



80 Breakers Head-Down

Pre-Requisites

Before learning breakers head-down you should be able to perform barrel rolls while carving at lower speeds along with being comfortable performing head down half breakers. These barrel rolls should be performed with your chin up, looking into the center of the tunnel. The technique should be strong because when the speed of the tunnel is faster, any flaws in the technique will be much more noticeable. You should also already be comfortable executing belly and back flares, and half-breakers.

Objectives

Your objectives in mastering this skill should be the following:

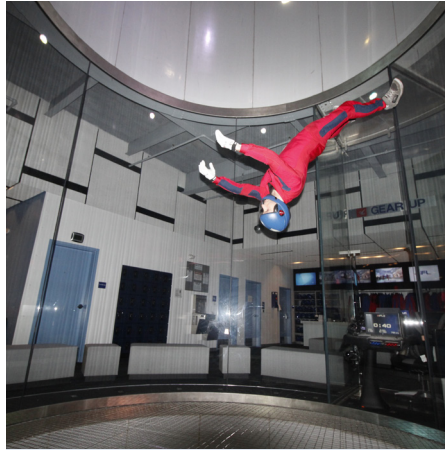
- First, create a diving belly flare maneuver and then at the end of the move, perform a belly-to-back 540° barrel roll.
- The technique should be performed while looking into the center of the tunnel and at the bottom of the flare and throughout the rotation.

Technique and Drills

In order to be successful with this skill, keep these elements in mind

- Begin carving out-face or belly-carving at a higher level in the tunnel. Create a dive or some descending energy and enter into a belly flare. At the bottom of the flare begin to barrel roll from your belly 540°, ending on your back.
- Use the diving energy or flare to ensure that you don't ascend during the maneuver.
- Once you are on your back at the end of the rotation, use the back flare technique to continue the carve and return to head-down.

80 Breakers Head-Down



Back Layout



Half Breaker



540 Degree Barrel Roll



Head Down Carve

Post-Flight Questions / Suggestions

- Were you able to maintain the carve during the technique?
- While performing the breaker did you manage to not ascend?
- Were you able to keep your chin up and maintain awareness of your position in the tunnel during and after the breaker?

What Skill is Next?

Breakers are a fun trick to fly solo. Once you are comfortable flying them solo you can add them to a routine or begin flying them with others. If you haven't already, check out the dynamic dive pool, it's a great way to put together all of your skills!

