A conformational ring flip interconverts all axial groups to equatorial positions and all equatorial groups becomes axial; the two chairs are referred to here as "right- and left-handed" chairs. Two of the ring atoms are marked with dots to show the movement of carbon atoms in this equilibrium process:


Even with practice, most people draw one chair better than the other. Therefore, to illustrate a ring flip, drawing both the right- and left-handed chairs is not necessary provided that a systematic procedure is followed. A convenient method to drawing a ring flip is to mentally rotate the carbon atoms of the ring in a clockwise $[A]$ or anticlockwise $[B]$ direction. Keeping in mind that axial and equatorial positions are interconverted during the process, groups that are up (Cl and F) stay up, and groups that are down ( Br and Me ) stay down. This is shown using the "right-handed chair:


Choose the correct structure (A, B or C) for each question, then go back to check answers.

|  | Me 1 |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  | HO |  |  |  |
|  | Cl |  |  |  |
|  |  |  |  |  |

