

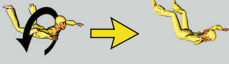

























Transitions

	BASIC	INTERMEDIATE	ADVANCED	EXPERT
BELLY			 <p>Belly-to-Belly, Front Flip</p>	 <p>Belly-to-Belly, Back Flip</p>
BACK FLY	 <p>Belly-to-Back, Barrel Roll</p>	 <p>Belly-to-Back, Front Flip</p>	 <p>Back-to-Back, Back Flip</p>	
	 <p>Back-to-Belly, Barrel Roll</p>	 <p>Back-to-Back, Front Flip</p>		
	 <p>Back-to-Belly, Front Flip</p>			
	 <p>Belly-to-Back, Back Flip</p>			
SIT FLY	 <p>Sit-to-Back, Back Flip</p>	 <p>Sit-to-Sit, Front Flip</p>	 <p>Sit-to-Sit Back, Flip</p>	
	 <p>Back-to-Sit, Front Flip</p>		 <p>Sit-to-Sit Cartwheel</p>	
	 <p>Belly-to-Sit, Back Flip</p>			
HEAD DOWN	 <p>Sit-to-Head, Front Flip</p>	 <p>Head-to-Sit, Front Flip</p>	 <p>Head-to-Head, Back Flip</p>	<p>COLOR KEY</p> <ul style="list-style-type: none"> Level I Transitions Level II Transitions Level III Transitions Level IV Transitions <p>While learning these transitions, all flyers must be spotted by an appropriately rated Instructor.</p> <p>Revision 2.2 © Copyright 2006, 2007, 2008 International Bodyflight Association™</p>
		 <p>Head-to-Sit, Back Flip</p>	 <p>Head-to-Head Cartwheel</p>	
		 <p>Belly-to-Head, Front Flip</p>	 <p>Back-to-Head, Back Flip</p>	
		 <p>Head-to-Head, Front Flip</p>	 <p>Sit-to-Head, Back Flip</p>	
		 <p>Head-to-Sit Cartwheel</p>	 <p>Sit-to-Head Cartwheel</p>	