



INSTRUCTION MANUAL

OUR COMMITMENT

As a family of world champion log rollers, we are passionate about the sport of log rolling and want to share the fun and benefits with others. We have been at the forefront of program development and instructional training for over 40 years, and have seen firsthand the smiling faces when people try log rolling for the first time. We have celebrated the success of countless youth and adults as their skills and confidence have grown through log rolling.

We created the portable Key Log to let people around the world know what we have known for many years: log rolling is an exceptional recreational and competitive sport. We are dedicated to helping you discover the fun and traditions behind Key Log Rolling.

We invite you to be a part of this historic sport for modern times!

KEY LOG ROLLING INSTRUCTIONAL MANUAL

Before proceeding, you should have a basic understanding of the proper use and operation of your Key Log and Trainers.

MAKE SURE YOU HAVE READ YOUR KEY LOG OWNER'S MANUAL ENTIRELY BEFORE USING YOUR KEY LOG.

Use this manual in conjunction with Key Log Rolling videos and/or training workshops. Videos are available online at www.keylogrolling.com.

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WHAT IS LOG ROLLING?

The act of spinning on a log in the water captures the imagination and attention of kids and adults alike. Log rolling is an aquatic sport and recreational activity in which participants use foot work, core strength, and balance to stay on top of a spinning log in the water. It offers participants a fun balance challenge with strong fitness benefits. Participants learn to control the speed of the log using quick footwork and weight distribution. You can enjoy log rolling alone, with a partner, as a team, or simply as a social activity. It can be done recreationally or competitively.

HISTORY OF LOG ROLLING

Log rolling has a very colorful history, one that all ages enjoy learning about. Prior to the development of roads and trains, loggers used rivers to transport cut logs from the forests to the sawmills. The dangerous job required men to run back and forth across rivers filled with floating logs to prevent log jams. Learning to spin on the floating logs was essential for survival, to stay above the ice cold water and the crush of oncoming logs, but it was also adventurous and fun! Log drivers would challenge one another to matches and, unwittingly, they created a recreational sport that has endured for more than a century.

The first unofficial world championship was held in 1898 and a national governing body was formed in 1926. Today, youth and adults compete in regional and national tournaments.

We developed the portable, synthetic Key Log® to make the sport more accessible to a wider audience, nationally and internationally. Key Log's vision is that log rolling will be an Olympic sport one day.

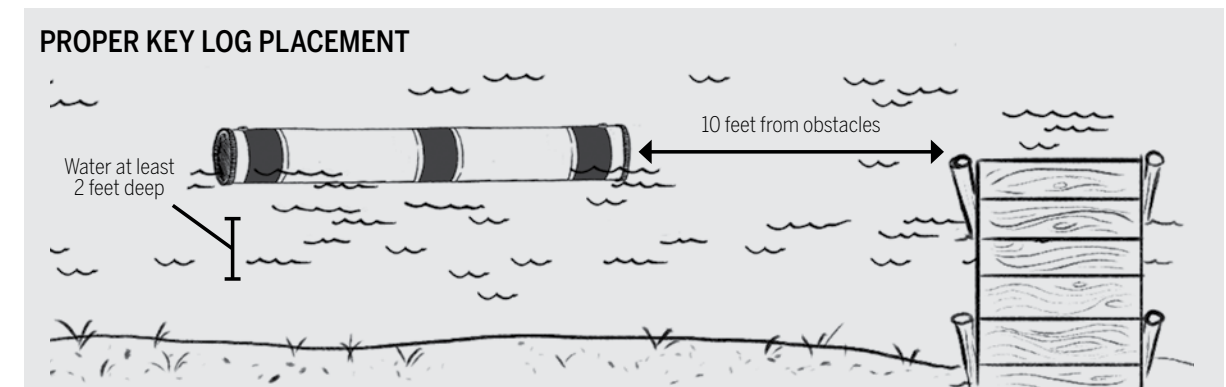


THE PHYSICS OF LOG ROLLING

Sir Isaac Newton's Laws of Motion are on full display in log rolling! A floating log spins, stops, and changes directions in response to your weight placement. Even micro movements can cause the log to spin or to stop spinning, and to reverse direction. The principles of log rolling are basic, but the variations are as numerous as the people who practice the sport. Everyone has their own individual style for managing balance and stepping patterns, depending on individual body types.

SITE SELECTION

- Use the Key Log only in water that is at least 2 feet in depth.
- The area should be clear of all underwater obstructions and debris, preferably a level, sandy area or pool. Remove any rocks.
- Ensure that the Key Log is perpendicular to any structure, dock, or pool edge OR at least 10 feet away from any structure, dock, or pool.



SAFETY

Log rolling is a safe sport, but like all sports activities, certain precautions must be taken to ensure a safe, enjoyable experience. When the Key Log is in the appropriate water location and completely filled with water, you can begin Key Log Rolling.

Falling into the water is a frequent and fun occurrence when learning to log roll. Observe these safety precautions to avoid getting hurt, or hurting others, when you are Key Log Rolling:

- Do not dive off the Key Log.
- Do not jump onto the Key Log from a dock or deck.
- Do not jump from Key Log to Key Log.
- Do not link Key Logs together.
- Stand only in the traction areas of the Key Log. Do not stand on the stripes, smooth areas of the log, or training fins, all of which are slippery when wet!
- Do not try to reach for the dock or deck when falling off of Key Log.
- Beginners should roll with people of similar weight and strength.

