Visit the links below and read the articles on Kayaking:

http://extremesports.suite101.com/article.cfm/kayaks

http://kayakin.tripod.com/index.html

Read the following:
- History of Kayaking
- Difference from Canoeing

http://paddling.about.com/od/basickayakingstrokes/Basic_kayaking_paddle_strokes.htm

Read the articles on:
- Basic Stroke Concepts
- How to hold the Paddle
- Sweep Stroke