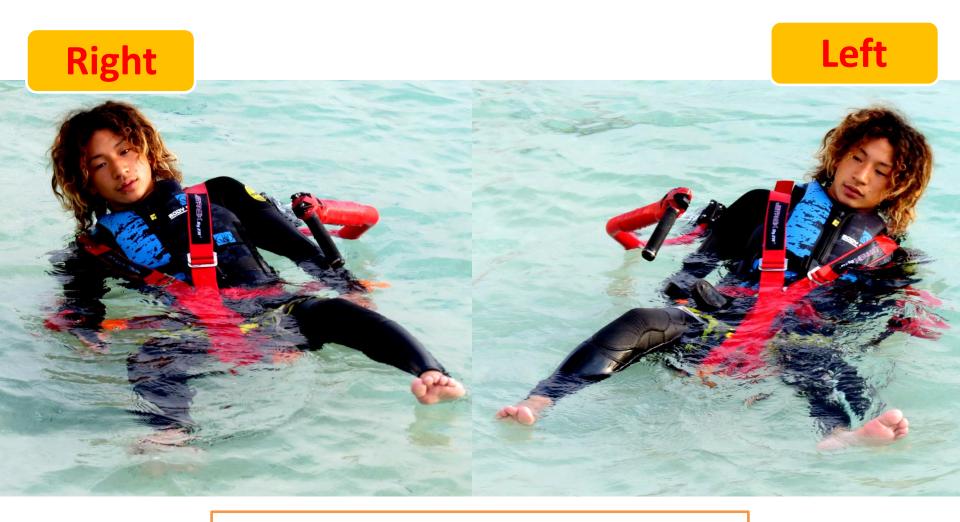


### 1) Put on the harness



# 2 Moving



Lean your body left or right

## 3 Prepare for flying

Raise your body UP when instructor signs





Control arms from low to high position

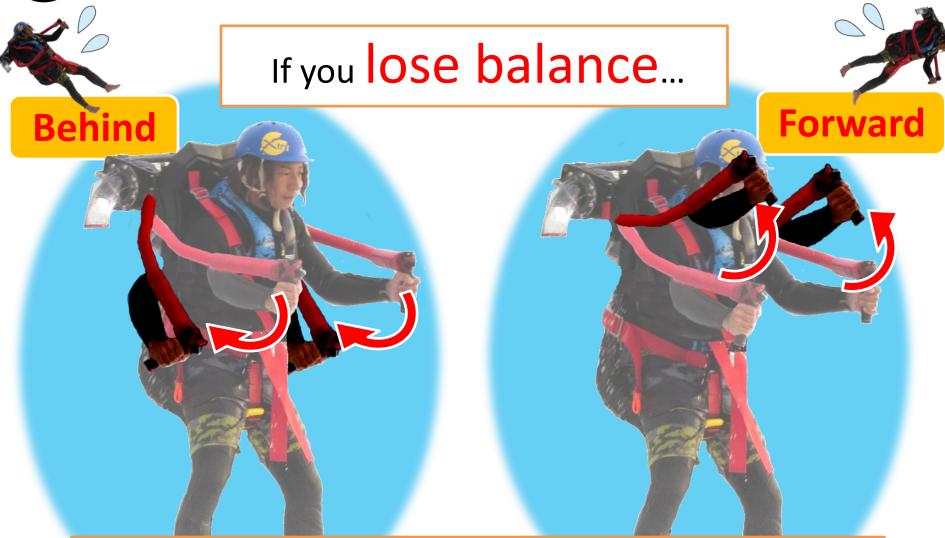
### 4 How to fly



Hold grips in front of your face and keep balance



#### 6 How to balance



Move your arms in the appropriate direction

#### 7 How to fall in the water



#### 8 Be careful when you fall