NEVER allow spectators or participants to stand along the sides of the Key Log. Instruct them to stand/wait at the ends. The person rolling on top of the Key Log needs ample space to fall forward and backward, without the potential of landing on someone.

USING YOUR KEY LOG TRAINING FINS™

The Key Log Training Fins are designed to slow and stabilize the spin of the Key Log. Use of the fins is optional but recommended for beginners. A Key Log can be fitted with one, two, or three fins, depending on each user's skill level. Refer to the Owner's Manual for detailed instructions on how to properly attach your Key Log Training Fins.

As a general rule of thumb, being able to stay on top for more than a minute indicates that you have relative command of the log. Once you feel that you have general control over the speed and direction of the spin of the Key Log, it may be time to remove a fin.

Typically you will find that you are able to log roll with fewer fins by yourself than when you log roll with another person on the Key Log.

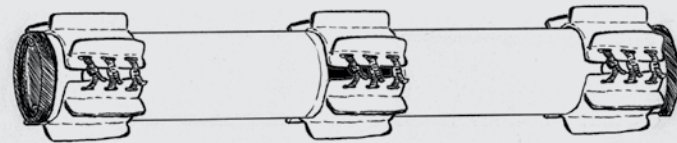
Once you have a general proficiency, we encourage you to experiment with different numbers of fins to practice at varying speeds and levels of stabilization.

As you advance, if you would like to work on your speed and foot work, reduce the number of fins. If you would like to focus on long, endurance rolls you should increase the number of fins.

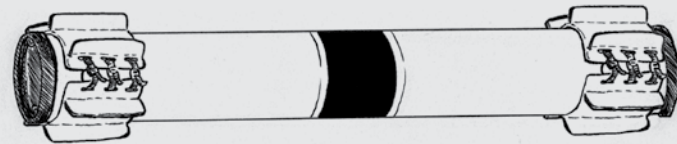
RECOMMENDATIONS:

The Key Log Training Fins are critical in learning to log roll. For all first-time log rollers, we recommend starting with three fins for the slowest speed and the most stabilization. As you progress, you should remove fins one by one.

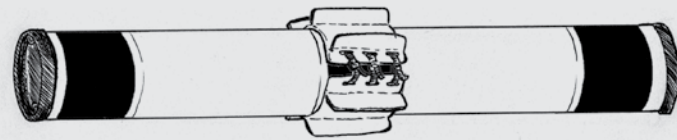
FAST



FASTER



VERY FAST



FASTEST



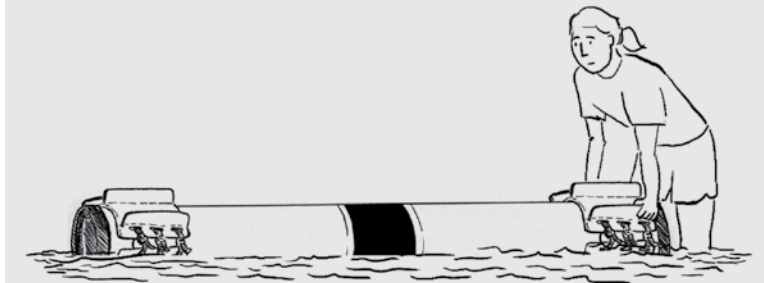
START WITH A STEADY KEY LOG

To safely and efficiently learn how to log roll, it is important to step onto a steady Key Log. You may want to recruit a friend or two to help by holding the Key Log. As you progress, the goal is to be able to step onto the log without assistance.

To hold the Key Log effectively, apply firm but flexible pressure. Ideally, the holder should keep the Key Log steady while you begin, and gradually remove pressure during the first few seconds as you gain balance and footwork. The Key Log Training Fins provide an easy grip to hold on to.

ZERO-DEPTH TO KNEE-DEEP

When holding the Key Log from a zero-depth, waterfront setting, the holder(s) should stand in water approximately knee-deep and hold the end of the Key Log with a firm grip using hands and arms.



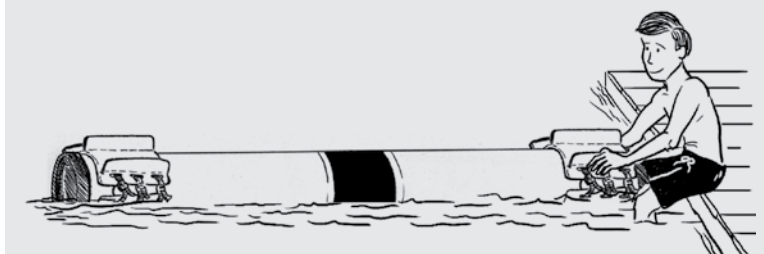
WAIST TO CHEST DEEP

When holding the Key Log steady while standing in deep water (between waist and chest height) the holder will stand at the end of the Key Log with arms wrapped firmly around the Key Log and hands gripping the training fins and apply pressure with forearms.



