



01 Belly-Flying Neutral Body Position

Pre-requisites

The belly-flying neutral body position is the first position you'll learn as your introduction into the world of body flying. First, your instructor will give you a briefing that will cover all the safety aspects of the tunnel, along with the basic information for beginning the neutral belly-fly position. This will include information on how to assume the correct position from the entrance and how the instructor will assist you in exiting once each flight is complete.

Objectives

The primary objective is to be able to safely and successfully demonstrate a neutral belly-fly position while staying in the center of tunnel. You will need to maintain this position before you learn how to maneuver yourself around the tunnel; this includes learning to turn left and right, and flying up and down.

Preparation

You will begin in the center of the wind tunnel. Depending on how stable you are, you may require the help of the instructor who will hold you to keep you stable while giving you specific hand signals to help you correct your position. When you are stable, the instructor will release you. At this point, you will aim to hold your position in the center of the flight chamber by making minor corrections as necessary.

Technique and drills

Basic (on or off the net)

Your body should have a generally arched shape with your head raised so that your eyes are looking forward

For the arched position, your hips should be positioned so that they are lower than your shoulders and knees

Your position should be symmetrical
Arms should be bent at 90° with your elbows spread at about eye level

Your knees should be shoulder-width apart for stability and slightly bent with your toes pointed



Basic - off the net

Advanced “Mantis” (off the net)

Most of what you learn during the basic neutral flying position will carry over to learning the advanced “mantis” position

Maintain the generally arched shape similar to the basic position

Arms will transition from being at eye level to a more elbows-down, slightly below the shoulders position

Elbows will be bent more, which will position your hands close together

With the change of arm position, your chest will need to be higher with your head up to reduce drag around your upper body area

Your legs will be positioned similar to the basic position: knees shoulder width apart, slightly bent and toes pointed



Post-Flight Questions/ Suggestions

- How did your performance match the initial objectives?
- Were you able to maintain stability throughout while holding the neutral position? Both basic and advanced position?
- What techniques did you feel comfortable with and what can you improve on next?

What Skill Level Is Next?

Once you are stable in a neutral belly-flying position, the next step is to learn how to turn left and right, beginning with using just your upper body and then progressing on to learning how to turn using a more advanced technique of using your upper and lower body together to start and stop turns.

