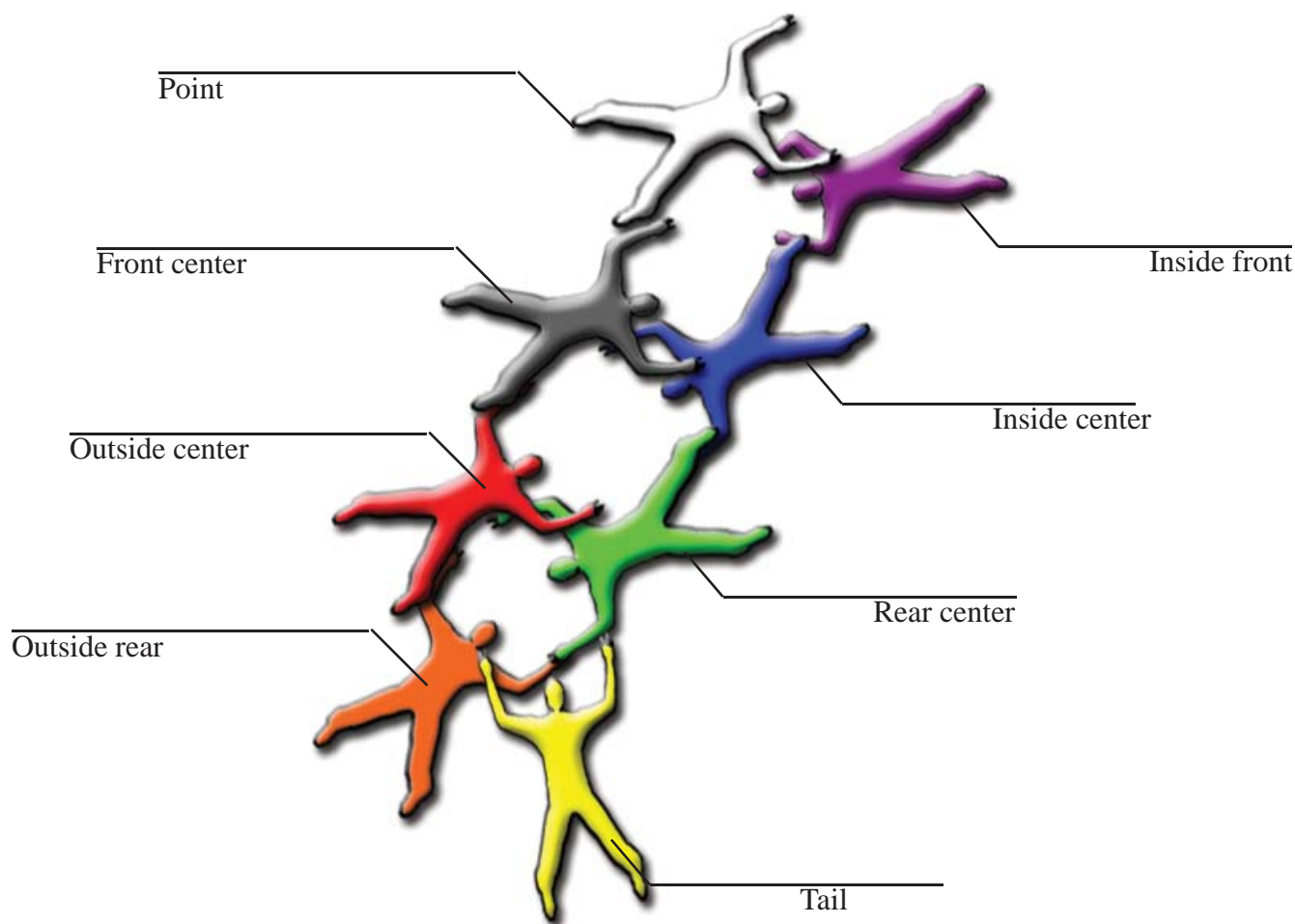


Exit



On your Fury8 team you will be launching a single exit with five people outside the plane and three people inside.

Unlike 4-way where you might practice exiting many different formations, your team will probably launch the same exit for every single formation. This means the exit chunk is fire-and-forget – meaning it is not a scoring formation and you can grip switch or move immediately to the first point without showing it.

No matter what team you are on, expect learning the exit to take some time. Some jobs on exit are more challenging than others, be patient while your teammates practice. The best thing you can do for your team's exit is focus on doing your own job very well every time. With eight people, all eight must do their part to have a good exit. If everyone on the team takes turns being lazy as little as one out of eight times, the exit will never be great.

Basic Principles

Present. No matter where you are, placing your stomach to the wind is a must.

Timing. Leave with everybody else. Know when you need to start initiating your exit to help your placement.

Placement. Look at the picture to determine where you want to be when the chunk hits the air.

Look through the center of formation. Even really rocky exits can be corrected if the team looks through the middle of the formation and reacts to the situation.

Stretch it out. If you are in the back of the formation, generally pull it down the hill. If you are in the top half, keep it up the hill. If you are in the middle, read the play.



Continuity 2008

Exit - Slots

Point

Climb-out. For your climb-out, you will be far in front of the plane with your right arm on the bar. Be sure that the Inside Front can reach your arm during climb-out. You may hold on to the hinge flap below the wing.

Present. Presentation is important in this slot. Get your left arm up so you are faced into wind. While you are doing this, look over your right shoulder so you can see how to react to the rest of the formation.

Timing. Do not be early. Your job is to pull the formation up so it 'snaps' to the air. It should feel as if you are leaving late.

Front Center

Climb-out. You will have your right hand just behind the **point's** pushing towards the front the plane slightly. Your left hand will hold the **point's** leg. Leave enough room for the inside center to get your arm grip.

Timing. Leave with the **outside center**, pushing away from the plane and a little up. Mirror the **outside center's** count by swinging slightly, broadcasting the count.

Placement. Place yourself between the point and **outside center**. Push out and be just enough above the outside center to give you both clean air.

Tips. You can help the **point** if they are struggling. If they are underneath you, push them back up and help them present.

Outside Center

Climb-out. Fight your way out between the front center and **outside rear**. Your right hand will be on the bar and you will have the front center's leg strap (not gripper).

Timing. You are giving the count! There are a few options, but make it consistent and obvious. One count is to check back, check forward, get still, swing out, swing in, go.

Outside Rear

Climb-out. Place yourself in front of the **tail** allowing them to get your leg grip. Leave enough space for the **rear center** to get your right arm grip. Get leg grip of the **outside center**.

