## The Gold Standard

Glove-style straps offer the best technical performance and power transfer.



## The Ultimate Goal

Correct strap utilization must culminate in the open-hand release behind the body.



## The Instructor's Duty

Coaches must rigorously verify individual fit, size, and Left/Right orientation for every participant.