



12 Belly-Flying 3-Way

Pre-requisites

Before the tunnel instructor will allow you to fly with two other flyers, you will need to demonstrate that:

- You are proficient at flying with one other flyer
- You have demonstrated that you have flown with a range of other flyers and are able to match different levels at different wind speeds
- You are capable of entering the wind tunnel into a smaller space and don't require the whole chamber to control yourself during the entrance. When you fly with two other people you won't have the luxury of having the entire width of the flight chamber to gain stability and control.

Similar to when you started flying 2-way, your tunnel instructor will need to ensure that the people you have chosen to fly with are suitably matched based upon equal skill level and fall rate. 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 perform some of the several different super-positioning moves, which consist of multiple inputs (for example, side-sliding and turning), moving a specified distance from start to finish, and rotating a specified number of degrees.

The ultimate goal is to be able to perform these moves without hesitation, in any direction, with any other flyer without any issues.

Preparation

All 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, he or she will need to make sure there is enough free space for the second to enter, and so on.

Once all three flyers have successfully entered the air flow, you will begin your 3-way flight low to the net, on the same level, before rising to your desired flying altitude and picking up grips.

Technique and drills

Keep these key elements in mind when learning each of these skills:

- Begin on-level with your partners
- Once everyone is on the same level, begin to build a formation
- Depending on the formations you plan on building, aim to maintain visual contact with each other the entire time
- Unless a specific vertical type formation has been pre-determined, aim to maintain the same flight level throughout
- Plan to build 3-4 different formations and continue to repeat the same sequence until your time is complete.

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 more difficult formations for the next session?
- What movements did you practice that you can improve on to make the entire 3-way experience more precise?
- Are you ready to compete?

What Skill Level Is Next?

Once you have demonstrated control learning basic 3-way flying and movements, have your instructor/coach demonstrate the more difficult formations and blocks and try to formulate a mix of different routines to practice and become great at! Once you feel you are ready, add a fourth member and begin learning 4-way random formations and block routines.

