



69 Full Front Layouts

Pre-requisites

A Full Front Layout consists of performing two transitions: A belly-to-back front flip, followed by a back-to-belly front flip. Feeling comfortable flying these two transitions is then essential in mastering this skill. While flying these transitions however, you will aim to cover the entire width of the tunnel, which means you will find yourself in a head-down orientation for a brief amount of time. Therefore, being comfortable in head-down orientations, such as static head-down, or flying back layouts are helpful in learning this move.

Objectives

Your objectives to properly fly this maneuver should be the following:

- Perform the transitions while covering the entire width of the tunnel, similar to flying a proper full front layout.
- Avoid any sporadic movements, such as a dramatic bend at the hips to induce the transition from your belly to the head-down orientation (a common mistake). As any other move, you should aim to perform the layout in a smooth, controlled manner.
- Keep your chin up through the entire front layout, keeping a visual of the net during most of the maneuver rather than facing the wall in front of you while head down. You should end the first portion of the Full Front Layout on your back while keeping your head back, looking away from your feet. Once you start flying this move with others, keeping your chin up will allow you to keep a visual of them, a very important aspect of dynamic flying.
- When performing the second portion of the Full Front Layout (the transition from your back to end on your belly), avoid pushing on the wind using your arms; be sure to use your back and head to rotate.

Preparation

You will begin learning this skill at low wind speeds to ensure proper form. You will set yourself up on your belly on one side of the tunnel. Be sure to wait for your instructor's "thumbs up" before you begin the maneuver. At this time, you will slightly increase your level to follow with a front layout. Refer to the Technique and Drills section to study the proper form. You will then use the momentum as you descend down to your back to fly across the tunnel, and begin the second transition over your feet and back to your belly. Remember that both transitions are to be flown while covering the entire width of the tunnel.

Technique and Drills

Keep these key elements in mind when learning this skill:

- For the initial belly-to-back transition, it is important to keep your chin up at all times! This brings about a proper head-down orientation while flying across the tunnel, and will provide eventually a visual of any other flyers.
- As you perform the front layout, make sure you refrain from bending at the hips! This is a common mistake. In order to perform the transition smoothly, simply extend your legs while keeping your hips out!
- For the front layout, you will want to keep your arms extended at your sides while on your belly, then bring them up in front of you as you rotate to the head-down orientation.
- Use the momentum of the descent to fly across the tunnel on your back and begin the second transition to your belly. Ensure your head stays back, then open your chest and lean your arms back above your head for lift. Avoid pushing on the wind with your arms.

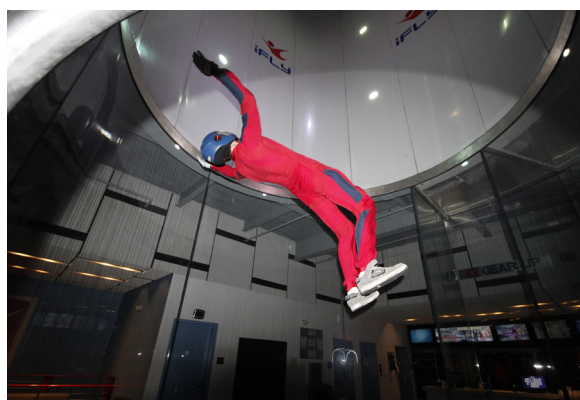
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Belly Fly



Front Flip, Chin Up



Back Fly Front Flip



Belly Fly

Post-Flight Questions / Suggestions

- Are you covering the entire width of the tunnel?
- Do you keep your chin up during the entire front layout?
- Do you find yourself bending at the hips to bring about the transition?
- Are you using the momentum of the descent to fly across the tunnel on your back, before beginning the second transition back to your belly?
- Do you find yourself pushing on the wind with your arms, or struggling for lift?
- What techniques do you think you could improve on during the next session?

What Skill is Next?

Once you master this move, you will begin to learn other dynamic transitions such as head-up and head-down breakers. At this point, you are beginning to build a strong repertoire of different moves and transitions that will expand your world of dynamic flying. Start being creative by combining and mixing these moves! It will make you a stronger, more confident flyer.