DEEPER THAN SHOULDERS

If using the Key Log in deep water (over the shoulders), place the Key Log at a "T" (perpendicular) to the edge of the pool deck, dock, or other stable platform. The holder will sit on the edge with one leg on either side of the end of the Key Log, and stabilize the log with hands and forearms.



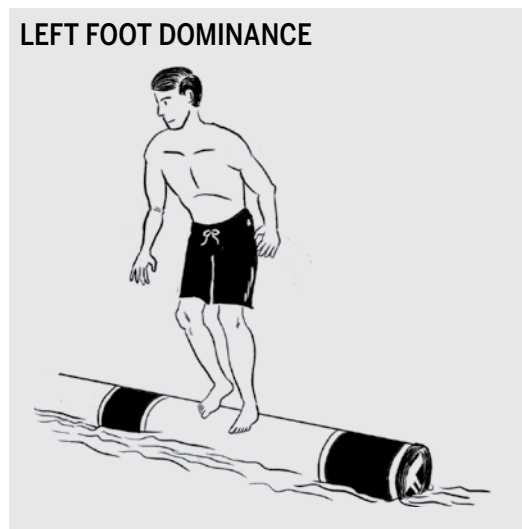
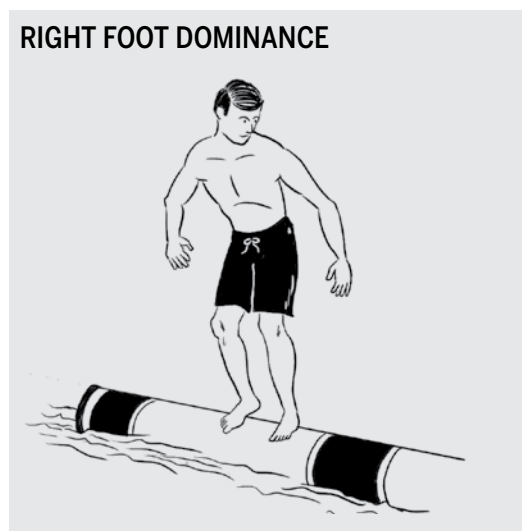
LET'S BEGIN!

DETERMINING FOOT DOMINANCE

In log rolling, athletes tend to have a preference for the stance that they take on the log, which correlates to their dominant foot strength. Foot dominance is especially important in sports such as surfing or snowboarding, where the dominant foot will lead on the board. This is true in log rolling as well. The direction that you stand on the Key log will be based on your foot dominance or foot strength, with your dominant foot being closest to the end of the Key Log.

Prior to stepping onto the log, you should attempt to establish which is your dominant side. If you don't know your foot dominance, you can determine it in the following ways:

- If you snowboard, skateboard, or surf it is your lead foot.
- Stand with your legs shoulder width apart and have someone gently push you forward. This does not need to be a hard push and it should be done unexpectedly. The foot you step forward with is most likely your dominant foot.
- Simply try it both ways to determine which is more comfortable/natural.

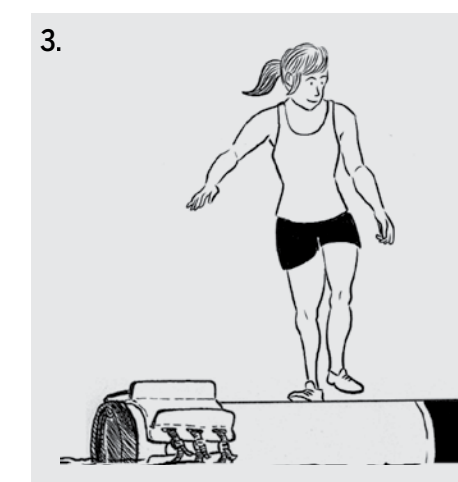
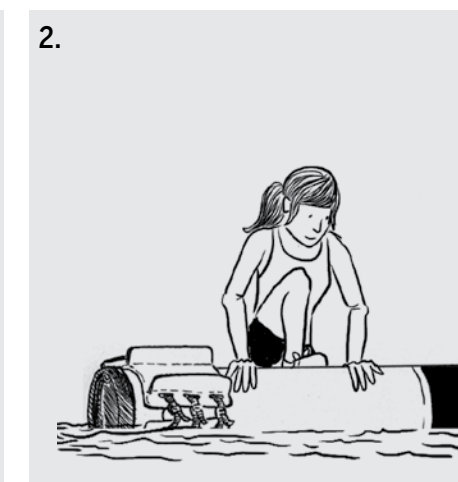
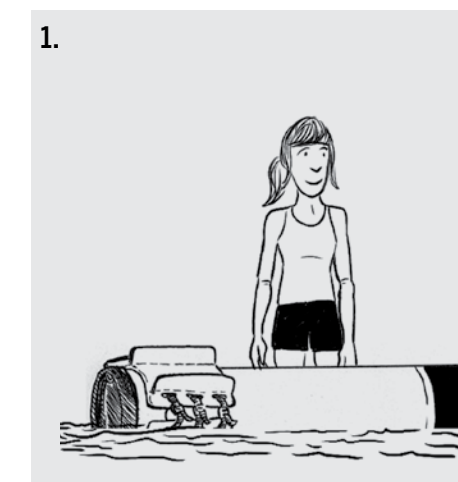


HOW TO GET ON THE LOG FROM SHALLOW WATER

1. Stand with the Key Log in front of you, and decide which end you will stand on based on your dominant foot. If you are left-foot dominant, you will step up on the left end of the log as you face it; if you are right-foot dominant, you will step up on the right end of the log. Your dominant foot will always be on the outside end, and you will be gazing toward the center of the Key Log.
2. Place your hands lightly in the middle zone of one of the traction surfaces, and place your dominant foot in between your hands.
3. Step up onto the Key Log with your feet perpendicular to the length of the log. Begin taking small steps immediately.

