

TSFFB



The Secret FreeFlyer Book

for beginners

Made by Lise-Lotte Kaalby



It's only the imagination that sets the limits

Be safe and have fun

Contents

Exit	5
Grip positions	7
Hook on back.....	8
Cat on Back.....	8
Sidebody on back.....	8
Compressed on back	8
Ballerina.....	9
Cat barrel roll.....	10
Synchronized star barrel roll	11
Synchronized front loop	12
Synchronized back loop.....	13
360 degree turn in place.....	14
Head up carve.....	15
Head up full eagle.....	16
Sit grip turn.....	18
Stairstep totem sequence on knee.....	19
Stairstep totem sequence on shoulder	20
Move.....	21
List of difficulty factors	22
For own research.....	23

Exit

Front



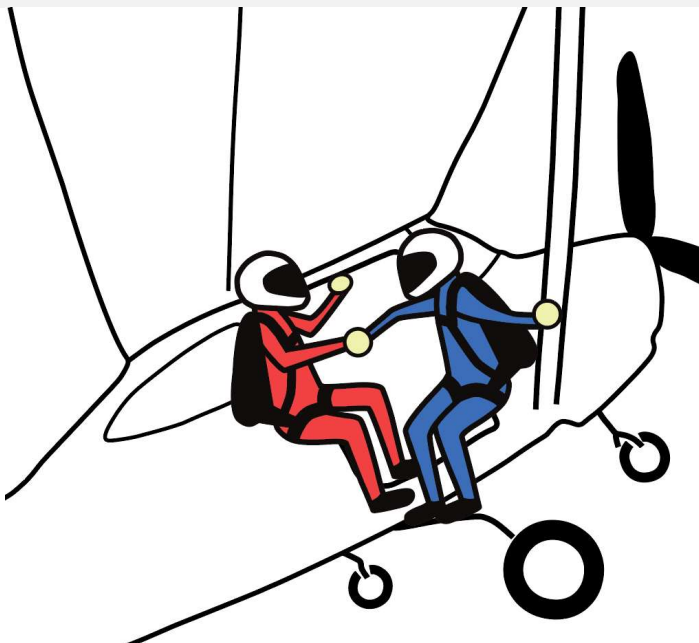
- looking away from propeller
- getting off on stomach
- keeping the neutral sit position, the wind will help getting up and fly

Back



- Looking at propeller
- comes off on your back
- If you hold the neutral sit position, the wind will help getting up and fly

Linked



- A linked exit is when you hold each other in the exit
- A linked exit has the advantages that one does not get far apart
- Unfortunately it can also make the other or both unstable

Unlinked



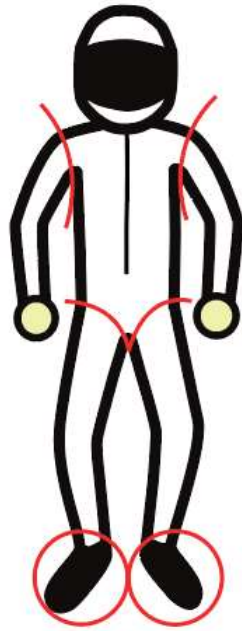
- Unlinked exit is when you do not grab each other, during the exit
- Here it is important that you are agree on when to leave airplane, otherwise you can easily get far away from each other in exit

Grip Positions

Arm

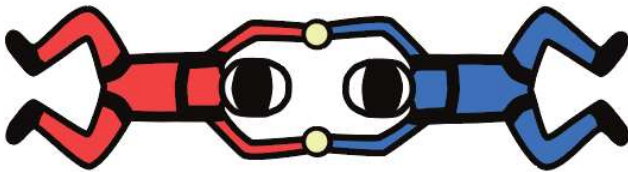
Leg

For VFS
foot



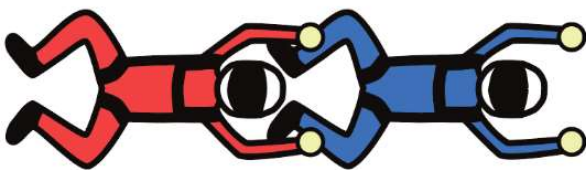
- Grip: Consists of a handhold on an arm, leg or foot of another jumper as shown.
- Many of the grips, we know from FS, are possible to make on the back in freefly.