Presentation. "Drop" off the plane and present so that you are looking directly up at the wing or "line of flight".

Timing. Leave with the outside center ensuring that you place yourself below the outside center.

Placement. Be sure to place yourself below the outside center and to the left of the **tail**.

Tail

Climb-out. Your right hand is on the bar, your left has the **outside rear's** leg. Hook the **outside rear's** arm as it comes out of the plane. Stand as far down as you can. Your right arm will be jammed up against the back of the door.

Timing. Early. You want to get out and as low as you can as soon as you can. Stretch the whole thing down the hill and you can often save the whole chunk.

Rear Center

Climb-out. Left hand on **outside rear** arm, right hand on **outside center's** arm. You are in the back of the door, but don't let them push you too far back in the hole. Get as close the door as possible.

Presentation. Your left leg and hip should leave the door before your head by stepping out leg first.

Timing. On the set, start moving out by leading with your left leg. There is a wall of bodies in front of you. Do not wait for the bodies to be gone, have confidence and leave with them

Placement. Help pull the formation down the hill. After you hit the wind, you will usually start side sliding to your left.

Inside Center

Climb-out. Set up in the door, with your left foot forward and left side slightly down facing the front of the plane. You will have the **rear center's** left leg and the front center's right arm.

Presentation. Think about leaving gently and getting your left side down low, good eyes with the **outside center**.

Timing. Leave with the **outside center**, being sure not to run them over.

Placement. Your place is just outside the door with just enough space to fit your body length between the **outside center** and the plane.

Inside Front.

Climb-out. Left hand on **inside center's** leg, right hand on **point's** arm.

Timing. Leave with the formation.

Placement. You are just above the inside center. When you exit, you might get a whip effect and feel like you are about to be thrown over the top. This can be avoided by getting into an arched body position as you hit the air.

Tips. You can do a lot to help the **point** present. As you hit the air, think about helping the **point** present by using your right arm to get them in the right spot.



Continuity 2008



Key

Outside Center checks entire formation.

Form a no contact star. From there group builds a donut and finally completes a cat. The coach may choose to key the transition from star to donut setup.

The front center can relax the cat's cheat if needed.

Setup

Be sure the star set up is round. This requires that the centers are far enough apart to let the outsides to comfortably fit into the cat.

Coach

If the **outside center** has difficulty seeing the tail's grip, the rear flyer can guarantee the grip.

Variations

Mirrored.

A Caterpillar

Key

Inside Rear. **Tail** guarantees left grip.

Focus should be on the center four flyers building a good diamond. Keep the wings of each diamond comfortably narrow.

Setup

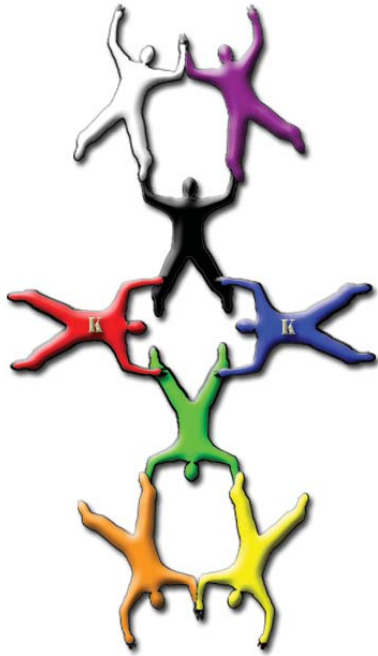
The **point** flyer should wait in-facing until the center diamond is set.



B Stairstep



Continuity 2008



Key

Outside Center and **Inside Center** check right.

Setup

The four centers should build a good bipole first before looking out to grips.

The heads of the hour glass should wait in a 3/4 star picture until the center is built. The heads should also think to build forward, keeping the legs narrow.

C Hour Glass

Key

Inside Center and **Outside center** check right

Setup is between the front center, **inside front**, **outside rear** and **rear center**. All four should face each other and turn at the **same time**. Continue looking at the other four to judge distance and fall rate.

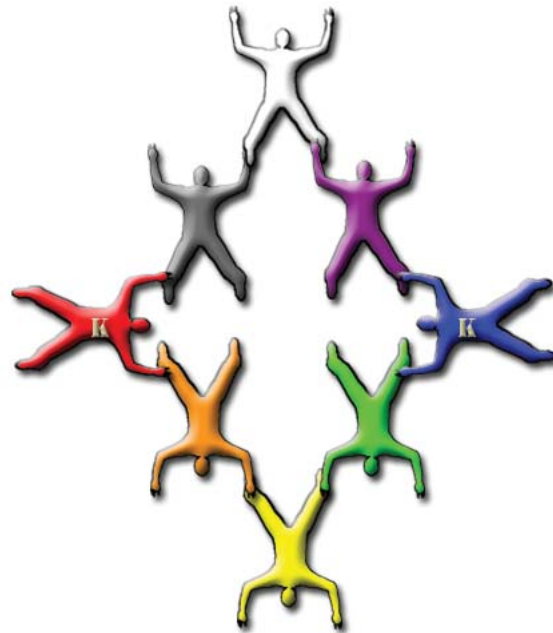
Point and **tail** should wait in facing until the center is set. Commit late.

Setup

Keep wings of diamond narrow and provide enough space between the outfacing pairs for the centers to see and key quickly.

Coach

Early teams should wait in the in facing picture until you key it.



D Hope Diamond



Continuity 2008



E Rubik

Key **Inside Center** and **Outside Center** check left looking for eyes of outside compressed.

Build deep compressed accordions.
The cats should take extra care to keep eyes towards the middle. Cats can be cheated a little.

Setup Centers should focus first on diamond and then think of grips.

Key

Outside Center and **Inside Center** check right
Focus on stairstep setups between the four centers. Build deep compressed

Setup

Outside rear and **inside front** should face the person they are gripping in a no contact side-body until the formation is ready. When it is time to outface, keep looking over your right shoulder, but be sure to build a straight shaped compressed. It may help to think about your outside leg grip being in the proper place. Watch for poor spacing between **front center** and **rear center**. Also check that their center points are lined up.

Variations Coach

For early teams, make sure outfacers wait a very long time.

Mirrored and shifted counter clockwise.



F Diamond Flake



Continuity 2008



Key **Rear Center**. **Tail** and **Outside Rear** guarantee grips.

Setup Set up the center spider.
The **Point** should wait in-facing before committing.

G Arrowhead

Tail and **Rear Center** will commonly switch.

Key **Outside Center**. Be sure to see grip between **Rear Center** and **Tail**.