➤➤ **WARNING** ⚡⚡

When rolling with less than three Key Log Training Fins, avoid the non-traction areas.
They are slippery, and in competition, stepping in those areas will cause a penalty.



HOW TO GET ON THE LOG FROM DEEP WATER

1. Stand at either side of the Key Log and place your hands on top of the log in the middle zone of the traction surface area.
2. Prop yourself up and throw your outside leg over the Key Log, in a motion similar to getting on a horse, so that you end up sitting on the log facing towards the middle of the Key Log.
3. Lean forward with your hands on the log in front of you, bend your knees behind you and rest your feet on top of the log.
 - Before you stand up, think about which way to face so that your dominant foot is on the outside, nearest the end of the log.
4. Next you will stand up in one smooth, swift motion.
 - Press your weight into your hands as you push up from your feet and hips.
 - Get your feet underneath you, stand up and turn your feet across (perpendicular to) the length of the log.
 - Begin taking small steps immediately.

WHERE TO LOOK?

DO NOT LOOK AT YOUR OWN FEET!

This is a cardinal instruction in log rolling. **DO NOT LOOK AT YOUR FEET.** Instead, focus your gaze on the opposite end of the log in the traction surface area, where another person would be rolling. You must look at the opposite end of the log for two reasons:

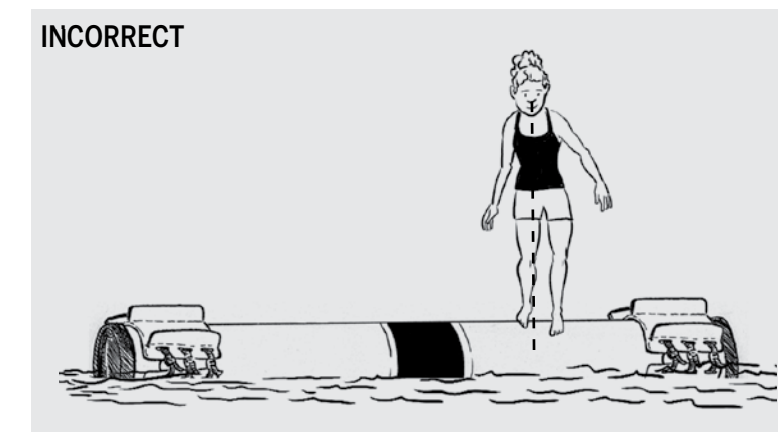
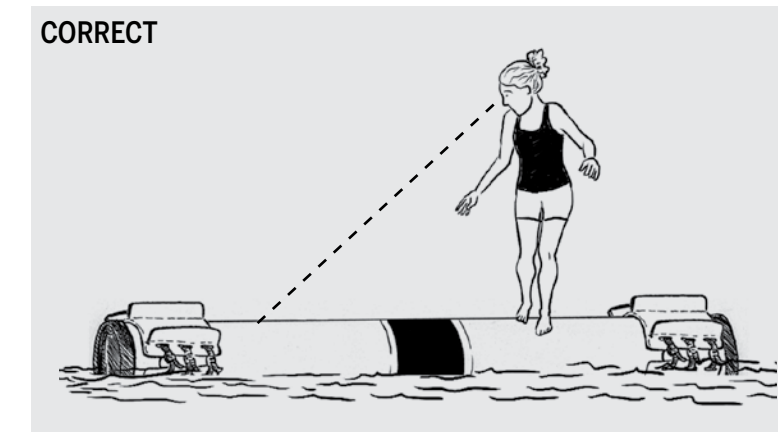
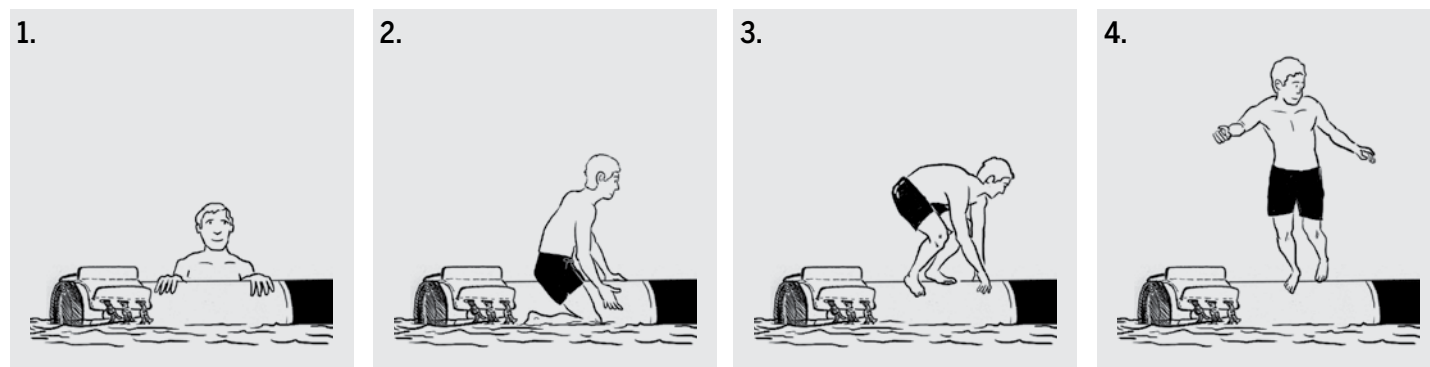
- Looking down at your feet pulls your upper body down and away from the center of the log. This immediately puts you in a weak position.
- When you begin rolling with others, you will be able to see his/her footsteps and anticipate which direction s/he may try to spin the log. You will also be able to see their body movements in your peripheral vision.

