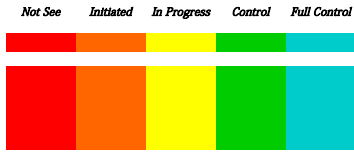


**Static**

**Belly Flying**

Stable (Neutral position)  
 Tours (360)  
 Avancer/Reculer (move Forward/Backward)  
 Monter/Descendre (Up/Down)  
 Dérapage (Slide)  
 Grips



Notes

**Back Flying**

Stable (Neutral position)  
 Tours (360)  
 Avancer/Reculer (move Forward/Backward)  
 Monter/Descendre (Up/Down)  
 Dérapage (Slide)  
 Grips



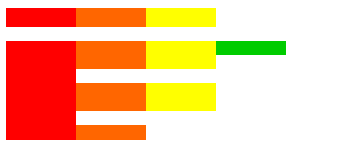
**Sit Flying (Speed 100%)**

Etude sur la grille (on the net)  
 Décollage (Flying)  
 Tours (360)  
 Avancer/Reculer (move Forward/Backward)  
 Monter/Descendre (Up/Down)  
 Dérapage (Slide)  
 Grips



**Head Down (Speed 90%)**

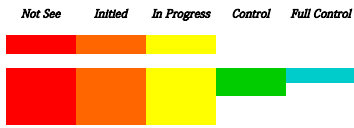
Etude sur la grille (on the net)  
 Décollage (Flying)  
 Tours (360)  
 Avancer/Reculer (move Forward/Backward)  
 Monter/Descendre (Up/Down)  
 Dérapage (Slide)  
 Grips



**Dynamic**

**Layouts (Speed 72%)**

Belly To Back  
 Back to Belly  
 BackLayout  
 FrontLay



Notes

**Carve Head UP (Speed 90%)**

Inface  
 Inface Switch  
 Outface  
 Outface Switch



**Carve Head Down (Speed 70%)**

Inface  
 Inface Switch  
 Outface  
 Outface Switch



**Transitions**

Carve HDInface to CarveHU Inface And Reverse  
 Carve HDInface to CarveHD Outface And Reverse  
 BackLay To CarveHDOutface  
 FrontLay to CarveHDInface  
 Carve HUInface to CarveHUOutface and reverse



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Thomas Malahel BEES 1 - Instructeur Fédéral Français  
 ( Skydive & Tunnel French Instructor)