Watch fall rate, the compressed may float.
The center set up is similar to the four-way block Cat+acc.

The **Rear Center** should focus on setup before taking outside grip.

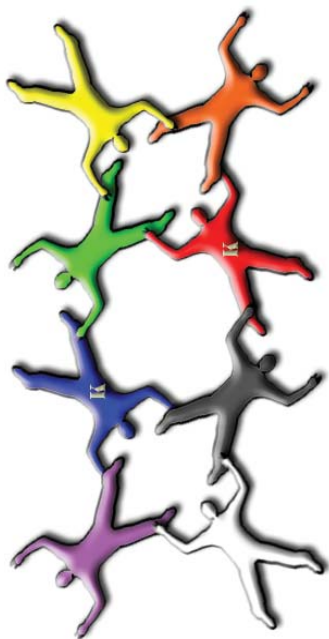
Setup The **Point** will almost be parallel to the **Inside Front**.



H Iriquois



Continuity 2008



Key **Outside Center** and **Inside Center** check own bipoles.

Setup Build center donut first. **Outside Rear** and **Inside Front** should hold in-facing until donut is ready.

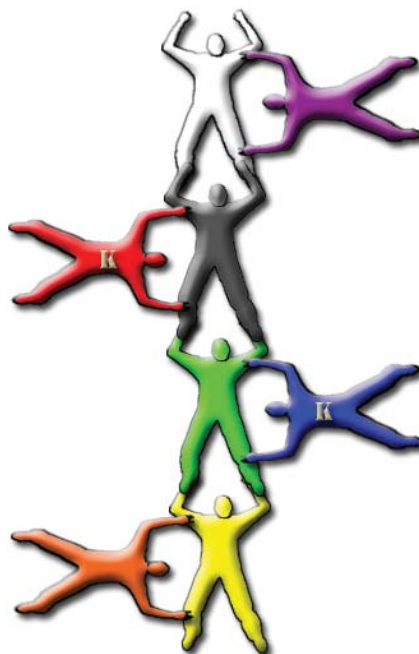
J Springbok

Variations

Right handed donut in center.

Key **Inside Center** and **Outside Center** check own sides and key together.

Setup The cat should focus on being straight. The **Inside Front** and **Outside Rear** should be sure to look through center.



Variations

Outside Center and **Inside Center** may build center of cat.

K Crank



Continuity 2008



Key **Inside Rear**. **Tail** guarantees grip.

Setup **Inside Front** and Front Center in-face until formation is static. Keep the wings narrow. **Point** should hold in half star and commit late.

L Open Diamond

Key **Rear Center**. Centers look back after gripping.

Setup Prioritize the center diamond.
Top three should be mindful of separation.



Variations **Point** and Front Center may swap. **Tail** and **Rear Center** may swap.

M Spider



Continuity 2008



Key

Outside Center.

Center four should focus on setup before taking cat grips. Look to see that the Front Center and Inside Center have their center points aligned.

Setup

N Zipper Flake

Key

Outside Center checks all sides.

Look, look, and look some more. Setup is a no contact open accordion. Build a deep compressed.

Setup

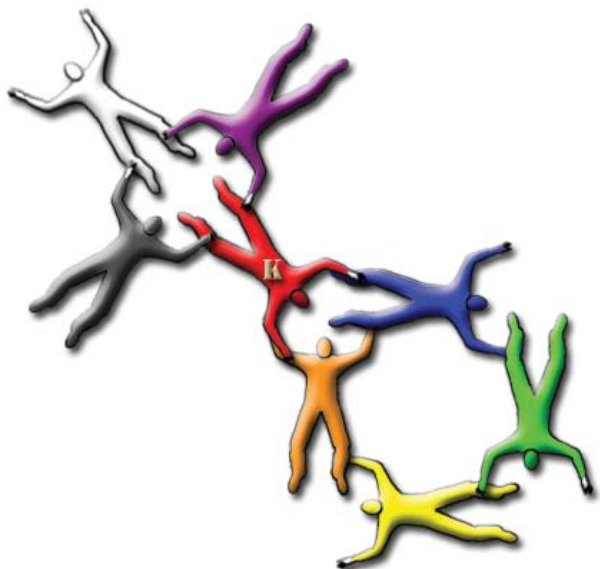
Build it first, take grips second.
Did we mention look?



0 Compressed



Continuity 2008



Key **Outside Center** looks at **Rear Center** for key.
Bipole guarantees grips.

Setup Concentrate on building center murphy first.
Point hold off in half star picture, commit late.

Variations **Inside Center** may also be the center of the formation.

Key **Inside Rear**. Optionally **Inside Center** can shake when right side of donut is done.

Setup **Inside Center** and **Outside Center** should align center points through middle of cat.



Variations **Inside Center** and **Outside Center** can form cat.



Continuity 2008

1 Donut Flake > Donut Flake

Top Key **Outside rear** and **inside front** key top by checking rights.

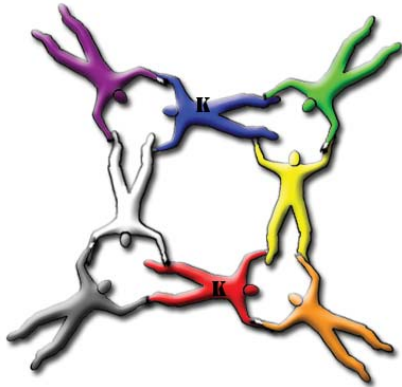
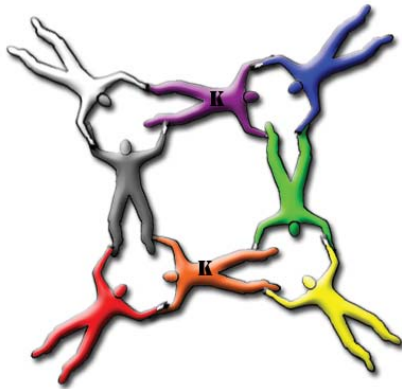
End Key **Inside** and **outside center** key bottom by checking rights.

Build Centers should focus on building a good donut. Outside flyers should take grips on center.

Those starting in the center should turn and face clone. Instead of moving out, think about sliding right slightly during transition.

Notes Outsides should move to the center and build a good 4-way donut. Drive straight and rotate.

Variations Right hand or left hand donut options. Any four may start in center.



Continuity 2008

2 Swiss Bears > Swiss Bears

Top Key **Inside center** and **Outside center** check right and facing compressed. Be sure to see far grip in compressed.

End Key **Inside center** and **Outside center** check right for solo flyer.