➤➤➤ KEY TIP ➤➤➤

The most common mistake for first time log rollers is to look down at their own feet. This is very natural, your brain is alerting you that the object below is about ready to move, and your eyes naturally follow to look.

➤➤➤ KEY TIP ➤➤➤

Avoid resting on your knees as you stand up. Try to move directly from straddling to standing up in one smooth motion. Practice standing up and taking the correct body stance several times in a row.



THE PROPER STANCE

The number one objective in log rolling is to keep your feet moving...fast! If you do everything else perfectly, but you do not move your feet, you will fall off. This is important to keep in mind as you think about your stance.

It is natural to want to get steady and balanced before you begin moving your feet, but lightly lifting your feet up and down will help you move into the proper stance.

- As soon as you step up onto the Key Log, begin taking small light steps.
- Remember to look at the opposite end of the Key Log!
- Bend your knees slightly, with feet hip-width apart, perpendicular to the length of the log.
- Hold your outside arm (nearest to the end of the log) slightly forward, in front of your body. Hold your inside arm slightly back. Overall, your arms should be relaxed. The arms assist in balance but are not as powerful as your core for balance.



KEY TIP

Remember that the log holder is there to steady the Key Log and keep it from spinning, just until you gain your balance. The goal is for you to eventually step up on your own, so you should practice taking fast steps as soon as you step up, which is what you must do when you no longer have a log holder. Try taking quick, light steps before you even worry about your stance. Your foot work will help you move into the proper stance and find your balance.

THE PROPER STANCE



FOOTWORK

As a beginner, your main objective is to keep your body centered over the Key Log and stay on top using small fast footsteps.

The biggest challenge is to ALWAYS keep your footsteps on the very top of the log. Think about preventing the log from rolling, by taking MICRO mini steps. To adjust to the direction that the log is spinning, you will find yourself taking steps slightly forward or slightly back.

As you adjust, you will learn to control the direction and speed of the log with your footwork and weight distribution. Once you have moderate success in controlling the speed of the log (i.e. not falling off as frequently) you will be ready to develop the three main skills of log rolling:

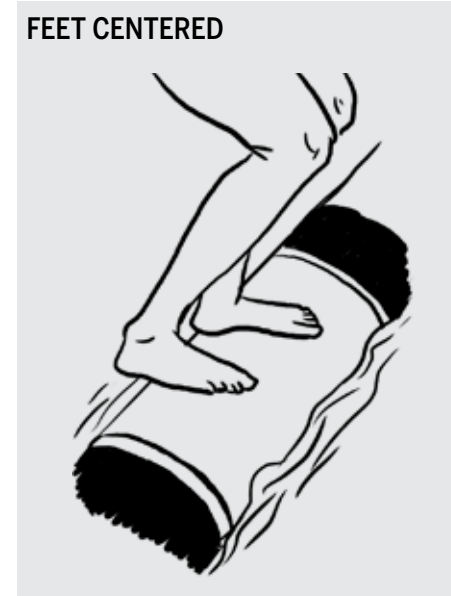
1. The Front Step
2. The Back Step
3. The Transition

Imagine there is a center line running along the top of the length of the Key Log. When the Key Log is spinning backward toward you, you must step forward, up and slightly over this imaginary center line to control the speed; this is called the front step.

Conversely, when the Key Log is spinning forward, away from you, you must step backward, up and slightly over the center line; this is called the back-step.

If you do not constantly step 'up to the top' of the log your feet will get low on the side of the log and you will roll with the log into the water.

FEET CENTERED



FEET LOW ON THE LOG



THE FRONT-STEP

The front-step is similar to walking forward on the ground. In the same way that a treadmill works, the log will be spinning in the opposite direction that you are stepping.