Hook on back



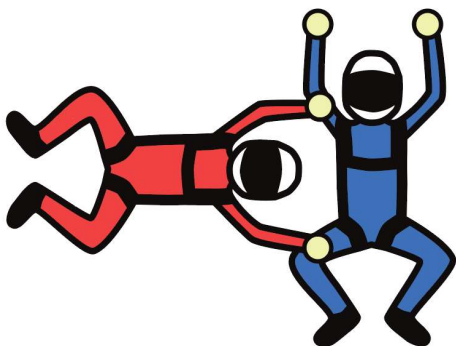
- Both performers are in a flat position on the back.
- Both performers take grip, right hand on the left hand of the other performer, and left hand on the right hand of the other performer.

Cat on back



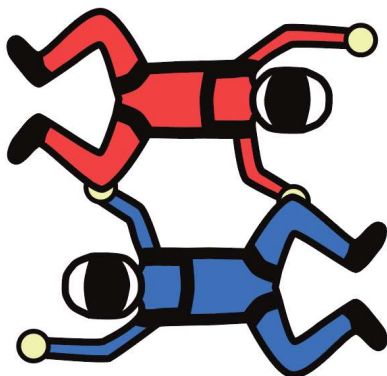
- Both performers are in a flat position on the back.
- One performer has grip on the lower legs of the other performer, the right hand on the right lower leg, and left hand on the left lower leg.
- The upper legs should be in line with the torso.

Sidebody on back



- Both performers are in flat position on the back.
- One performer has grip on the lower leg, and lower arm.
- The performer, who has the grip, should be perpendicular on the other performer.

Compressed on back



- Both performers are in a flat position on the back, with the heads opposite from each other.
- Both performers have grip on the other performer's lower legs.
- Left hand on left lower leg of the other performer.

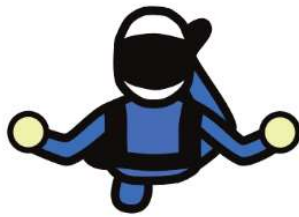
Ballerina

- Both performers are in a belly-down position, side-by-side, on the same level and heading.
- Performers perform a Ballerina.
- Performers end up in the original positions, maintaining level with each other during the Ballerina.

Step 1:



Step 2:



Step 3:



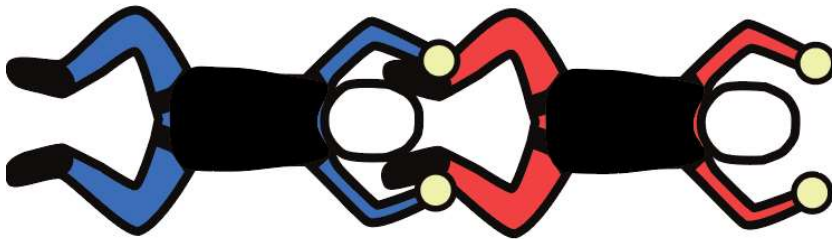
Step 4:



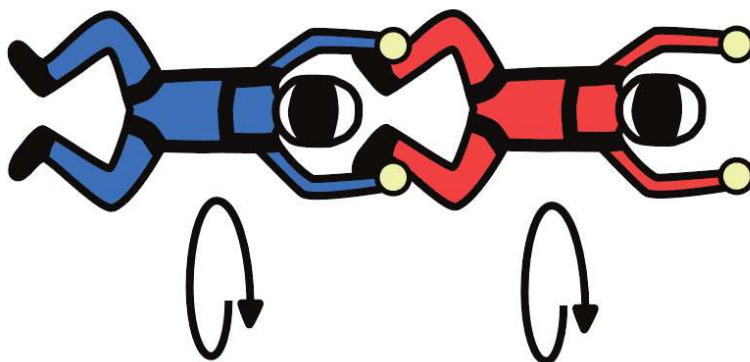
Cat Barrel roll

- Both performers are in a belly-down position.
- One performer has a grip on the lower legs of the other performer, the right hand on the right lower leg and the left hand on the left lower leg.
- The upper legs should be in line with the torso.
- Both performers simultaneously perform one full barrel roll along the same axis, maintaining the same heading.
- The barrel rolling can be in either direction.