Build Look for an offset bipole between the front center and **rear center**. Front center and **rear center** should concentrate on setup before taking outside grips. Compressed in-facers should help maintain distance during build. Solo flyers should wait in-facing until compressed is built.

Keep fall rate up during build and block.

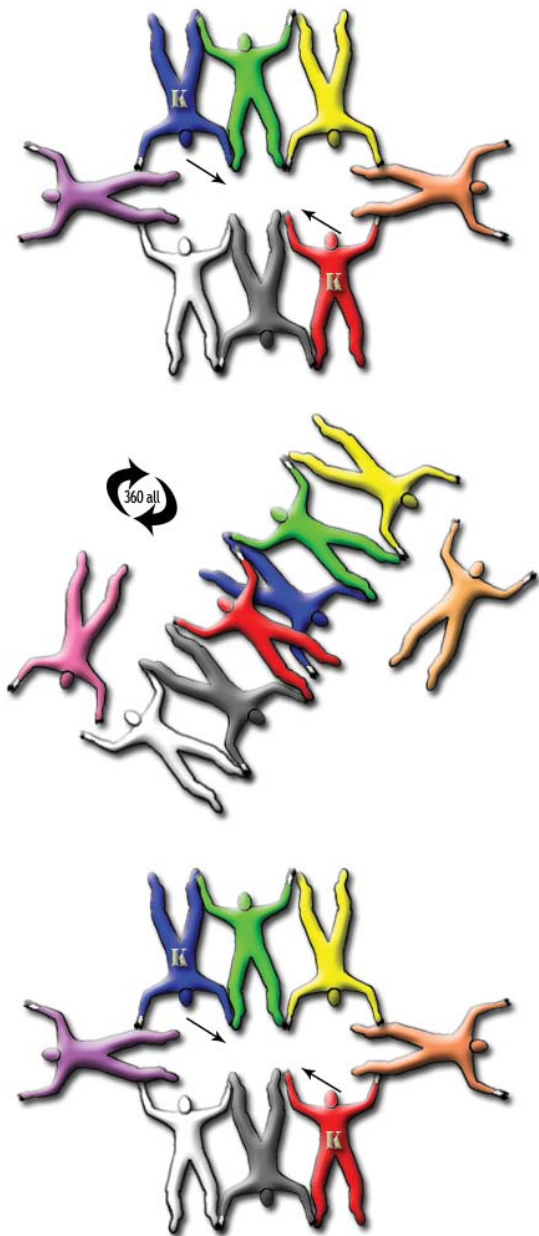
Outside and **inside center** should help a lot with a good build. Drive past each other with a late head switch and hard stop.

Front center and **rear center** should push forward to stay close at half way point.

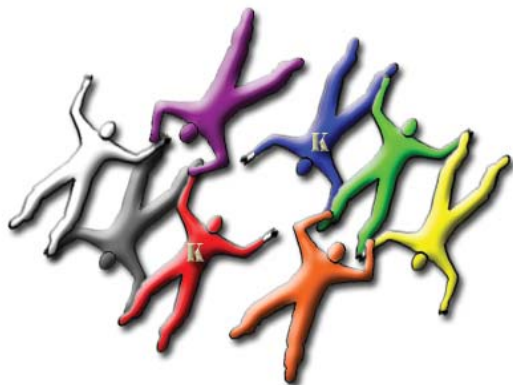
Solo flyers be prepared for a slow fall rate. Commit late and really think about feeding your left leg first.

On key, **Outside center** and **inside center** drive at each other, adding levels if appropriate. After the compressed shifts passed, front center and **rear center** guide compressed pieces to cross again and shift into place.

Notes Solo flyers turn right, face in, feed their left leg to the **point** or **tail**. Stay close. Move is smaller then it appears.



Continuity 2008



3 Chinese Tees > Double Donuts

Top Key **Inside** and **outside center** check right. (Be sure to see grip on far side of compressed)

End Key **Inside** and **outside center** check own donut.



Build Center four build a 4-way bunyip. **Inside front** and **outside rear** should be parallel with **inside center** and **outside center**.

Outside and **inside center** shift angles on key towards own donut.

Front center and **rear center** look for bipole setup in center over left shoulder before making head-switch and picking up donut grip, after feeling donut grip picked up.



Notes On key center four move to a no contact bi-pole while everyone else forms the donuts.



Continuity 2008

4 Snowflake > Offset



Top Key **Inside front** and **outside rear** check right.

End Key **Inside** and **outside center** check right.



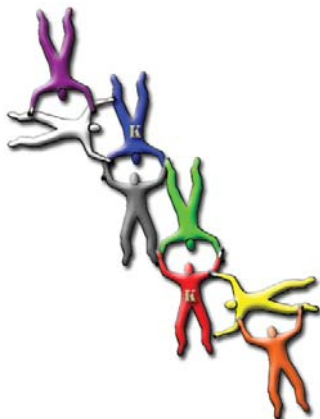
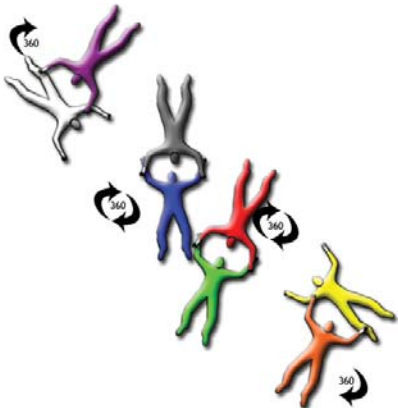
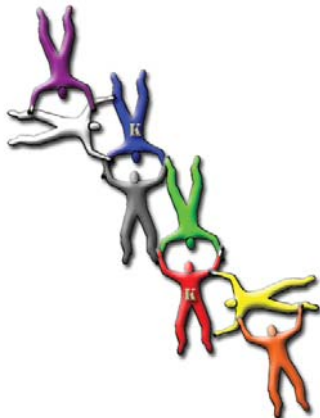
Build Center four punch into center sharply. Cats should look towards the center as it builds. The cats can be offset, but not severely cheated. Inside grips are ok to take on cats as long as flyer can let piece hinge.

Notes On key, inside four make close bipole with clones. Outsides drive straight. Fly to your slot, not the grip.

Variations Any four can start in the center. In out can move to the left as well.



Continuity 2008



5 Wagga > Wagga

Top Key Inside and outside center check right.
As much as possible, give a big key.

End Key Inside and outside center check right.

Build For vertical technique, the outside center and inside center have the leg on compressed.

Teams will decide on a cogging or vertical move for the center.

