



09 Belly-Flying Verticals

Pre-requisites

Belly-flying vertical moves is a great introduction in to the dynamic aspects of belly flight. Being comfortable flying in this “burbled” or disturbed airflow will allow you to be able to transition from one side of a formation to another without having to make room and pass side-by-side. Doing a movement vertically makes moves much faster and it’s extremely fun to learn!

Before learning belly-flying vertical movements, you will need to be comfortable with many of the belly-flying skills. These include the eight points of motion--specifically up, down and the side-sliding movements. You should also be comfortable flying with another flyer and should have had some practice building a few basic 2-way formations.

Objectives

The primary objective is to be able to safely and successfully:

- Begin side-by-side, facing the same direction
- Switch places by passing one over and one under with each other
- Repeat the process in the opposing role

Preparation

Prior to entering the flight chamber to begin this skill, it is important that you discuss with your flying partner a specific plan for once you are inside. Decide which direction each of you will face, which direction you plan to rotate each vertical, and who will transition over the other flyer first. Discuss how you plan to communicate so that you are both on the same page when you are in the airflow. Signals to start and stop are very helpful.

Once you are inside, you will need to face the same direction so that neither flyer runs the risk of having a doorway as an obstacle at any time. Begin at about chest level, above the net.



Belly flying verticals

Technique and drills

Basic

- Begin facing the same direction
- One flyer ascends and the other flyer descends slightly to create the off-set, leaving only 1-2 feet vertically between you
- On the signal, both flyers side-slide to the opposite side of the tunnel and stop
- Be sure to begin the side slide at the same time so the higher flyer does not get caught above the lower flyer

- The flyer who passes over the top into the “burble” should expect to feel the decrease in airflow and should avoid reaching or making too large a change in body position
- Both flyers should continue to keep visual contact with each other throughout
Once both flyers have switched sides, return to the same altitude
- Repeat the above steps, reversing the roles so each flyer can experience the “burbled” airflow

Post-Flight Questions/ Suggestions

- How did your performance match the initial objectives?
- Were you able to maintain stability when you were the higher flyer going over the top?
- Were you able to maintain eye contact and control your side slides without contacting the wall?
- What techniques did you feel comfortable with and what can you improve on during the next session?
- Did you have a preferred direction to travel when you were going over the top? What can you do differently to be proficient going both ways?

What Skill Level Is Next?

At this point in your progression you have many options for what skill to learn next. Depending on what skills you have already shown proficiency at, you will now progress on to either 2-way entrances, super positioning or 3-way flying. A recommendation is to continue becoming familiar and faster at the 2-way dive pool and becoming comfortable flying with other people that maybe you haven't flown with yet. You can also look into entering a competition if there is one in your local area.