- Take the basic stance: bend your knees, stand upright with relaxed shoulders, arms slightly out, looking at the opposite end of the log.
- Lift your feet lightly up and down in very small micro steps, placing each foot slightly OVER the top of the log. If you only step TO the top, but not slightly OVER the top, the momentum will build and the log will start to spin faster in the same direction.
- You will use your entire foot in a heel to toe motion, with the weight in the center of your foot. If you rise onto your toes, this is a sign that you are leaning too far forward and off the center balance line.
- Think of moving forward from your core and focus on driving your hips and quadriceps forward onto the top of the log. Use your leg strength and foot speed.



KEY TIP

As soon as your arms and shoulders rise up, this is a sign that you are off balance and being pulled backward by gravity and the mass of the log. Immediately tuck your core and bring your arms down.

ARMS UP - OFF BALANCE



ARMS DOWN - CORE CENTERED



THE SKIP-STEP - FRONT-STEP VARIATION

The best method to keep control of the Key Log while front-stepping is to take very small, fast steps. The more touches with your feet you have on the log, the more control you have. But as the log begins to spin faster, it may become more difficult to maintain control of the speed with your regular front-step pattern. We have developed a technique called the “skip-step” which is done in an asymmetrical pattern to allow you to make quick recoveries to slow and control the log.

- While using your ‘dominant foot’ (think: outside foot) take a step slightly over the top of the log. This “over-the-top” technique enables the roller to rein in, or brake the log.
- Quickly follow up with the inside foot, stepping just to the top of the log, but not over it. This creates the asymmetry.

Repeat, repeat, repeat. When first practicing the skip-step, it can feel a little forced, and you may only string together two or three steps. But with repetition, you will begin to use the skip-step naturally and seamlessly.

Practice the skip-step pattern on the pool deck or beach. Step your dominant foot (outside foot) in front of you, then step your inside foot just up to meet it, not stepping beyond your outside foot. Repeat this pattern while speeding up as you move forward.

For more info, refer to the “Skip-Step Quick Tip” Video at keylogrolling.com.

THE BACK-STEP

This step is similar to walking backward on the ground. The log is spinning forward in relationship to you.

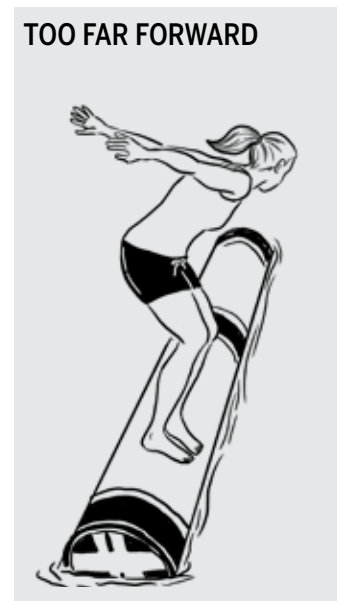
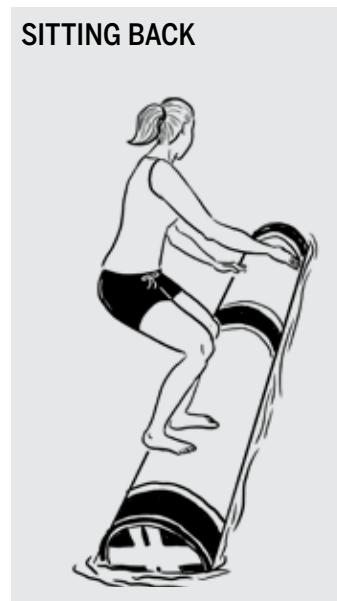
Take the basic stance: Bend your knees, stand upright with relaxed shoulders, arms slightly out, looking at the opposite end of the log.

With very light and fast footwork, step backwards placing the heel of each foot slightly over the top of the log. If you only step to the top, but not slightly over the top, the momentum will build and the log will start to spin faster in the same direction.

The rhythm of the back-step is even and staccato-like.

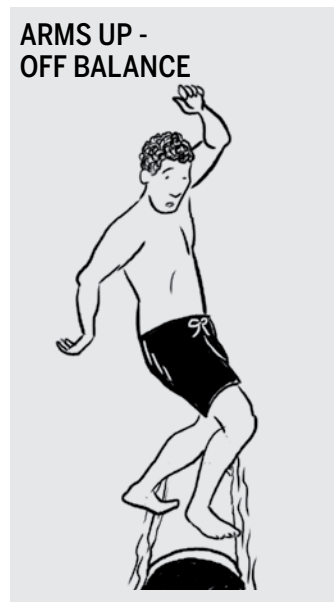
While the front step uses the skip step to control the speed of the log, the back-step utilizes a technique known as "sitting back". Sink down and back using your quadriceps and glute muscles. The motion is the same as doing a wall sit or chair pose in yoga. If you over-compensate, you will simply fall safely into the water.

Keep your core centered over the log. If you find yourself being pulled forward, bending at the waist and/or dropping your shoulders, you need to pull your core up and sink your butt down and back.



KEY TIP

Resist the instinct to lean back or throw your head and shoulders back. This will only put you off balance, and in a precarious position. You should sink down and back and keep your core over the log.



THE TRANSITION

Once you have gained control with the front step and back step, you will need to concentrate on the transition between the two. This is not a specific technique but is rather an awareness of your balance as the log changes direction, and a reaction before the change happens.

