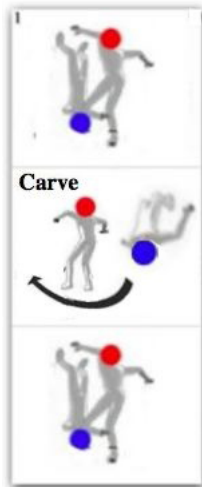
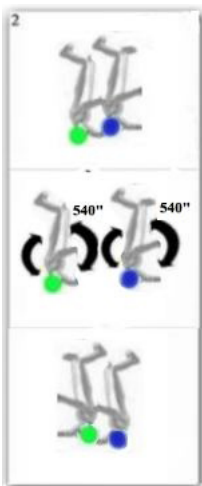


2 Way VFS Blocks



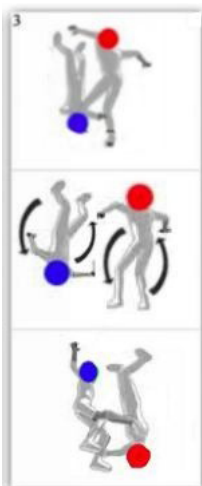
1 Mixed Carve

One performer is HU and the other is HD. The HD performer has a hand grip on each of the others same shins (right hand-to-right leg AND left hand-to-left leg). The HD performer then releases these grips, and does a 360° carve around the HU performer, and re-grips to form the original formation.



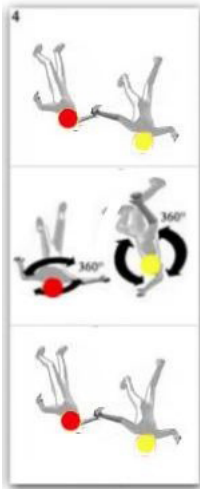
2 Rebel To Rebel

Both flyers are HD with one flyer outfacing while the other flyer double docks the arms of the outfacing flyer (right hand-to-right arm AND left hand-to-left arm). Both flyers then turn 540° to opposite positions and redock.



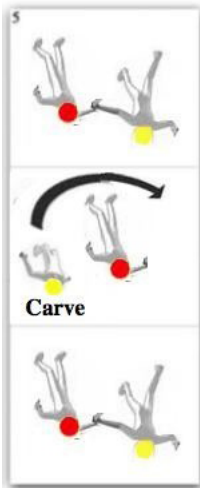
3 Double Sixty-Nine

One performer is HU and the other is HD. The HD performer has a hand grip on each of the others same shins (right hand-to-right leg AND left hand-to-left leg). The HU performer transitions to HD and the HD performer transitions to HU. Another Sixty-Nine is performed with both performers in the new orientation.



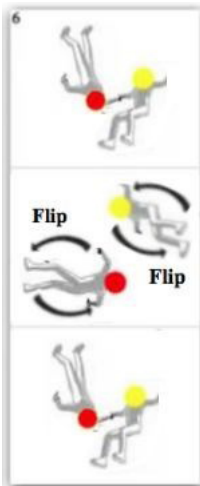
4 HD Grip 360 Grip

Both performers are HD. A grip is taken on the other's same arm (right hand-to-right arm OR left hand-to-left arm). Each performer then performs a 360 degree turn relative to the other performer followed by a repeat of the original grip.



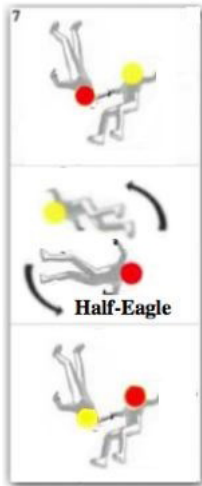
5 HD Grip Carve Grip

Both performers are HD. A grip is taken on the other's same arm (right hand-to-right arm OR left hand-to-left arm). One Performer maintains heading, while the other does a 360 degree carve around them, followed by a repeat of the original grips.