Cogging. Outside center and front center open up so that rear center moves through the middle. Inside center moves through the center followed by outside center. Finally the front center closes the zircon. Finishing on the correct heading is vital to the outsides. Tail and outside rear cog and stay close. Point and inside front add some levels, turn in place and redock.

Vertical. On key front center and inside rear cross vertically over the grip line. stopping on the other side. At the half way point the center four should be reversed. The inside center and outside center complete the zircon, being sure to rotate it fully, placing it between the two sidebody pieces.

Both sidebody pieces cog. On key the sidebodies open up slightly looking over their shoulder. The point/tail then moves through stopping hard and short on the other side. At this point the pieces can predict the finish and snap to the close.

Notes



Continuity 2008

6 Star > Star

Top
Key

Outside center

End
Key

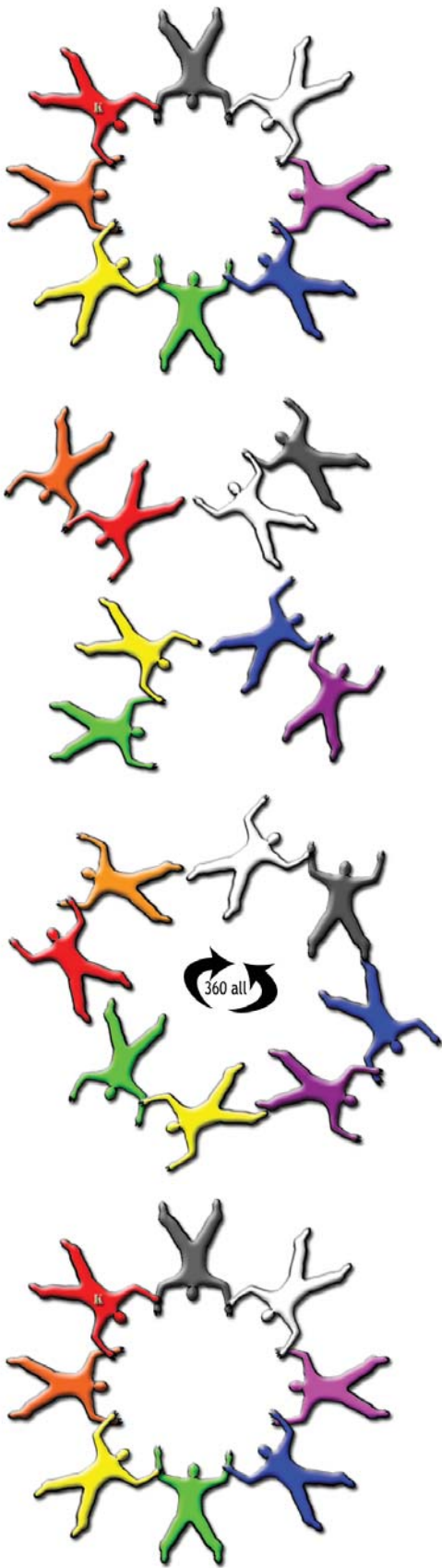
Outside center

Those initiating the move (~~point~~, ~~inside center~~, ~~tail~~ and ~~outside center~~) drive straight in front of piece partner and see a donut picture as they pass. While they are driving through, their piece partners are staying hip to hip and guiding them forward slightly.

The half way point is eight outfaced people, with each piece being slightly hip to hip. For the second phase, the front center, ~~inside front~~, ~~rear center~~, and ~~outside rear~~ hip check their piece partner to close the star, focusing on facing off in a star with thier clone.

Notes

Keep the star close on finish.



Continuity 2008

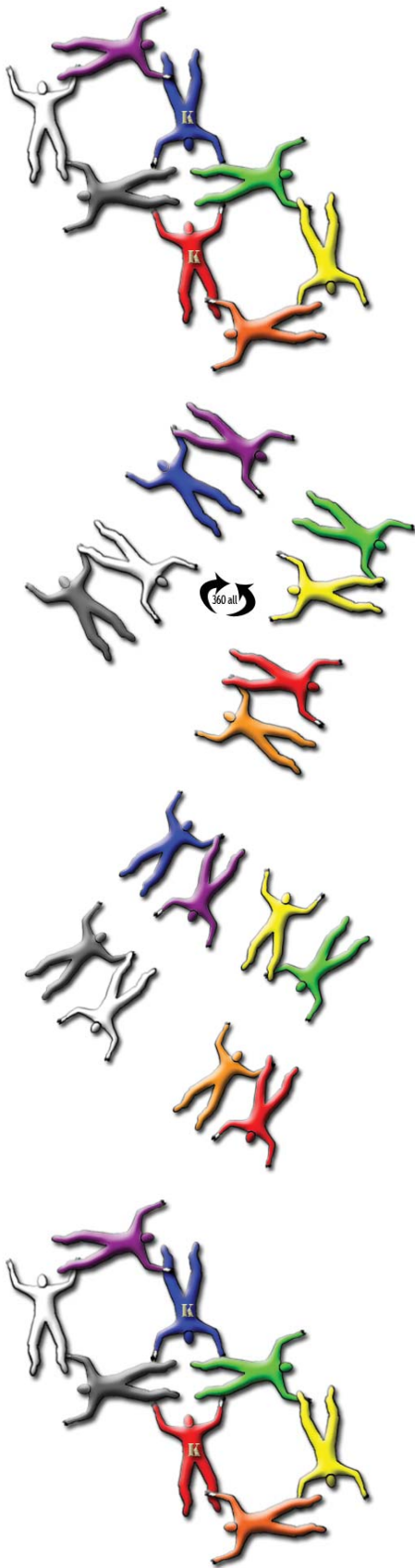
7 Bipole Donuts > Bipole Donuts

Top Key Inside and outside center check right

End Key Inside and outside center check right

Tail, **point**, **inside front**, and **outside rear** start to move to the center on key. **Tail** and **point** should yield slightly to the backwards flyers. Look for no contact compressed pictures as block proceeds. On finish, **front center** and **rear center** prioritize placing their leg into the **inside center** or **outside center's** hand before moving to close the center bipole.

