THE ARTIST MUST FIND A SUTABLE SLOPE.
NOT TOO STEEP TO PROPEL THE ARTIST OUT
OF CONTROL, NOR TOO SHALLOW TO
MAKE PROGRESS DIFFICULT.

THE SURFACE SHOULD BE AS SMOOTH AS POSSIBLE, PREFERABLY GRASS FOR MAXIMUM COMFORT. NOT ENCLOSED AS TO GIVE A GOOD VIEW OF THE OPEN SKY.

THERE SHOULD BE NO IMPEDIMENTS TO THE BASE OF THE SLOPE TO CAUSE DAMAGE TO THE ARTIST. EXAMPLES OF THESE WOULD BE TREES, BOULDERS, RUSTING AGRICULTURAL IMPLEMENTS, HUMAN BEINGS AND STANDING WATER.

THE ARTIST LIES AT THE TOP OF THE SLOPE,
PERPENDICULAR TO THE LINE OF THE
DESCENT. THE ARTIST HOLDS THEIR ARMS
ABOVE THEIR HEAD IN THE SAME PLANE AS
THEIR BODY. THEY LIE ON THEIR BACK FACING
THE SKY.

THE CAMERA IS HELD IN THE ARTIST'S HANDS IN SUCH A WAY AS TO MAKE THE LENS POINT AT THE SKY.

THE CAMERA IF POSSIBLE SHOULD BE PROVIDED WITH SOME MECHANICAL MEANS OF FIRING THE SHUTTER, SUCH AS A MOTOR DRIVE. IF NOT THE ARTIST MUST MANIPULATE THE SHUTTER MANUALLY WHILST IN MOTION.

THE ARTIST RAISES THEIR ARMS BY A SUFFICIENT DISTANCE WHEREBY THE CAMERA LENS WILL NOT STRIKE THE GROUND AS IT COMES AROUND.

THE ARTIST WILL RELEASE THE MECHANISM OF THE CAMERA SHUTTER. THE ARTIST WILL ROCK BACK AND FORTH UNTIL THE MOMENTUM REACHED IS SUFFICIENT TO SEND THE ARTIST DOWNWARD.

AS IN LIFE, KEEP YOUR EYES OPEN.
GRAVITY WILL DO THE REST.