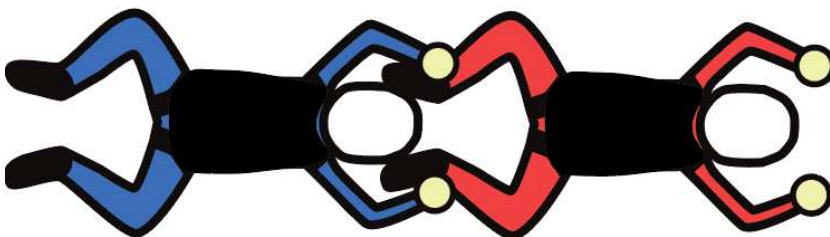
Step 1:



Step 2:



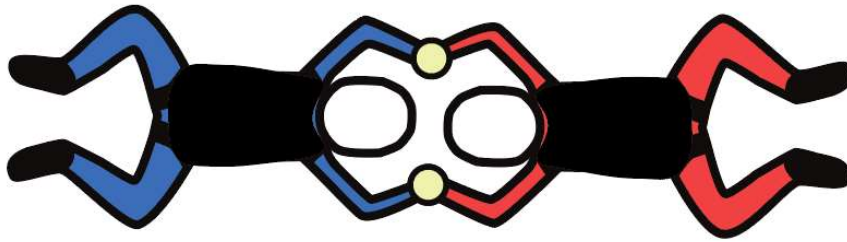
Step 3:



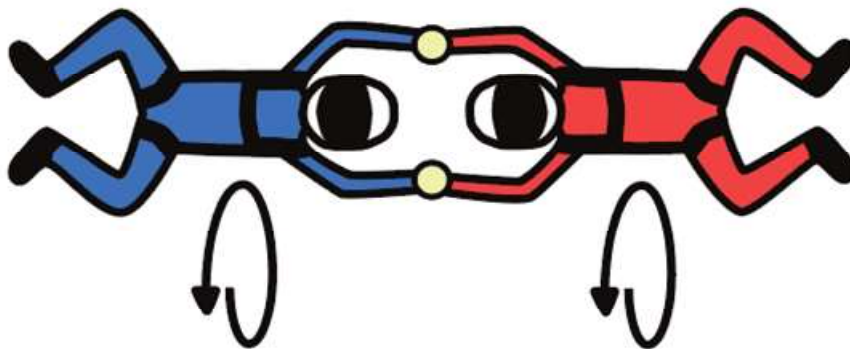
Synchronized star barrel roll

- Both performers are in a flat position facing each other and on level.
- Both performers take a grip, right hand on the left hand of the other performer, and the left hand on the right hand of the other performer.
- Both performers perform a synchronized full barrel roll along the same axis, maintaining the same heading and level.

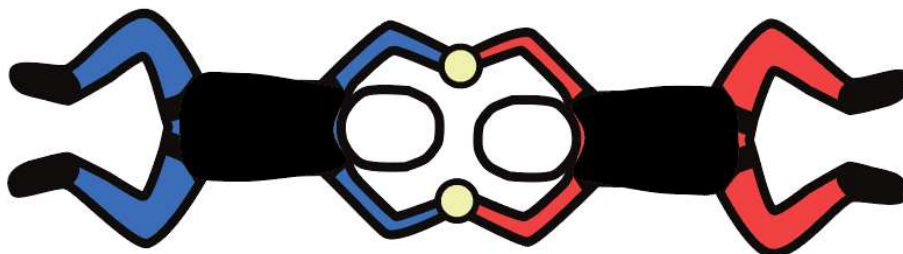
Step 1:



Step 2:



Step 3:



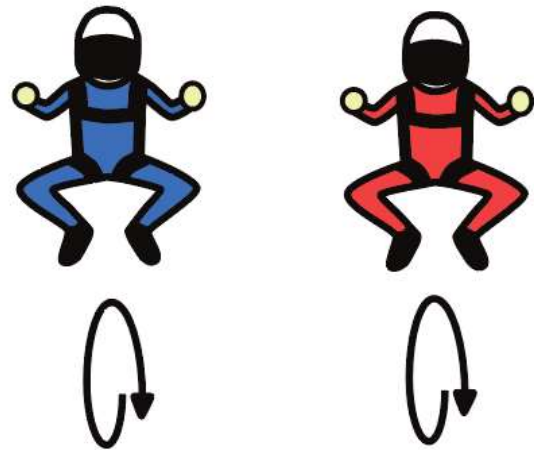
Synchronized front loop

- Both performers are in head-up position, side-by-side, on the same level and heading.
- Performers must be unlinked at all times during the sequence.
- Performers perform a synchronized front loop.
- Performers end up in the original positions, maintaining level with each other during the front loop.

