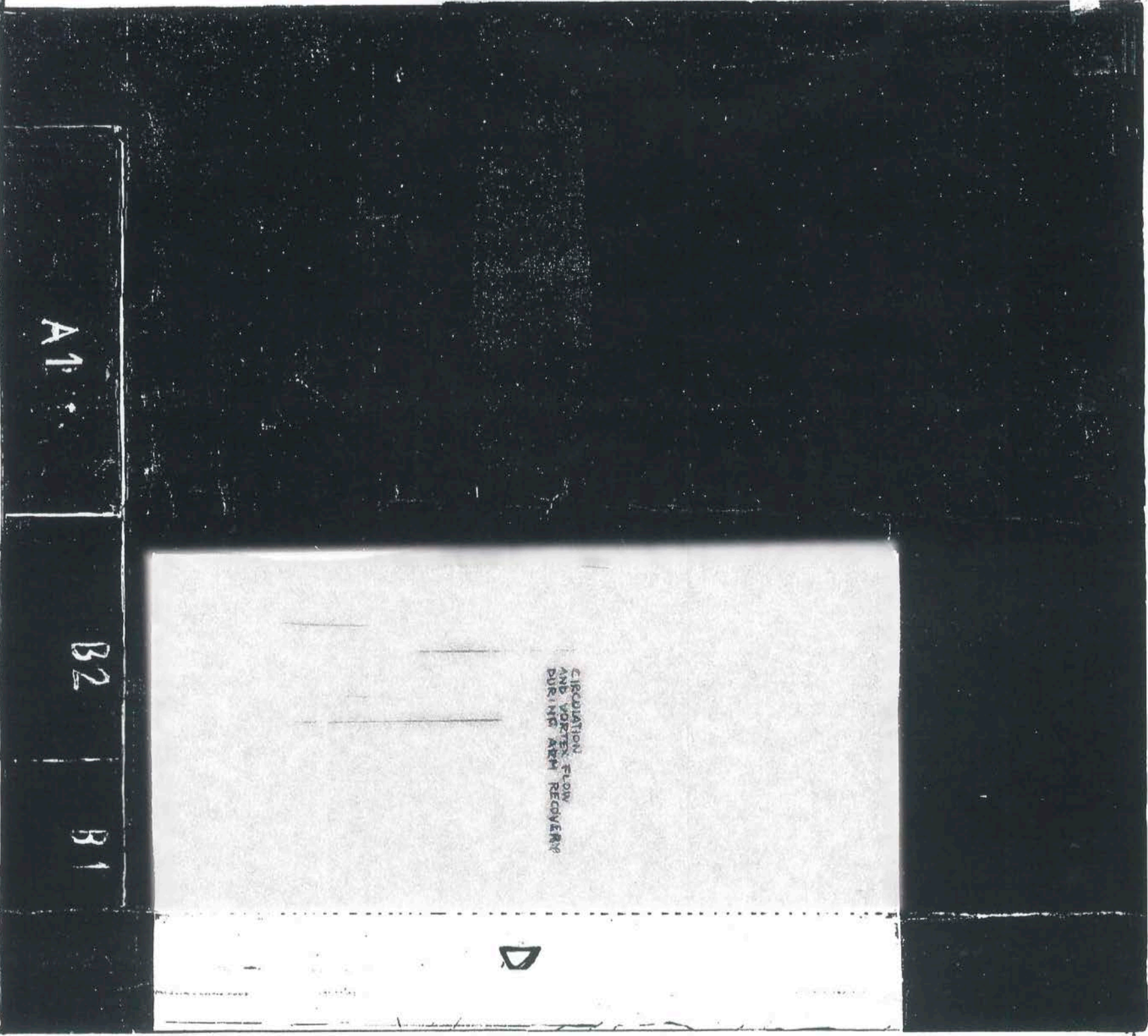


Luca Buvoli

Pop-Up #16 for: Flying–Practical Training for Beginners

Requires: 3 double-sided sheets



CIRCULATION AND VORTEX FLOW DURING ARM RECOVERY



Blind Superhero

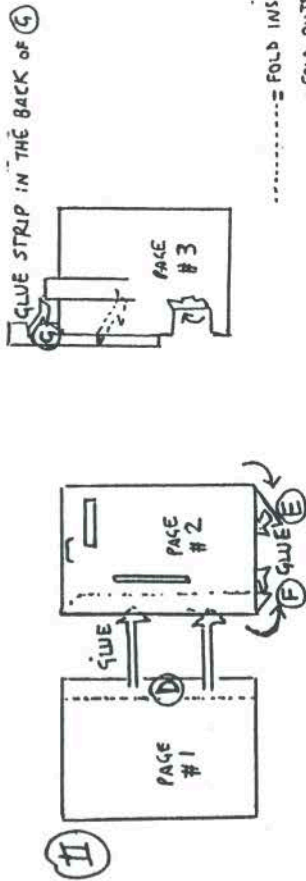
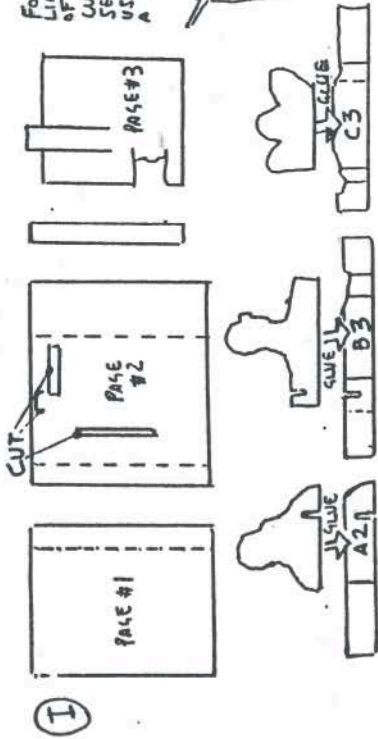
Extended

