



## 67 Dynamic Belly-to-Back 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 this transition you should be stable and aware in both belly-flying and back-flying orientations. Flying this particular maneuver requires a slightly different body position than traditional back-flying. It requires you to fly with your hips arched and shoulders rolled forward. Doing some exercises to develop this body position are beneficial.

### Objectives

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

- You should aim to fly this transition with as much control as possible.
- 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.
- Try to avoid the natural tendency of putting your chin down in the beginning of the technique, as this will create uncontrolled forward drive.
- Use the action of very slightly de-arching your chest and adding pressure to your palms and arms to create lift, not your hips.
- As you become more comfortable you can experiment with the shape of the layout.

### 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:*

- Start the technique on your belly with your feet close to the tunnel walls. Spread your arms wide and begin to create lift by making your body flat. Straighten your legs to create the rotation.
- Keep your chin up and look down through the center of the cable floor as you pass over the vertical part of the transition. Putting your chin down will drive you blind at the tunnel wall.
- As you pass on to your back, use your hips and legs to stop the energy and assume a neutral back-fly position.



Belly, Generate Lift



Front Flip, Chin Up



Back Fly, Use Legs to Stop

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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 avoid creating uncontrollable forward drive?
- Did you keep your chin up and allow the correct body position to create the front flip?

### What Skill is Next?

At this point in your progression, you should be comfortable flying the back-to-belly front flip and now the belly-to-back front flip maneuvers. Now, you can begin to link these skills together in order to complete full layout moves.

