



## 17 Back-Fly Up and Down

### Pre-requisites

In order to begin learning upward and downward movement (fall rate adjustment) you must first be comfortable in the neutral back-flying position, confident that you can move forward, backward and can control your heading throughout every flight. Ensuring that you are comfortable with these movements first will mean that when you fly up inside the wind tunnel you can control yourself the entire time, keeping yourself away from the walls.

### Objectives

The primary objective is to be able to safely and successfully demonstrate that you can fly up and down while back-flying. You will need to demonstrate that you can perform these maneuvers while remaining in the center of the tunnel the whole time.

### Preparation

You will start on your back in the center of the wind tunnel, ensuring that your head and your feet are not pointed toward any doorway. Your instructor will have briefed you on height thresholds for you to be aware of, as you will plan to stage the altitudes that you will rise up to.

### Technique and Drills

*Keep these key elements in mind when learning this skill*

#### Beginner

- First you'll learn how to use your arms and legs together
- You will aim to maintain a constant level as the wind speed is adjusted
- You should aim to maintain heading throughout
- Make level changes to a specified altitude and back down to the net
- Level changes mixed with heading changes

#### Intermediate

- Mixing the use of your arms/legs with your torso
- Use of flattening your torso to help provide more input
- Level changes to a higher pre-determined altitude
- Level changes mixed with forward and backward movement

#### Advanced

- Level changes toward the top of the flight chamber
- Faster, more aggressive level changes
- Level changes mixed with turns, forward/backward and side slides
- Up and over (verticals) with your instructor



Back-Fly - Up (slow fall-rate)



Back-Fly - Down (fast fall-rate)

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### Post-Flight Questions / Suggestions

- How did your performance match the initial objectives?
- Were you able to maintain stability throughout?
- Did you feel comfortable using your torso with your arms and legs to generate the most lift?
- Were you able to remain off the walls during the up and down movements?
- Do you feel ready to progress on to Intermediate / Advanced?

### What Skill is Next?

Once you are able to complete the exercises at a basic level, you will progress on to intermediate skills and then finally the advanced skills. Once you are able to comfortably move up and down while back-flying, you will learn back-flying side sliding next.

