

Foundations of Flight

The Barrel Roll | Brought to you by Axis Flight School at Skydive Arizona in Eloy. Photos by Brianne Thompson.

AXIS
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Reasons to perfect a barrel roll:

Performance

- Good introduction to back-flying
- Frequently used transition for back-to-belly freefly compulsory moves in competition

Safety

- Technique to recover from instability
- Use it to clear airspace above you prior to deployment
- The half-way point, back-flying, is a bail-out procedure for freeflying (to prevent corking)

Execution



1

While on your belly, look at a fixed point in front of you.



4

Arrive at the half-way point.



2

Initiate the roll by scissoring one knee directly under the other at a 45-degree angle.



5

Drive one heel at a 45-degree angle underneath your other leg. (Your momentum may carry you through this stage without input during a 360-degree barrel roll.)



3

Use your arms for stability and heading control.



6

Use your arms for stability, heading control and to stop.

Helpful Hints

First, use the above tips to perform 360-degree barrel rolls (belly to belly). As you become a more proficient back-flyer, you can break down the motion into two separate 180-degree rotations (belly to back—stop—back to belly). Being able to stop at the 180-degree point with control is important: Prior to deployment, this skill allows you to ensure your airspace is clear; in artistic events' competitions, it will enable you to score more points in the compulsory rounds.