Notes



Continuity 2008

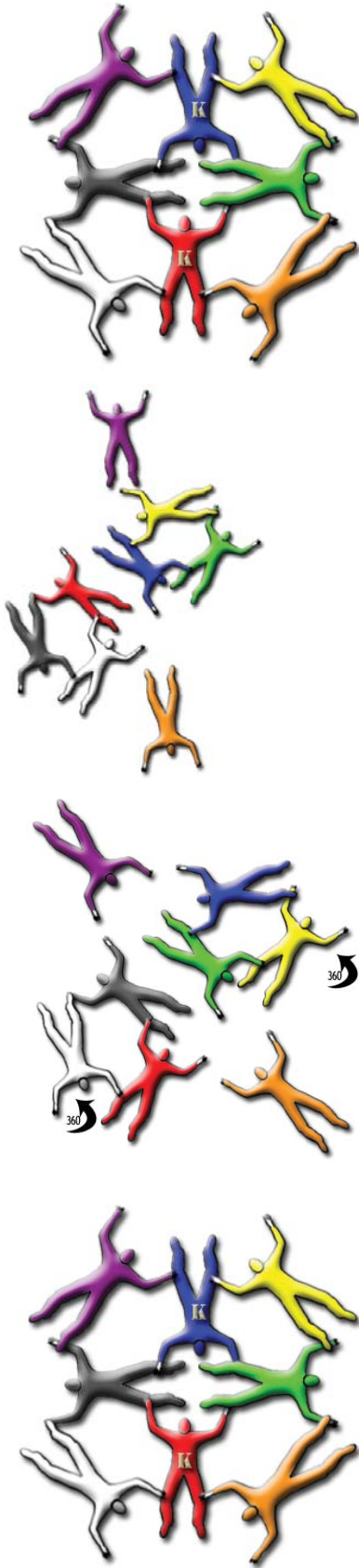
8 Frisbee > Frisbee

Top Key Inside and outside center check right sides.

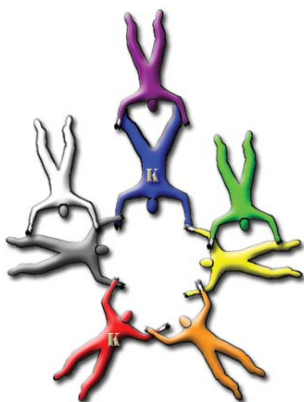
End Key Inside and outside center check right.

Rear center and front center open up slightly on key. Inside center and outside center drive at each other and pass in a compressed. Tail and point assist. After this first move, the positions are rotated and everybody takes a turn moving through the middle. Finally the rear center and front center drive at each other and shift past to make a bipole. The solo flyers whip a left 270 turn and face the formation. Keep an eye on who has your leg from the donut and make this grip happen before taking your own grips. The donuts tend to float, solo flyers should guard their fall rate.

Notes



Continuity 2008



9 Taj > Mahal

Top Key Inside center and outside center check right.

End Key Inside center

Sidebody pieces step forward, way less aggressive then the 4-way block zig-zag marquis. **Point** and **rear center** spin the piece, stopping hard so you end up parallel to the **inside front** on the close.

The star and cat piece should spin 360 in relation to each other. The half-star will make a move similar to star-star. The cat piece should add level planning on an over vertical with the first sidebody piece, see the half way point with the star piece, and close any distance.

Front center and **point** add some levels (lower) to avoid collision with cat piece. Cat piece turns left, sidebodies spin forward, and star piece spins right.

Variations **Outside center** can take top and bottom key.



Continuity 2008

10^{Donut > Donut}

Top Key Outside center

End Key Outside center

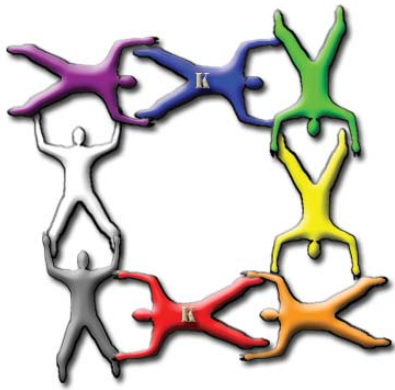
Build Setup is a no contact star, everybody moves together.

Notes On key do 450 degree turn towards the center of the formation. Pause and wait for everybody to form a second no contact star. When formed, finish together. Cross reference and watch levels.

Variations Left handed donut.



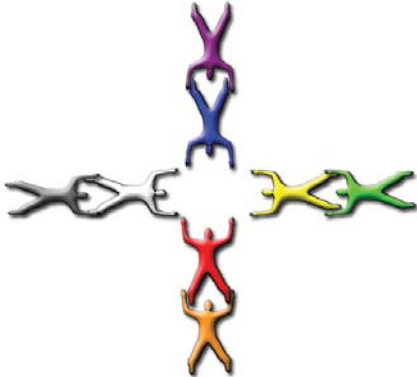
Continuity 2008



11 Norwegian Box > Norwegian Donut

Top Key Inside and Outside center check right

End Key Inside and outside center check right



Build Focus on building the center donut picture first, prioritize the sidebodies, finally take the cats.

Notes On key, place heads of cats close together in a passing snowflake. Stop the piece early.

Coach Block is easy, build is not. Get the four centers to make that loose donut and emphasize grip order.

Variations Left or right box can be made.



Continuity 2008

12 Stereo Bipole > Stereo Bipole

Top Key Front center and rear center check rights.

End Key Inside center and outside center.

Outfacers should watch clones closely on setup for fall rate and distance. Build it wide enough so that keyers can see easily.

Look for elongated build between front center and rear center then elongated close between inside center and outside center.



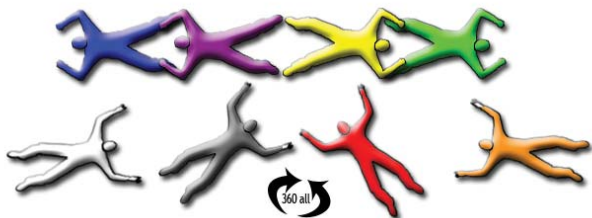
Continuity 2008



13 Satellite > Satellite

Top Key **Outside center** and front center check own side and key together.

End Key **Outside center** and front center check own side and key together.



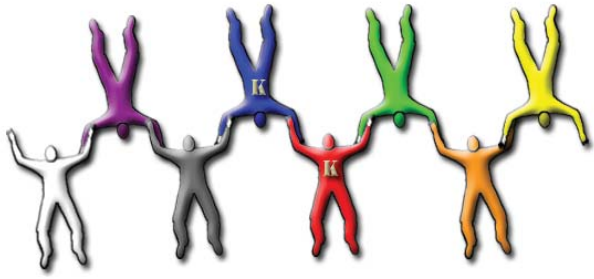
Build Outsides be sure to look all the way across the formation as it builds.

