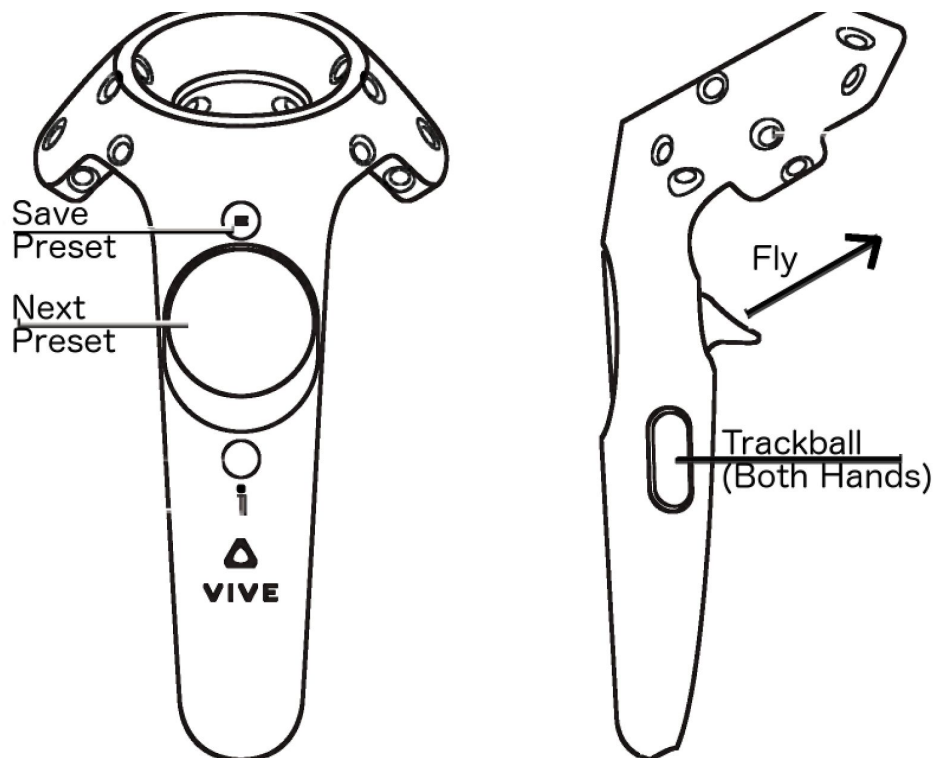# FORM Basic Instructions

Requirements
VR compatible GPU // Vive // SteamVR

Running
Download // unzip // run FORM.exe

Controls

Public Demo Instructions
- Click "disable sliders" on the onscreen GUI
- Encourage clicking the thumb pad (next preset)

Flying
- Right Trigger = forward ; left trigger = backwards
- Controller orientation controls flying direction.
- The distance from the controller to head is the speed

Trackball (Advanced)
- While holding grip buttons on both controllers:
    - To **Translate:** Move both hands in the same direction
    - To **Scale:** Increase or decrease the distance between hands
    - To **Rotate:** Grip Points rotate around the trackball center