Staying on the log is a seamless series of transitions to maintain balance. As you gain proficiency, you will be able to intentionally reverse directions using your footwork and weight. This is where the true balancing of log rolling comes into play.

THE TRANSITION AS A REACTION

When attempting to control the speed of the log while back-stepping or front-stepping, be aware that you may over-compensate to a degree that will cause the log to suddenly reverse directions. You will need to be ready for this directional change.

As soon as you feel the log changing direction, you should transition your body to a more neutral position, shifting your weight either slightly forward, or slightly back.

KEY TIP

Imagine that the log is spinning fast on your back step, so you sink down and back to slow it down. You did it so well that the log reversed direction completely! Now you need to drive your hips forward, and take small, fast front steps.

THE TRANSITION AS A DECISION

As your skills improve, you will be able to exert control over the speed and direction of the spinning log. Practice rolling in one direction for 15-30 seconds, then change direction and roll again for 15-30 seconds.

KEY TIP

Increasing your foot speed as the log changes direction will make for a more fluid transition.

REVIEW OF THE FUNDAMENTALS

TAKE SMALL STEPS

Try to imagine you are lifting each foot one inch above the log on each step. Quick, light footwork is crucial to staying on top. Even one misstep can cause your footsteps to drop “low” to the side of the Key Log, rather than on top. This often results in the instinct to take larger steps which only causes the log to spin faster from the increased momentum.

KEEP YOUR FEET IN CONSTANT MOTION

It may feel awkward to keep your feet in constant motion, especially if the Key Log is not spinning fast, but it is essential to successful log rolling. The more touches you make with your feet on the log, the more control you have over the speed and direction. NEVER STOP MOVING YOUR FEET.

DO NOT LOOK AT YOUR FEET OR OUT IN FRONT OF YOU

Keep your gaze focused on the opposite end of the log.

BEND YOUR KNEES

Make sure your knees are always slightly bent. When you feel off balance, check your knees! Bending your knees will automatically put you back into the basic proper stance.

ENGAGE YOUR CORE

Before the log begins to roll, tighten your stomach muscles to prepare them to begin working.

BE AWARE OF YOUR HAND/ARM POSITION

- The hands, arms, and neck area reveal a lot about how balanced and/or relaxed you are. Learn to recognize the difference between tense and relaxed, and make adjustments as needed.
- If your arms fly up and back, you are off balance and leaning back with your upper body. You are probably standing too straight and taking too big of steps. Bend your knees, tuck your core, and take small, quick steps.
- If your hands go down and in front of you, you may be bending at your waist rather than sinking down and back with your quads and glutes.

LOG ROLLING WITH ANOTHER PERSON

The sport of log rolling grew out of the inherent desire to show off skills and challenge one another. The competitive nature of the traditional log drivers is no different than of people today.

Most beginning log rollers tend to want to test their skills against others...often sooner than they are ready! There is no specific guideline to determine when you are ready to roll against another person, and it is perfectly fine to try it out early. Simply be aware that rolling with another person will be an added challenge, making it more difficult to focus on your own skill development. You can interchange between rolling with a partner and practicing by yourself. Laying a solid foundation of your own skills will make rolling with others all the more fun!

As a general rule of thumb, once you have learned the basics of log rolling and controlling the speed and direction of the log, you are ready to concentrate on the challenge of rolling with another person. Initially, you will be set off balance by the weight and footwork of the other roller but gradually you will be able quickly respond to the faster pace and sudden changes in direction.

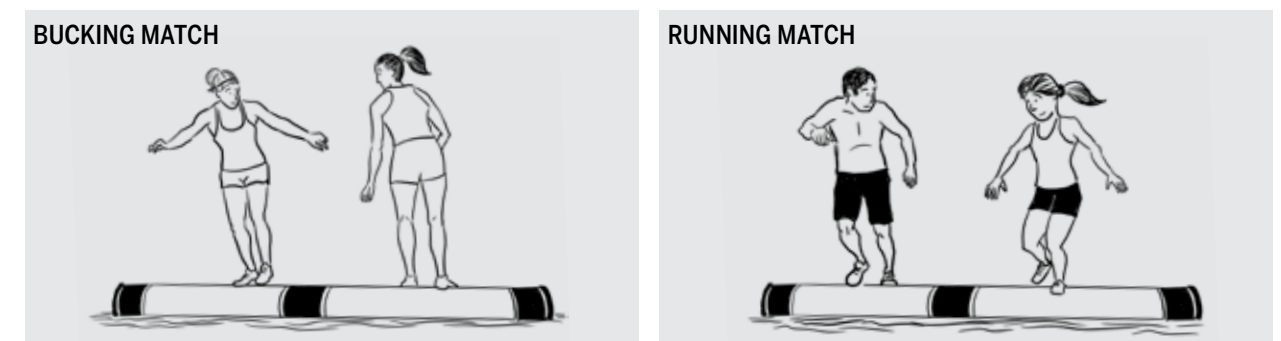
Log rolling is a fun way to get exercise or spend some time outside with a friend or partner. You can take turns or roll together. When rolling with a partner, you can work together to see how long you can stay on as a team, even helping to keep one another on by slowing the log for one another. Or you can challenge each other in friendly matches.