Step 1:



Step 2:



Step 3:



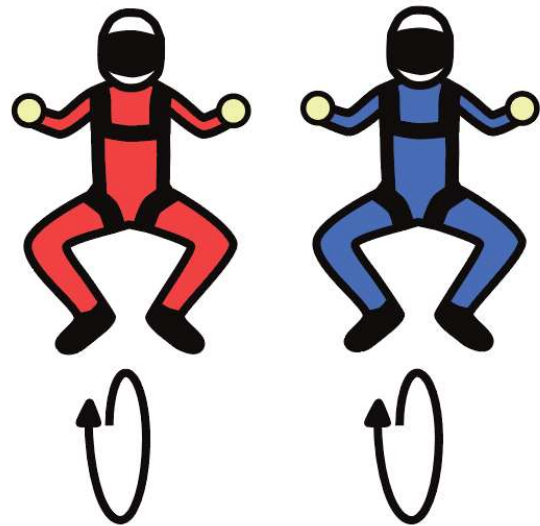
Synchronized back loop

- Both performers are in a head-up position, side-by-side, on the same level and heading.
- Both performers simultaneously perform a full back loop.
- Looping motion must be smooth, around the same horizontal axis and without wobbling.
- Both performers end up in a head-up position, side-by-side and both facing the same heading.

Step 1:



Step 2:



Step 3:



360 degree turn on place

- Both performers are in a head-up position, side-by-side and on the same level and heading.
- Both performers turn 360-degrees around the vertical axis.
- Performers must be in control through the sequence, and perform the move simultaneously.

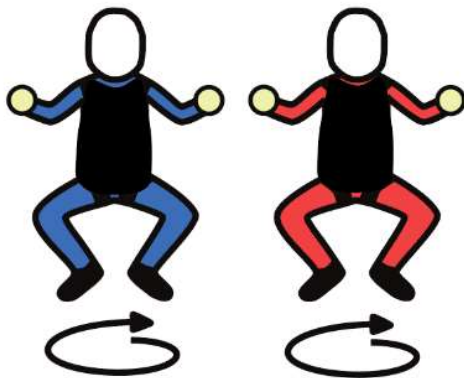
Step 1:



Step 2:



Step 3:



Step 4:



Step 5:



Head up curve

- Performers are in a head-up position, both performers are facing each other and on level.
- Performers perform a 360-degree curve around an imaginary point between them ending up in starting positions.
- Performers must keep equal distance and level.

Step 1:



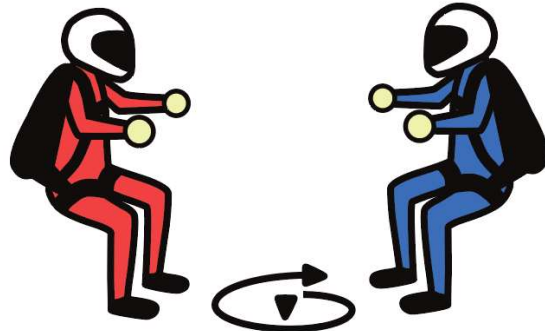
Step 2:



Step 3:



Step 4:



Step 5:



Step 6:



Head up full eagle

- Performers are in a head-up position, both performers are facing each other and on level.
- One performer moves over the top of the other performer who simultaneously moves under the first performer.
- As each performer passes under/over the other performer, each performs a 180-degree turn with momentary stop.
- Each performer will end up having swapped positions.
- Each performer then repeats the sequence with the performer who moved over in the first move, moving under in the second move.
- Performers must move in a controlled manner and perform the turn at the same time.

