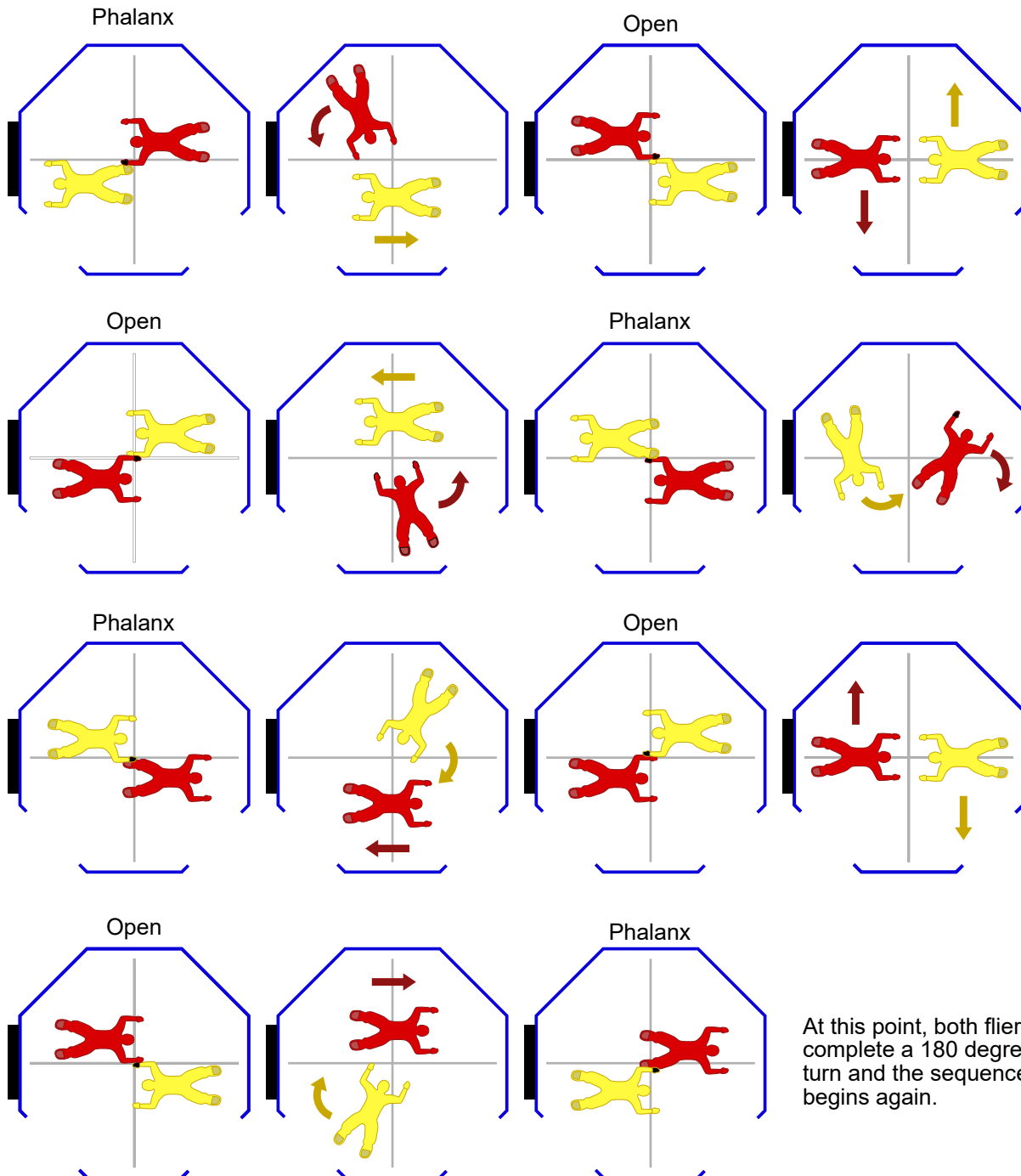


# Phalanx Open Drill

This is a two person drill that requires both fliers to slide in all directions and also perform sliding 180 degree degree turns. In the first rotation, yellow is the base while red flies around taking a phalanx grip, open accordion, open accordion, and phalanx. At this point, both fliers complete a 180 degree turn, and red becomes base while yellow flies the sequence.



At this point, both fliers complete a 180 degree turn and the sequence begins again.