

Dragon boating is deeply embedded in China's culture, with each boat having an ornately carved dragon's head. The hulls of the boats are painted with scales and the paddles symbolically represent claws.

Dragon boating dated back to fourth century China and began as a way to honor Qu Yuan, a warrior poet, who threw himself into the Mi Lo River as a protect against the political turmoil and suffering of the time.

Dragon boating has become a festive event that unites communities for fun and celebration. It is a team sport all about timing, technique, synchronization and people working together.



Tacoma Dragon Boat Association (TDBA)

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TDBA is a nonprofit organization headquartered in Tacoma, Washington.

TDBA is committed to promoting local, regional, national and international amateur dragon boating participation and competition.

We practice year-around. It is a water sport so we only cancel practice for high winds, extremely cold weather or lighting. Members have access to Team cowboy where practice and race schedules are posted.

There are several website/you tube video that demonstrate the proper paddling technique and general information on Dragon boat.

Watch "AusDBF Coaching Video presented by Serghei Cucsă" on YouTube: <https://youtu.be/0qMQ9X6x6n0>

Great source for ongoing general dragon boat information
<http://paddlechica.com/>