

SIT-FLY

The ability to leave and return to a neutral position is the key element of control and precision in sit-flying. Here Joao Tambor shows us a good neutral position from which we can easily fly in any direction. The best positions for all the other movements are then described.



Andy & Susie by Marcus Goodsell



Neutral

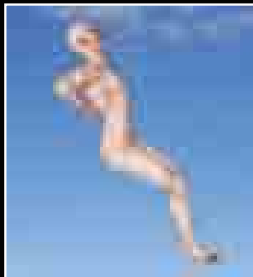
Neutral Position

The key elements are:-

- Straight torso with a slight chest arch. This allows your upper back to support your body on the wind so you can move your arms freely. It prevents falling on your back as well as keeping any leg deflection minimal
- Arms 90° to torso, hands aligned with shoulders, elbows slightly bent
- Thighs 90° angle to torso and a little wider than shoulder width apart
- Lower legs 90° to thighs, heels right below the knees
- Flex your feet pressing your heels down
- In the beginning look straight forward to help with the correct posture
- Relaxed arms, don't over-exert or press down too far. Feel the air and fly it
- Check your heels are in line with your knees and your upper legs keep equal height, this prevents unintentional turns



Neutral



Forward

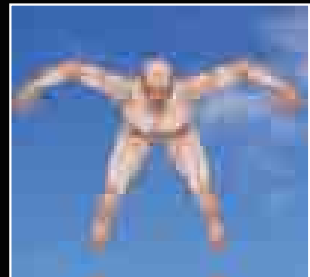
Forward

Small moves for short distances

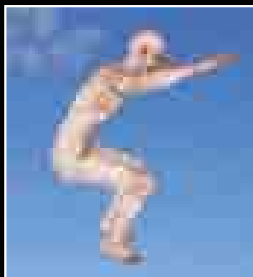
- Push your back against the wind
- Bend elbows (bring back as far as possible) and push your hands down, leaving the forearm at around a 45° angle with the wind
- Hips are kept still
- Press your heels down and forward, bringing your knees a little lower than the hips

Aggressive moves for long distances

- Push your back against the wind
- Hips forward
- Arms can be either beside your torso or above your head but always at approximately 45° angles with the wind



Forward



Backward

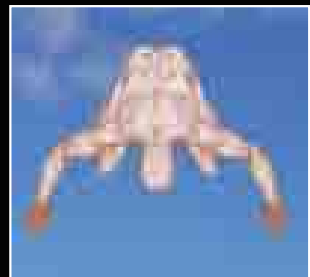
Backward

Small moves for short distances

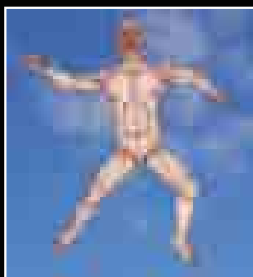
- Bend legs bringing your heels backwards
- Push your chest against the wind
- Rotate your shoulders so your hands are above the elbows and forearms approximately 45° angles with the wind

Aggressive moves for long distances

- Hips backward
- Push your heels back
- Chest forward slightly de-arched
- Arms in front of your head
- Hands in front of the shoulders and above the elbows



Backward



Right Turn

Turns

The most efficient, quickest turns are done with the whole body. With the arms, use the same technique to turn as flying the mantis position on your belly, but your arms will be open. With the legs, the same technique is used as when backflying. Push your heels down and to the side you would like to turn.

For a right turn

- Keep your legs apart
- Twist your knees to the left pushing your heels towards the right
- Right elbow down, right hand up
- Left elbow up, left hand down
- Keep torso straight for balance

You can also use this technique with your legs for heading control as you move forward, backward or while flying a grip.



Right Turn



Steve Newman of Bullet Freefly above Langar, photo by Gary Wainwright

Fall Rate

Our ability to adjust fall rate is a key skill to performing manoeuvres relative to each other, whether moving up or down toward each other or just constantly micro-managing control level during tight sequences.

Downward (fast fall)

Small moves for minor level adjustments

- Keep legs apart for better balance
- Push heels down until legs are slightly bent
- Bend your elbows bringing your arms closer to the torso for less wind resistance

Aggressive moves for big level adjustments

- Push heels down until your legs are straight
- Bring your legs together for less wind resistance
- Arms are straight above the head or along the body (in the beginning you can keep your arms open, aligned with the shoulders for a better balance)

Upward (slow fall)

Small moves for minor level adjustments

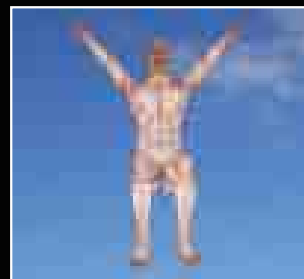
- Arch your chest
- Press arms down, enough to offer wind resistance
- Spread your legs out

Aggressive moves for big level adjustments

- If you need, transition into a backflying neutral or slow fall position



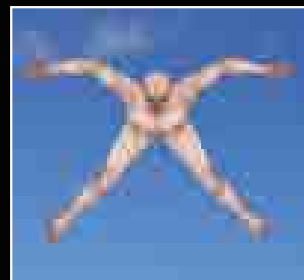
Fast Fall



Very Fast Fall



Slow Fall





Left Side Slide

Side Slides

The side slide skill is useful for cameraflyer and sequential contact as well as blending with other skills in order to create more dynamic moves.

Small moves for short distances

- Press elbow and heel down and sideways, towards the direction you want to slide
- Keep torso straight for better balance

Aggressive moves for long distances

- Press elbow and heel down and sideways, towards the direction you want to slide
- Opposite arm goes up
- Opposite knee goes up, above the hips, while lower leg is slightly inclined towards the direction you want to slide
- Lean your torso towards the opposite side to the direction you want to slide in

SCS – Start-Coast-Stop

In order to always move in control we recommend the neutral – ‘Start-Coast-Stop’ – neutral technique.

The SCS technique brings precision and control to your flying in all orientations. It is by returning or passing through neutral that our balance and control is maintained, therefore ensuring precise movements and stops.

When performing docks, the coast/neutral phase is the assessment time of our approach. Our speed, direction and level control is assessed and adjusted to the precise move relative to our base or partner in order to take a grip.

To review the SCS technique

Neutral

Start is the initial force exerted by your body to initiate the movement

Coast is returning your body to neutral, continuing its motion with no additional force acting upon it

Stop occurs by adding enough opposite force to counteract the initial movement

Neutral

Grips

The most important thing when taking grips is to make sure you are relative to the formation.

So, before you ever take a grip, fly to your slot beside the person you are docking on. Work your relative positioning prior to making contact. Make sure your fall rate matches the base fall rate. Only then should you take the grip.

Once you have taken the grip, trim to neutral by:

- Keeping the arch in your chest as you take the grip
- Pointing your elbow down for less wind resistance
- You can naturally compensate with the other arm, but be careful not to push your hand down too much for support, as you will end up falling on your back

It is important to continue to fly your body after the grip is taken, continually maintaining fall rate and proximity.



Steve Newman of Bullet Freely above Langar, photo by Gary Wainwright



For sit-fly videos, 3D animations and photos visit

www.joootambor.com

For more information

www.skydiveu.com

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