

How The Helicopter Is Actually Built

V2 · 貳 · Aú Helicóptero — five steps, one prerequisite, one open disagreement

TLDR / 80-20

It is a back movement, entered backwards, turned high.

Most people fail it because they enter to the side like a normal aú and keep the turn low — and because they never learned the movement it is built on.

The Keys

1. Before you start.

"This movement is a back movement — the elasticity of our back will be very involved." The named prerequisite is **Meia Lua Reversão**: *"the end of the movement is practically the same, and look at the back arch. I recommend learning first the Meia Lua Reversão to facilitate the learning of the helicopter."* Rehearse the mid-position with a partner spotting you, because the movement passes through it.

2. The five steps.

1 • Entrance — bring the leg back as if crossing it, and enter **backwards, not to the side**. Lateral entry works but demands far more back elasticity. **2 • The turn** — high, not near the ground, steered by the exiting leg, eyes on that foot. **3 • Land higher** — feet and one hand only. **4 • Stand up** with both feet together. **5 • Finish on one leg, turning** — the hardest part, and what makes it continuable into the next movement.

3. The head cue that is not styling.

"The head must be left behind to facilitate the curvature in your back — with the head forward the aesthetic is completely broken." Head back is what lets the back arch. Expect to fall early on: *"it is normal falling to the ground, but it is part of the process."*

4. If you stall — and you will stall at step 5.

Perform it from a raised surface so the legs end lower: less back elasticity needed, and it teaches the sensation of finishing on one foot. **Then reduce the height week by week.** Record the height in centimetres — that is the number that moves. Terminal condition: height zero, finishing on one leg, turning.

AI's Take

One parameter is genuinely contested. The reference says you can almost let the leading foot touch the floor, *"keeping it as low as you can get it."* The practitioner says the opposite: *"this method is not efficient because it costs much more — I recommend making the turn as high as possible."*

Nobody has run the test, and it is a cheap one: film a set turning high and a set turning low, count completions per attempt.

The five-step progression traces to a single teacher and has not been corroborated elsewhere. Nothing here has been trained by a body.