Vision

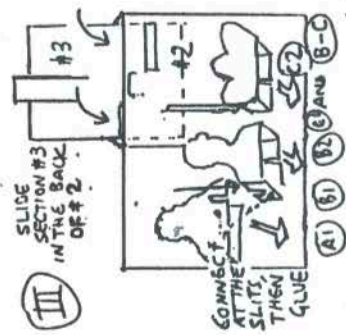
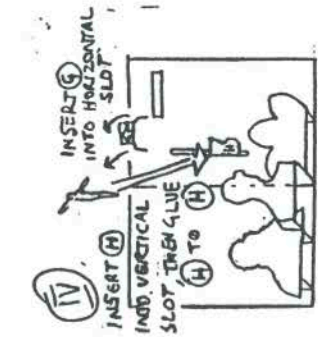
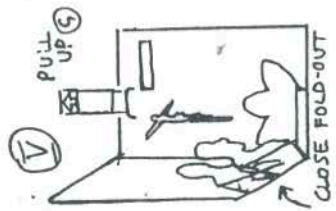
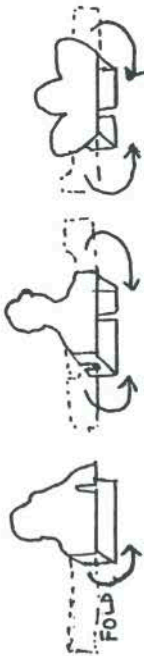
Photo-Angel

FOLLOW THE SOLID LINES ON THE BACK OF EACH SHEET TO CUT OUT THE SEPARATE SECTIONS USING A BOX CUTTER, A RULER AND SCISSORS

