



## 65 Back-to-Belly Front Flip

### Pre-requisites

Before you begin to learn transitions between orientations you should be comfortable and balanced in each of the orientations. To learn to do this transition, you should be stable and aware in both belly-flying and back-flying orientations. It's not necessary, but ideal, if you are also comfortable knee-flying as well. Knowing how to knee-fly will help break down the transition and allow you to fly it much more smoothly.

### Objectives

Intend to accomplish the following while performing a full barrel roll:

- Try to imagine an arc of momentum to give you the time necessary to fly through the transition.
- Begin and end the technique on the same level.
- Avoid the natural tendency of lifting your head as you begin the transition. Let the wind do the work for you.

### Preparation

With this transition you want to imagine an arc of momentum. Knowing how to use this momentum will give you the time necessary to develop the correct body position. You should set up in the center of the tunnel at roughly hip height of the instructor and aim to finish at the same level.

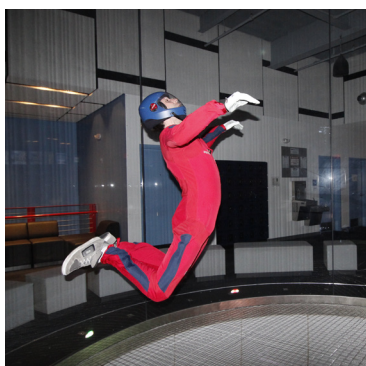
### Technique and Drills

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

- Begin this transition by first going up slightly on your back. Creating this vertical energy is necessary to manage the momentum. Push your head back, arch your chest, push slightly on the back of your hands and arms, and begin to hook your legs under your body to create the rotation.
- As you pass through the vertical section of the transition, use the knee-flying position to break down the maneuver and fly it more smoothly.
- As you reach your belly, keep your arch and find your balance in the belly-flying orientation.



Back Fly



Front Flip-Knee Fly



Belly

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### Post-Flight Questions / Suggestions

- Were you able to remain stable as you moved between orientations?
  - Did you start and finish the maneuver on the same level?
  - Were you able to use the knee-fly technique to break down the transition?
  - Did you keep your head back and allow the wind to push you through the technique?
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### What Skill is Next?

Now that you have balance in belly and back-flying, and can make transitions safely between orientations, you can begin to learn one of the various low speed carving techniques along with learning the belly-to-back front flip transition.

