



34 Back-to-Sit Transition

Pre-requisites

Being able to transition from your back-flying position to your neutral sit flying position is not only an integral part of your free flying abilities but this maneuver is a key component to learning the neutral sit-fly position. It is common that during the early stages of learning the neutral sit-fly position, your instructor will teach you the back-to-sit transition as a way of regaining a vertical position after recovering to your back-fly.

Prior to learning this transition, you will need to:

- Be proficient in your neutral back-flying position
- Be proficient in the 8 points of motion at the same wind speed you are learning to sit-fly
- Have knowledge and feeling of the basic sit-flying position

Objectives

The primary objectives are to be able to 1) safely and successfully begin in a neutral back-flying position off the net at a similar wind speed that you are learning to sit fly at; 2) transition from your back-fly position through a 90° forward rotation up to a neutral sit flying position and; 3) finish without any forward or backward movement.

Preparation

You will start in the center of the wind tunnel in a neutral back-flying position, facing so that a doorway is not in front of or behind you. Plan to be approximately waist to chest high above the net so that your lower body has space to fly once the transition is complete.

Technique and Drills

Keep these key elements in mind when learning this skill

- Begin in a neutral back-fly position off the net
- Initiate the transition by first driving your heels down toward the net. This will allow the lower body to descend to start the rotation
- Keep your hips bent at all times during the transition so that the angle between your thighs and your torso remains 90°
- As you lower your heels, rotate your head back and press your arms back to create lift at your upper body
- Once you become vertical, assume the neutral sit-flying position and continually adjust that position as necessary to avoid over-rotating the transition
- Avoid straightening your legs or standing up at any time during or after completing the transition as this can initiate rapid unwanted movement

Post-Flight Questions / Suggestions

- How did your performance match the initial objectives?
- Were you able to maintain stability throughout the entire transition?
- Were you able to transition without standing or creating any movement?
- What techniques did you feel comfortable with and what can you improve on during the next session?
- Are you able to perform the transition at slow and fast wind speed?

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What Skill is Next?

You may learn this transition early in your sit-flying progression along with the sit-to-back back flip. Learning one will naturally set you up to learn the other. The nature of learning these transitions is to allow for a safer progression, so that you are comfortable “bailing” to your back-fly position any time that you feel unstable learning to sit-fly. Once you have completed the back-to-sit transition and the sit-to-back transition, your next transition to learn is the belly-to-sit transition.