Step 1:



Step 2:



Step 3:



Step 4:



Step 5:



Sit grip turn

- Performers are in a head-up position, both performers are facing each other and on level.
- Performers take a grip, either right hand to right hand or left hand to left hand.
- Performers release the grip and each perform a 360-degree turn in place and on level.
- Performers then take an opposite hand grip (left to left or right to right, but opposite to first grip above).

Step 1:



Step 2:



Step 3:



Step 4:



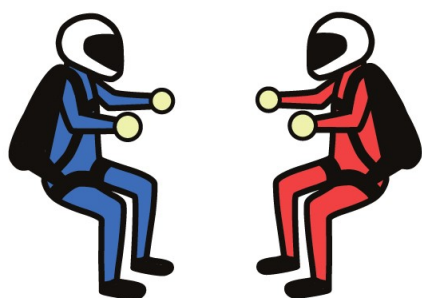
Step 5:



Stairstep totem sequence on knee

- Both performers are in a head-up position, both performers are facing each other and on level.
- One performer places his feet on the knees of the other performer (stair step totem) (right foot on left knee, left foot on right knee).
- Holding the position, the performers perform a 180-degree turn on the vertical axis.
- Performers must move in a controlled manner and maintain contact through the sequence.

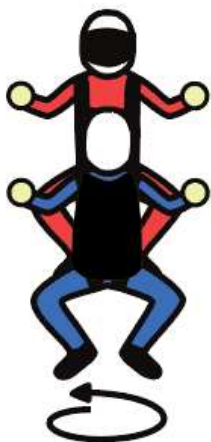
Step 1:



Step 2:



Step 3:



Step 4:



Step 5:



Stairstep totem sequence on shoulder

- Both performers are in a head-up position, side-by-side, on the same level and heading.
- One performer demonstrates a feet-to-shoulder dock, a separate foot on each side of head of the other performer, without any additional grips.
- The left foot of the top performer must be on the left shoulder of the lower performer, and the right foot must be on the right shoulder.
- Both performers makes a 360-degree pirouette simultaneously.
- The pirouette can be in either direction.
- Both performers must stay on the same axis, in layout position during the pirouette and without wobbling.

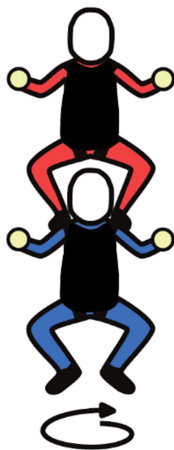
Step 1:



Step 2:



Step 3:



Step 4:



Step 5:



Move

- Inface:
- Is when looking at the center.
 - E.g. If you carver around a center.

- Outface:
- Looking away from the center (180-degrees).
 - The same as inface, but where the body/stomach faces away from the center.

- Spins:
- Turn on your own axis.

- Tricks:
- When performing an element while moving in another element.
 - E.g. If you are flying an eagle sequence and you are doing a trick/flip along the way in the sequence.

- Twisk:
- Screw.
 - E.g. backflip with a screw/twist.

List of difficulty factors

Maneuvers	Very easy	Easy	Moderate	Difficult
Carving head down	Inface	Inface with Snake	One performer inface, the other outface	Mixed or outface with snakes and/or tricks; sideflying
Carving head up			Inface	Inface with grip and/or tricks; inface/outface
Eagles	Half	Full; half with one performer reverse	Full with one performer reverse; full with tricks; spins; half reverse	Full Reverse; full with one performer reverse with tricks, spins
Eagles on angle		Half	Full	full with tricks
Synchronized moves	Tucked back / front loop	Layout loop	Layout loops with haft twist	Layout loops with full twist
Angle head Down	Side by side, background is still	Side by side background is moving	Side by side in a different orientation, background is moving	Slot swapping/rolls while background is moving, side flying
Angle Head up			Facing each other	Side by side
Vertical	Double Spock Compress Totem Double joker Double grip Versa	Sole-to-sole Vertical Compressed Rotations Double grips Head-up surf	Double joker Reverse Head to head Vertical compressed Switch Totem rotation	Head to head Rotation Double sole to sole Sole to sole Rotation
Belly down /back down	Cat Hook Compressed	Brouette Cat barrel roll	Interlock (leg lock)	breakers
Videographer flying	Static	Motion with no interaction with performers	Continuous motion in the same axis, direction switches	Continuous motion while moving from one axis to another

For own research 😊