



## 31 Sit-Fly Turning

### Pre-requisites

Prior to learning how to turn while sit-flying, you will first need to be able to comfortably control a neutral sit-flying position, flying that position at a wind speed suitable for sustained flight. You will also need to be able to fly forward and backward comfortably while sit-flying.

These moves, along with all of the back-flying maneuvers and belly-to-back transitions, will greatly improve your sit-flying generally.

### Objectives

The main objective for this skill is to be able to safely and successfully control both left and right turns while maintaining a sit-flying orientation. You will begin by learning 90° turns and understanding how to start and stop the turns with control before advancing to 360° turns. Once you can demonstrate turning and remaining in control throughout, you will then learn up and down moves.

### Preparation

You will start in the center of the wind tunnel, either on or off the net based upon your instructor's direction. At first you will complete small (90°) turns using your lower body only. If you plan to begin on the net, you will first need to raise off the net, place the input to turn in the desired direction, return to neutral once you have reached the desired heading, and then return to the net in order to reset and begin the next turn. If you are starting by flying off the net, then you will place the input to start your turn, reach the desired heading, then return to a neutral position and continue to manage your neutral body position in order to maintain your altitude.

While learning the move, it is preferred that you stop one turn before you start the next turn. This will ensure that you are maintaining control throughout.

### Technique and Drills

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

Basic (usually beginning on the net)

- Start by determining what direction you want to turn
- Start the turn by tilting your leading foot sideways out in the direction you plan to turn (right turn, use your right foot and left turn use your left foot)
- Keep the 90° angle at your knee
- Turn 90° and then return to neutral in order to stop
- Keep your knees shoulder width apart throughout the turn
- Once the turn has stopped return down to the net and reset

Intermediate (usually beginning on the net)

- You can begin either on the net or off the net and start in your neutral position
- This time you will use only your arms to turn
- Start the turn by rotating your arms so that your leading elbow points down and your trailing elbow is pointed up
- Begin with 90° turns and also work on building to 180° turns individually using your arms and then your legs



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Advanced (off the net)

- Begin off the net for advanced turns
- Combine the use of your legs and your arms to turn
- Start with 180° turns and progress on to 360° turns
- As you become comfortable you can build the speed of the turns. Use opposite inputs to stop the turns on the desired heading.



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### Post-Flight Questions / Suggestions

- How did your performance match the initial objectives?
- Were you able to turn in both directions and maintain stability? Did you feel comfortable using individual and combined upper / lower body inputs?
- What techniques did you feel comfortable with and what can you improve on during the next session?

### What Skill is Next?

Once you are comfortable turning while sit-flying, then up and down (fast fall / slow fall) movement can be learned next. Other movements such as side slides and sit-fly carving will come later. More advance maneuvers such as turning while doing verticals or taking docks are other great skills to work on to improve your overall freestyle abilities.