Individual flyers turn outside. Cats turn towards individual flyers. **Outside center** and front center should turn 90 and wait for cats to pass through, then complete thier turn and finish the block. **Point** and **outside Rear** should turn 270 immediately and aim to catch cat's leg to close. Individuals should note that the cat pieces look deceptively far way as they are returning.

Notes



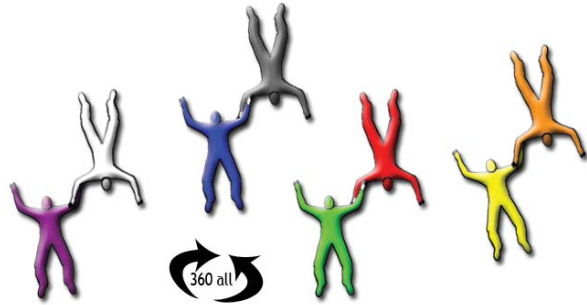
Continuity 2008



14 Open Accordion > Opposed Stairsteps

Top Key **Outside center** and **inside center** check lefts.

End Key **Outside center** and **inside center** check lefts.

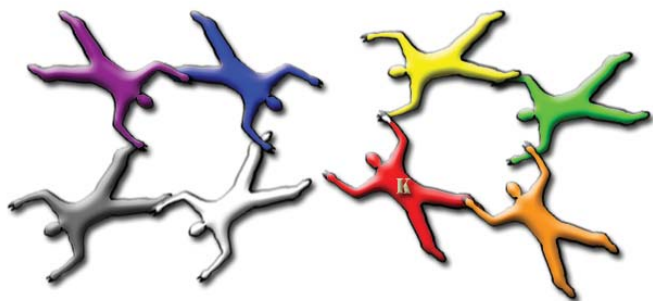


Build Build a straight wide accordion so everyone can see down the formation. Center four build level into the random.

Notes Do not rotate the center stairstep: aim shallow or toward your clones left shoulder. The outsides should wait until it is absolutely clear where the center will finish before committing. The close should be approximately 45 degrees off the original heading.



Continuity 2008



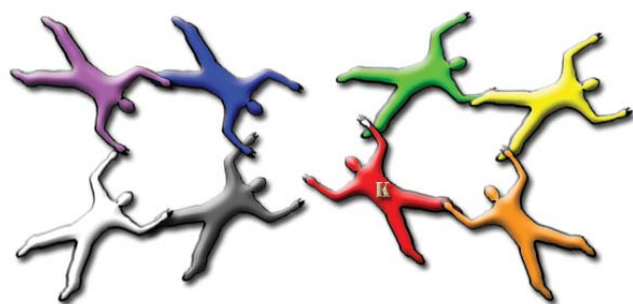
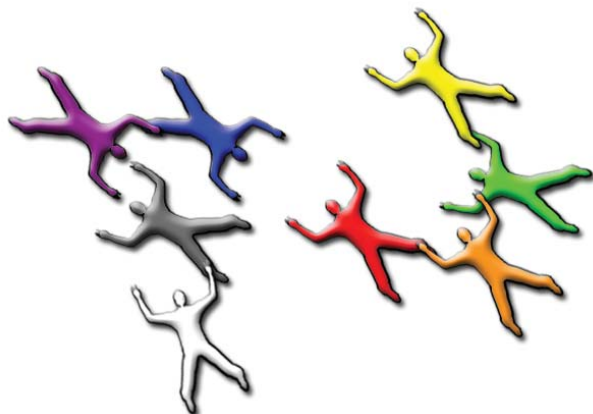
15 Opal Zipper > Zipper Opal

Top Key Outside center

End Key Outside center

Build Focus on the murphy shape between the center four.

Notes **Point** and **Tail** move aggressively through middle. Stationary pieces focus on keeping proximity.



Continuity 2008

16 Canadian Tees > Monopods

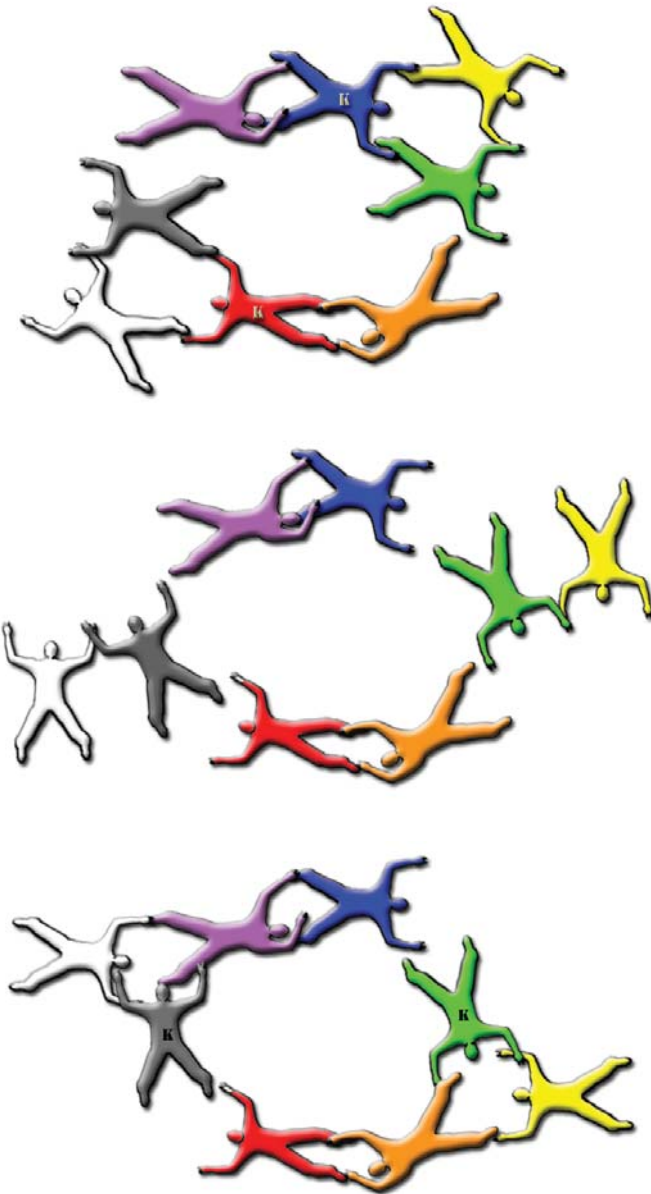
Top Key Outside center and inside center

End Key Front center and rear center

Build Build a long bipole shape between the Front center and rear center. Tails and heads should line up straight accross Inside center and outside center hold picture.

Notes Inside front and outside rear slide toward other groups slightly. Finish is a six-way donut.

