



71 Head-Up Out-Face Carving

Pre-requisites

The main pre-requisite to being able to out-face carve, head up is to be able to belly carve with your head close to the tunnel wall, feet close to the center. There is however the ability to carve head up from a static sit flying position. Either of these starting points should yield the same results if completed correctly.

An out-face carve, when done correctly, requires the combination of two motions: a backward drive and a turn. If you feel comfortable with these two points of motion while head-up, then you will find an out-face carve a rather simple skill to fly. However, an efficient and fast out-face carve requires a different body position that many aren't used to flying at first.

Objectives

To properly master this skill, you should aim to accomplish the following objectives:

- Fly the carve while maintaining the same level (avoid sinking, or going up).
- Aim to bring your hips out, lower your knees, and lean your body forward to achieve the backwards drive and continue to maintain the same level.
- Use your shoulders/chest as rudders to control the size of the circle; aim to trace the wall of the tunnel, and be sure to turn your head in the direction of the carve to see where you're going!
- Finally, see if you can adjust the level of your carve up/down while maintaining the same body position and simply leaning more/less on the wind. This will fine-tune your awareness as to how much to lean on the wind at any given time; at first, many find themselves leaning too much or too little on the wind, and this drill can help correct such situations..

Preparation

Your instructor will determine the best way for you to start the carve depending on your skills and your predominant starting position.

- If you are starting from a low wind speed belly carving position, you will begin in the same spot inside the tunnel and generating the same rotation around the tunnel as you have previously done while belly carving and then adjusting your body position as the wind speed is slightly increased to become more vertical

Depending on your current skills and level of comfort with sit-flying, your instructor will determine the best method to start your out-face carving progression from this stance.

- Begin in a traditional sit-fly position, close to the wall, facing the center of the tunnel. You will then fly forward directly across the tunnel, then by leaning on the wind, return to the starting point by flying backward. Repeat this a couple times to get used to the leaning motion. Once comfortable, repeat the drill, however this time instead of returning to the starting point, as you reach the opposite wall and begin to lean, tilt your leading shoulder and chest in the direction of the carve and begin to trace the circle. Remember to turn your head to see where you're going.

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Technique and Drills

During your progression learning to out-face carve, keep the following in mind:

If you are aiming to accomplish this carve from a belly carving motion, you will aim to complete the following steps;

- Use the same techniques to begin a rotation as you have used previously for a low wind speed belly carve
- Slightly rotate roll your shoulders forward and spread your arms in order to create lift with your upper body
- As your body pitch begins to change you will need to drive your feet forward and down and begin straightening your body to assume the correct position
- Manage the speed of the rotation with the angle of your shoulders and upper body

If you are aiming to accomplish the carve from a sit flying position, you will aim to follow these steps:

- Being hesitant to veer away for your comfortable traditional sit will only slow your progression to a fast and smooth carve. If you find yourself in this situation, take a couple rotations to static sit-fly and experiment with the wind. Be creative and try to fly awkward and strange positions. Even if they don't necessarily fly well, this exercise will still increase your willingness to venture out of your comfort zone.
- If you find yourself sinking while carving, then you are not leaning enough on the wind. A good drill to correct this is to simply fly forward towards the glass, then backward back to the starting point while trying to maintain the same level. Try to go slow at first, then fast, while making sure you brake on time!
- Make sure you are creating the turning motion of the carve by tilting your shoulder and chest. It is also helpful to have your leading arm slightly bent, with the elbow lowered to assist in creating the turn.
- Look in the direction of the turn; avoid looking down at the net.



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Post-Flight Questions / Suggestions

- Were you able to fly the carve with your knees lowered and your hips further out?
- Are you maintaining the same level during the carve?
- Are your circles too small? Are you flying into the tunnel walls? Make sure you adjust the level of input from your shoulders and chest to carve alongside the wall.
- Are you looking in the direction of the carve?
- What techniques did you feel comfortable with and what can you improve on during the next session?

What Skill is Next?

You will probably work on Head-Up Out-Face Carving simultaneously with Head-Up In-Face carving. Once you master both skills, you will notice a whole new degree of freedom in the tunnel while head-up flying! Next, you will learn how to properly switch from one to the other, ideally following a proper dynamic line. Subsequently, you will begin to explore the world of head-down flying, learning to carve both in-face and out-face in both directions!