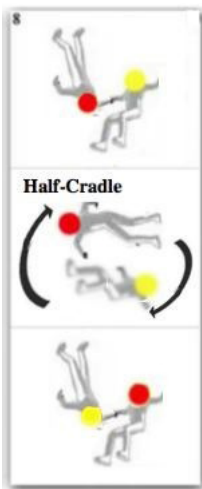
6 Grip Flip Grip

One performer is HU, the other HD. A grip is taken on the other's same arm (right hand-to-right arm OR left hand-to-left arm). Each performer does a front flip or back flip, back to their original HU or HD orientation, followed by a repeat of the original grip.



7 Grip Half-Eagle Grip

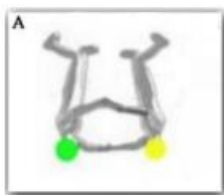
One performer is HU, the other HD. A grip is taken on the other's same arm (right hand-to-right arm OR left hand-to-left arm). The HD performer goes under the HU performer (i.e. head first) doing a half front-loop transition to HU, while the HU performer goes over the HD performer and does a half front-loop transition to HD. The original grip is retaken with both performers in their new orientations.



8 Grip Half-Cradle Grip

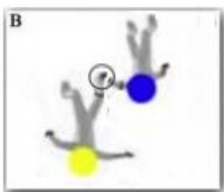
One performer is HU, the other HD. A grip is taken on the other's same arm (right hand-to-right arm OR left hand-to-left arm). The HU performer goes under the HD performer (i.e. feet first) and does a half back-loop transition to HD while the HD performer goes over the HU performer and does a half back-loop transition to HU. The original grip is retaken with both performers in their new orientations.

2Way VFS Randoms



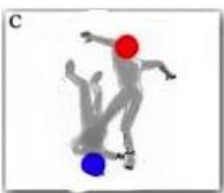
A HD Star

Both flyers are HD facing each other with a double hand grip (right hand-to-left hand AND left hand-to-right hand)



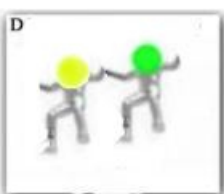
B Stair Step

Both performers are HD. One performer performs a single handed grip on the others opposite leg (right hand-to-left leg OR left hand-to-right leg)



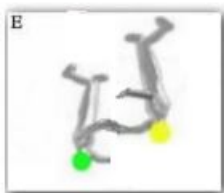
C Sixty Nine

One performer is HU and the other is HD. The HD performer has a hand grip on each of the others same shins (right hand-to-right leg AND left hand-to-left leg)



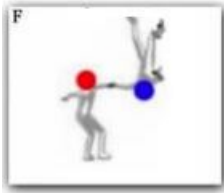
D Head-Up Line

Both flyers are HU and have a single handed grip on the others opposite hand (right hand-to-left hand OR left hand-to-right hand)



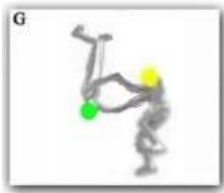
E Head-Down Wave

Both flyers are HD with a single hand grip on the others same arm (right hand-to-right hand OR left hand-to-left hand)



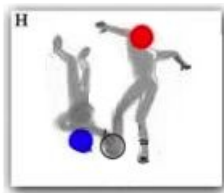
F Mixed Wave

One flyer is HD and the other HU with a single hand grip on the others opposite hand (right hand-to-left hand OR left hand-to-right hand)



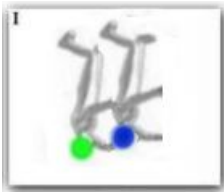
G Mixed Double

One flyer is HD and the other HU with a hand grip on each others same hand (right hand-to-right hand AND left hand-to-left hand)



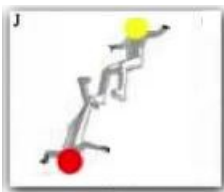
H Mixed Hand To Foot

One flyer is HU and the other HD with the HD flyer gripped on the opposite foot of the HU flyer (right hand-to-left foot OR left hand-to-right foot)



I Head-Down Rebel

Both flyers are HD with one flyer outfacing while the other flyer docks the arms of the outfacing flyer (right hand-to-right arm AND left hand-to-left arm)



J Sole to Sole

One performer is HU and the other is HD. Each performer has a single footed dock with a sole on the others same sole (right foot-to-right foot OR left foot-to-left foot)