When you are log rolling simply for fun and recreation, feel free to make up your own games and challenges. We've included a list of drills and games to play as an addendum to this manual.

People of the same “foot dominance” (two right-dominant or two left-dominant rollers) will log roll facing opposite directions on the log. This is commonly referred to as a “bucking match.”

When a left-foot dominant and a right-foot dominant roller compete, they will face the same direction. This is commonly referred to as a “running match.”

In a “running match,” both log rollers will be front-stepping and back-stepping at the same time. Conversely, in a “bucking match”, one log roller will be front-stepping while the other is back-stepping and vice versa. This will create varying dynamics on the log that require advanced techniques and strategies.



COMPETITIVE LOG ROLLING

A competitive log rolling match consists of two people on the same log, each vying to stay on the longest in a series of predetermined rounds. The rollers may not make deliberate contact with each other, or step on the center line.

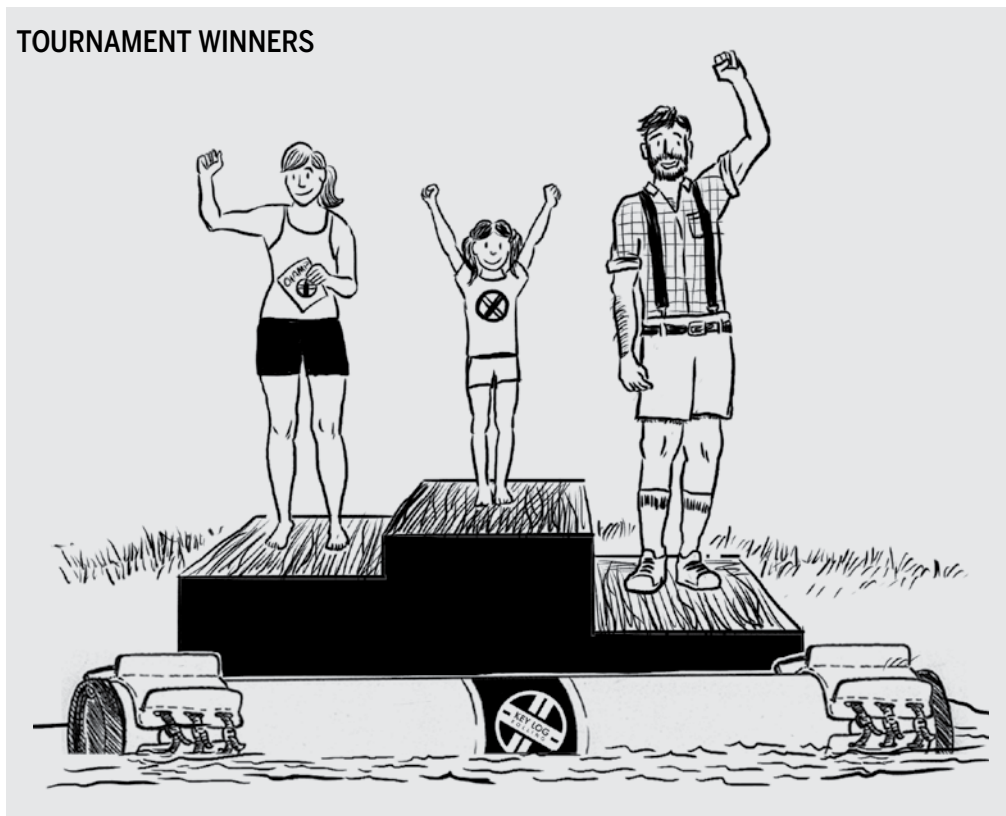
The winner is the person with the last step on the log – this is called a “fall.” The winner of a fall is determined when one or both rollers fall in.

Log rolling tournaments are a fun way to put your skills to the test and join others in this century-old tradition. Key Log Rolling is helping to support competitions at a local and regional level as the sport grows in popularity. If you would like information on tournament opportunities, or would like to know how to put on a tournament of your own, please contact us!

➤➤ KEY TIP ⚡⚡

When first learning to log roll with another person, the best strategy is to concentrate on your own small, fast steps rather than trying to make the other person fall off. You will learn more by concentrating on your own technique. Once you have achieved proficiency, then you should begin to practice maneuvers that will dislodge your opponent. Refer to Key Log Rolling’s YouTube channel (www.youtube.com/KeyLogRolling) for quick tips and techniques.

TOURNAMENT WINNERS



THANK YOU

We hope that you have found these instructions useful for your skill development and would appreciate any feedback that you can provide. Our mission of growing and developing the sport of log rolling nationally and internationally will only be as successful as our ability to support new log rollers like you!

ADDITIONAL TRAINING MATERIALS AND COURSES

Visit Keylogrolling.com for instructional videos and other learning resources. If you are interested in an instructor-led training session for you or your group, or for regional training workshops, contact us for details and scheduling. We are here to help you learn more about this amazing sport, please do not hesitate to call or email us directly with questions.

Roll on!

FOR MORE INFORMATION, PLEASE CONTACT:

Key Log Rolling

www.keylogrolling.com

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Key Log Trainers is a trademark of Key Log Rolling.

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