Point and Tail drive straight ensuring no “go around”. Be sure to show good separation.



Continuity 2008

17 Buzzard > Buzzard



Top Key **Inside center** and **outside center** check rights.

End Key **Inside center** and **outside center** check rights.

Keep fall rate through block.

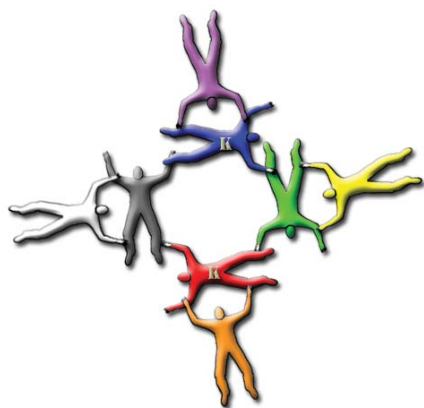
Compressed pieces spin backwards in two parts, making adjustments at the half way. Concentrate on shutting down the compressed in a stairstep.

Inside center and **outside center** whip a 360 to the right.

Notes Solo outside flyers turn left and cog 360, looking through center of formation.



Continuity 2008



18 Sidebody Donuts > Sidebody Donuts

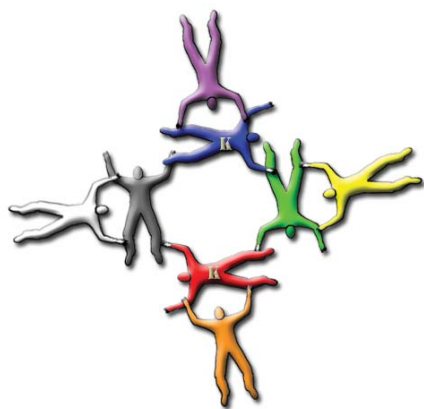
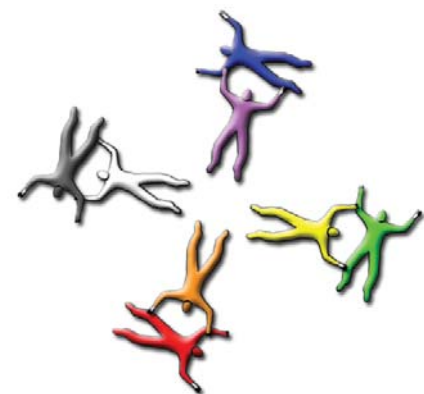
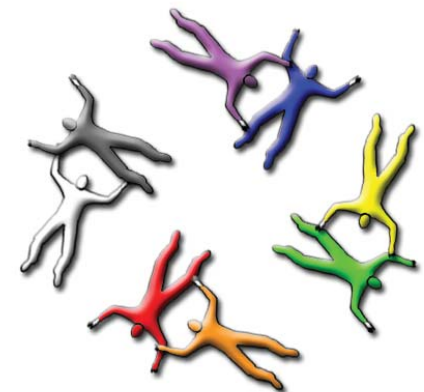
Top Key Inside center and outside center check rights (front sidebody).

End Key Outside center checks donut

Centers step out and stop hard, looking over right shoulder, then becoming passive. Outsides take over on second phase and spin the pieces by driving towards their clones. See the finish before head switching and place donut back together by focusing on opposing setup.

Notes Midway picture is the all in leg picture of the original four outside flyers. Spin sidebodies in place (no translation).

Variations Left hand donut common option.



Continuity 2008



19 Comp Diamonds > Comp Diamonds

Top Key **Outside center** checks with **inside front**.
Outside rear guarantees outside grip.

End Key **Outside center**

Notes
Noses step out at a 45 degree angle. Tails of diamonds drive hard toward each other, stopping very hard, and then pulling back on diamond. The tops should cross heads vertically. Keep diamonds narrow throughout the build and block.



Continuity 2008



20 Cat Diamond > Catacordion

Top Key **Rear center**. Look for head turned back on front center.

End Key **Rear center**.

Notes **Outside center** and **inside front** set center. Rear cat piece drives up to center on key. **In-side center** and **inside front** turn in place and hold ground. Top cat turns and drives into center. The **point** may add a little level to the piece to help it press back.



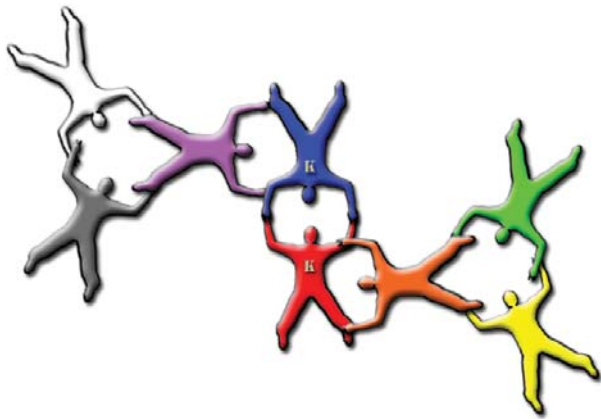
Continuity 2008

21^{Lego > Eye}

Top Key **Inside center** and **Outside center** check lefts.

End Key **Outside center**

Notes
On key shift pods to the right. **Inside** and **outside centers** stay faced off until the very last second to provide a good closing picture for pods. Pods pay attention to keep proximity and levels with each other. Each person drives through the middle in turn and the front center and **rear center** should see a bi-pole picture just before the close. The centers fold out at the last second.



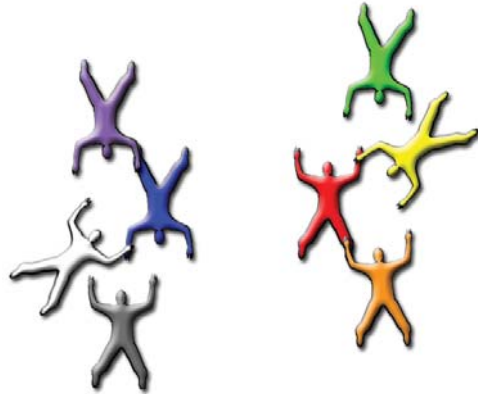
Continuity 2008



22 Old Bone > Comp Diamonds

Top Key **Rear center** and front center check lefts

End Key **Inside center** and **outside center** check rights.



Build a deep compressed.
On key rear center and front center (hoppers) get levels Middle two use pod to the right to judge what is enough altitude. Move slightly out and over into stairsteps. **Inside** and **outside centers** should move in, but it isn't as far as it looks, avoid slamming. Hoppers should concentrate on thinking about up, the over is easy.



Continuity 2008