



60 Full-Reverse Eagle

Pre-requisites

Prior to learning full-reverse eagles, you will need to be very comfortable performing the half-reverse eagle, and you should be able to start and end the half-reverse eagle in both "slots."

Objectives

The primary objective is for two flyers to be able to safely and successfully perform a full-reverse eagle, with each flyer beginning in his or her specified "slot," and ending in their neutral positions, at the same altitude and in their original "slots."

Preparation

Essentially, a full-reverse eagle is the same as two half-reverse eagles put together one after the other. It is helpful to begin learning this skill with the same person you are comfortable flying with when performing the half-reverse eagle skill. This will improve all around performance throughout.

You can first learn this maneuver solo prior to adding the second flyer if you wish. Set up will be on one side of the tunnel facing the center, the same set up as a half-reverse eagle. Ensure that you are comfortable flying the entire movement from beginning to end and, ideally, beginning in both the sit-fly and head-down orientations. When you begin to fly with a second flyer, make sure you set up facing each other, at the correct altitude, and with the correct distance between you.

Technique and Drills

Keep these key elements in mind when learning this skill

If you set up correctly and visualize placing two half-reverse eagles together to complete a full-reverse eagle, then everything should go as planned. Begin in your most comfortable slot and perform one full-reverse eagle to a complete stop. Then, switch roles so that you begin in the opposite orientation and perform one full-reverse eagle to a stop.

Once you become comfortable with this maneuver, then you may want to perform multiple full-reverse eagles, one following the other.

Post-Flight Questions / Suggestions

- How did your performance match the initial objectives?
- Were you able to maintain stability throughout the entire maneuver?
- Were you able to maintain eye contact throughout the whole transition?
- Did you complete the full-reverse eagle finishing at the same altitude as where you began and with the same distance between you and the other flyer?

What Skill is Next?

Once you are comfortable completing a full-reverse eagle beginning in both slots, the next skills that you are encouraged to learn are head-down in-face carving and head-down out-face carving. At this point in your flying progression, you are ready to consider 2-way Vertical Formation Skydiving (VFS) flying with a partner. Discuss with your instructor the 2-way VFS dive pool and select some sequences that fit your comfort level to begin training for competition.