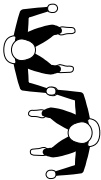



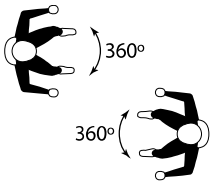
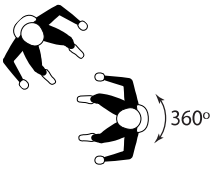
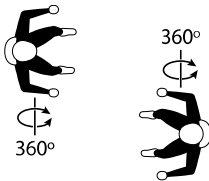
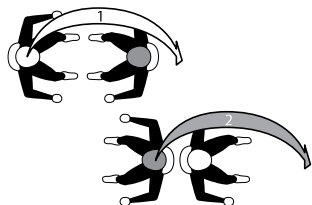



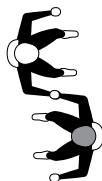
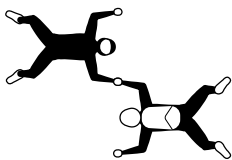
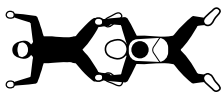
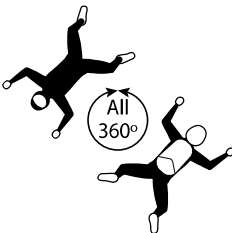
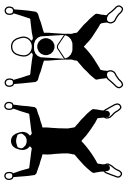
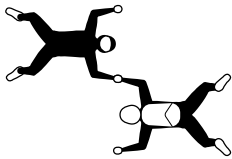




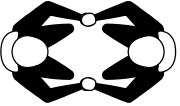
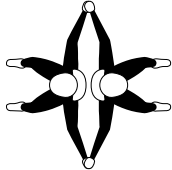

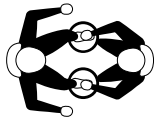

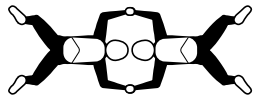
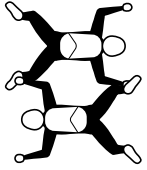
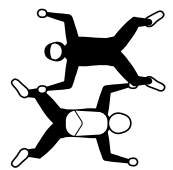
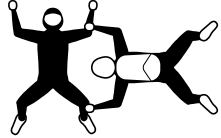
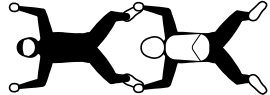
Appendix E: VFS 2-Way Formations

1  Grip	2  Grip	3  Grip	4  Grip
 Inter	 Inter	 Inter	 Inter
 Grip	 Grip	 Grip	 Grip

5  Mixed Open Accordion	6  Mixed Cat
 Inter	 Inter
 Mixed Open Accordion	 Mixed Cat

Images used with the expressed authorization of USPA. - May 2025

Appendix F: VFS 2-Way Random Formations

A  Single Grip	B  In-Facing Double Grip	C  Out-Facing Double Grip	D  Hand-to-Foot
E  Hands-to-Feet	F  Double Spock	G  Belly Star	H  Belly Closed Accordion
J  Mixed Closed Accordion	K  Mixed Side Body	L  Mixed Cat	