



## 58 Half-Reverse Eagle

### Pre-requisites

Prior to learning this maneuver with a second flyer, it is best that you are able to fly each separate half of the move solo. In order to complete each separate move, you will need to be very comfortable flying a sit-to-head backflip transition and also a head-to-sit backflip transition, both with no instructor assistance necessary.

It is also ideal that you are comfortable performing both half-eagles and full eagles prior to learning half-reverse eagles, so that you are confident flying such dynamic maneuvers with another person and have experience flying through another flyer's burble while transitioning at the same time. All of these skills are not required but are highly recommended to increase your success level.

### Objectives

The primary objective is to be able to safely and successfully perform a half-reverse eagle transition with another qualified and capable flyer. This skill should be completed while maintaining control throughout the entire transition and maintaining close proximity to the other flyer. Finally, each flyer should aim to be capable of flying both slots for the half-reverse eagle transition

### Preparation

You will need to begin performing each half of the maneuver solo until you feel confident that you are able to complete the move with the second flyer. When you initially set up for the maneuver, you will want to be facing the center of the tunnel, but offset to one side, leaving space on the opposite side for the second flyer. When you are flying with the second flyer you will need to set up so that you are flying at approximately eye level with each other. Prior to flying this full maneuver with a second flyer, your instructor may present a small burble for you as you practice by using an arm or some other part of his/her body. This can help you learn the reference point as well as help you become comfortable flying through the burble for the head-to-sit portion of the move.

### Technique and Drills

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

Sit-to-head backflip under the flyer

- Increase fall rate slightly while creating some forward drive to move under the flyer
- Carry just enough momentum to pass smoothly through your back and under the flyer without creating excess separation when you finish
- Keep your chin up during the middle and last part of the transition to help maintain eye contact with the second flyer

Head-to-sit backflip over the flyer

- Create a small amount of forward drive to ensure that you move over the second flyer, but not too much that it causes excess separation when you finish
- Minimize the amount of time passing through the middle of this maneuver--it usually tends to increase your fall rate too much due to the burble
- Try to keep your chin up through the middle and last part of the transition to maintain eye contact with the second flyer

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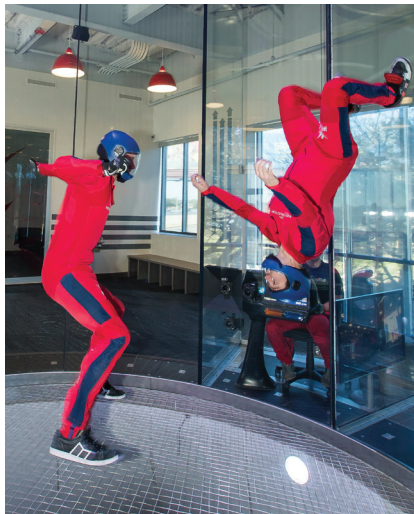
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### Post-Flight Questions / Suggestions

- How did your performance match the initial objectives?
- Were you able to complete the maneuver without creating too much separation?
- Did you manage to stop each transition on eye level?
- 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 performing this skill starting from both the head-down and the sit-fly position, then the next skill that you should be looking to learn is the full-reverse eagle. If there are times where a second flyer is not available to perform eagle type maneuvers, you can also learn head-down carving.

