



59 Full Eagle

Pre-requisites

Prior to learning full eagles, you will need to be very comfortable performing the half-eagle maneuver in both “slots.” Essentially, a full eagle is the same as two half-eagles put together one after the other. It would be beneficial to begin learning this skill with the same person you are comfortable flying with when performing the half-eagle skill; this will provide for better all-around performance throughout.

Objectives

The primary objective is for two flyers to be able to safely and successfully perform a full eagle maneuver, with both flyers beginning in their specified “slots,” ending in their original “slots” at the same altitude, and returning to their neutral positions.

Preparation

You can first learn this maneuver solo prior to adding the second flyer if you wish. Set up will be on one side of the tunnel facing the center, the same set up as a half-eagle. Ensure that you are comfortable flying the entire movement from beginning to end and ideally beginning in both the sit-fly and head-down orientations. When you begin to fly with the second flyer, make sure you set up facing each other, at the correct altitude, and with the correct distance between you.

Technique and Drills

Keep these key elements in mind when learning this skill

If you set up correctly and visualize the idea of placing two half-eagles together to complete the full eagle, then everything should go as planned. Begin in your most comfortable slot and perform one full eagle to a complete stop. Then, switch roles so that you begin in the opposite orientation and perform one full eagle to a stop.

Once you become comfortable with this maneuver, then you may want to perform more than one full eagle, one following the other.

Post-Flight Questions / Suggestions

- How did your performance match the initial objectives?
- Were you able to maintain stability throughout the entire maneuver?
- Were you able to maintain eye contact throughout the whole transition?
- Did you complete the full eagle finishing at the same altitude you started with and with the same distance between you and the other flyer?

What Skill is Next?

Once you are comfortable completing a full eagle beginning in both slots, the next skills that you will work on are half-reverse and full-reverse eagles. For a change of pace, you might want to learn a different aspect of free-flying, and at this point in your progression you could begin learning In-Face Carving Head-Down.