



68 Dynamic Back-to-Belly Back 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 is 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 arching your chest.
- Use the action of lifting your hips to create the lift, and straightening your legs to create the rotation.
- 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 with your head close to the tunnel wall, move toward your feet to help manage the natural tendency to drive uncontrollably forward (toward head).
- Once you create the forward movement and are nearing the wall, create some upward movement. This vertical energy is necessary to manage the momentum throughout the rotation of the transition. Lift your hips, put your head back, and straighten your legs. This body position will drive you over your head toward your belly.
- As you pass over the vertical part of this transition, but not before, you can begin to arch your chest and open your arms to become stable on your belly.

68 Dynamic Back-to-Belly Back Flip



Back Fly



Back Flip



Belly Fly

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 uncontrollable forward drive?
- Did you keep your head back and allow the wind to push you through the technique?

What Skill is Next?

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