GLUE CORRESPONDING LETTERS (A1, A2, ETC.) WITH A2, ETC. KEEP GLUE INSIDE MARKED AREAS



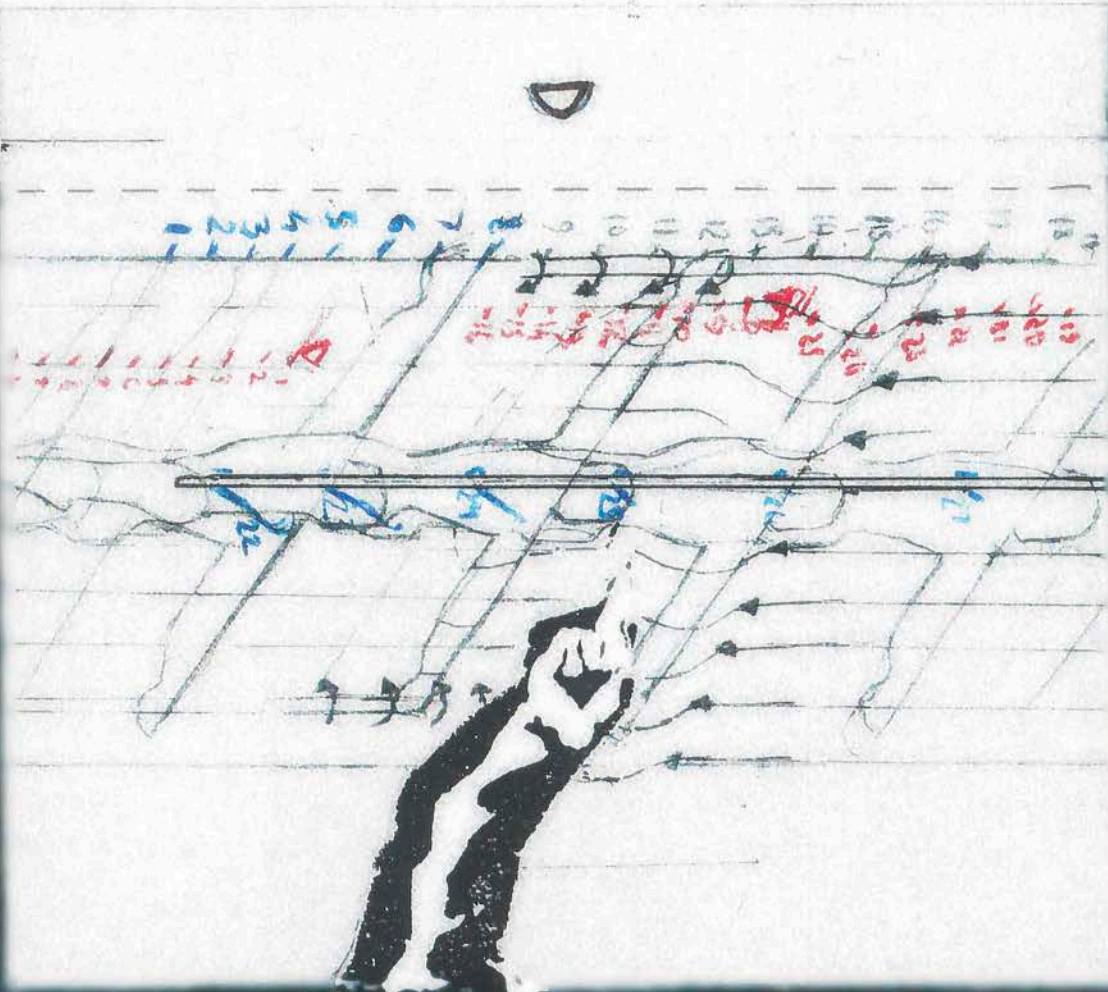
..... = FOLD INSIDE
--- = FOLD OUTSIDE



C2

C1

Prof. M.a.S.





FLYING

practical training
for beginners

an instructional film by
LUCCA BUVOLI



The 33-step method based on aerodynamic research developed and presented by Prof. M.A.S. steps 25 and 26:

25

Gliding will help to streamline your flying. It allows you to feel the undulating body motion initiated in the kick and help to develop breath control.

Exaggerating this glide has helped many to discover the difficult timing of flying.

26

Flying
After a considerable amount of practice, when rhythm has become the sole and unique mode of action, it is only then that there is pure flying.

It is in the rhythm alone that it can live and become visible.

