

## FOUNDATIONS OF FLIGHT | EXITING A HALF REBEL (MFS RANDOM FORMATION N)

Brought to you by Niklas Daniel and Brianne Thompson of AXIS Flight School at Skydive Arizona in Eloy. Aerial photo by Seth Studer. Ground photos by David Arnett. Information about AXIS' coaching and instructional services is available at [axisflightschool.com](http://axisflightschool.com).

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### Prerequisites

- Proficiency at setting up for a back-fly floater exit (see “Foundations of Flight—Back-Fly Floater Exit,” April 2015 *Parachutist*)
- Ability to transition to flying head down from both the head-up and back-fly orientations
- Proficiency at head-down stability and range-of-motion drills (“Foundations of Flight—Head-Down Range-of-Motion Drills,” February 2016 *Parachutist*)
- Ability to navigate through burbles and leg traffic while flying head down

### Purpose

Increase your ability to score points during a mixed formation skydiving competition in which the half rebel (MFS random formation N) is the first point by launching it from the aircraft

### Execution

Both performers should climb entirely out of the aircraft with their backs to the relative wind. Both jumpers will have their weight on their left legs and hold onto the aircraft with their left hands.

The jumper in the point position (closest to the nose of the aircraft) grips the right upper arm of the jumper in the tail position (closest to the tail) with his right arm. The tail flyer gives the count with her right arm. As soon as the duo exits the aircraft, the point flyer picks up the tail flyer's left upper arm with his left hand.

At the moment of exit, both performers should orient themselves with their backs to the earth in order to align themselves properly (head down) into the relative wind. They can do this by extending their legs into the straddle leg position and squeezing their glutes slightly, which engages their cores.

### Helpful Hints

The half rebel can be very challenging for the videographer to capture, as a torso or helmet often blocks the view of one grip. The performers can increase their chances of demonstrating to the judges that the formation has built properly by pitching the formation into the relative wind. Simultaneously, the videographer should anticipate that the grip closest to the aircraft will be difficult to see and should adjust accordingly. This is easiest if the videographer exits from the front-float position.

*The authors intend this article to be an educational guideline. It is not a substitute for professional instruction.*