



08 Belly-Flying 2-Way

Pre-requisites

Before the tunnel instructor will allow you to fly with another flyer, you will need to demonstrate proficiency at certain skills. These skills are:

- Stable, neutral belly-flying position
- Heading control (left/right turns)
- Up and down control
- Forward and backward control
- Side-sliding
- Entering and exiting with minimal instructor assistance

Being proficient at these skills is important because when you are flying with another person, you will obviously have less space in which to maneuver and you must be able to control your body in that smaller amount of space.

Other than the personal flying skills, your instructor will also look to see that you and your chosen flying partner are suitably matched to fly together so that the wind speed required is close to the same. Additional equipment such as weight belts may be required to assist in equalizing flying speeds.

Objectives

The primary objective is to be able to safely and successfully belly-fly with another flyer at the same time, with each flyer maintaining control throughout the entire flight rotation. Both flyers should be able to remain in visual contact the whole time and maintain the same altitude, avoiding any situations where one flyer is above another, which could cause unwanted collisions.

Preparation

Both flyers will begin in the staging area. You will discuss with your instructor the most appropriate order for entering the chamber and then each flyer will enter, one at a time. After the first flyer has entered, you will need to make sure there is enough free space for the second to enter also.

Once both flyers have successfully entered the air flow, you will begin your 2-way flight low to the net, on the same level, before rising to your desired flying altitude.

Technique and drills

Basic

- Begin on-level with your partner
- Fly facing each other and aim to maintain flying in the same airspace without moving
- Both flyers should turn so that you are side by side, facing the same direction and again maintaining your airspace
- Play a slow follow-the-leader drill where one person adjusts heading or altitude and the other person matches
- Maintain eye contact throughout



Basic 2-Way side

Next Level

- Try some 360° turns having one person fly static while the other turns and then switch roles
- Once you become comfortable, build simple formations
- Before you pick up any grips on your flying partner, be sure that you are both on the same level
- After you adjust heading to build different formations, be sure that you stop any movement prior to picking up any grips on your partner



B - Star



D - Sidebody



04 - Opposed stair-step

*IBA video Skill 09 2-way FS Dive Pool

Post-Flight Questions/ Suggestions

- How did your performance match the initial objectives?
- Were you able to maintain the same level and visual contact for the whole flight without losing control?
- Are you ready to begin learning formations for the next session?
- What movements did you practice that we can improve on to make the entire 2-way experience more precise?

What Skill Level Is Next?

Once you have demonstrated control learning basic 2-way flying and movements, the next skills that you are ready to learn are the 2-way formation skydiving (FS) dive pool and belly-flying 2-way verticals. You are almost ready to begin competing!

