

Exercises to Save Your Ass

- These exercises are designed to give you the basic survival instincts that will prevent you from hitting the ground.
- You have to practice them up high, at least 21 times before you can expect that you will actually use these skills in a crisis situation.
- Allow yourself at least 3000 feet of working time to get the full effect.

Jump #1:

Sinking and Pitch Control Exercises

Dive Flow

- High Opening (open by 6000' AGL)
- Housekeeping
- Exercises
- Pattern (be predictable)
- Landing as softly as possible
- (on target if possible)
- Brian is not the target!
 - (The video camera is a magnet!)

Housekeeping After Opening

- Clear Your Air Space
 - Fly Perpendicular to Jump-Run Heading after opening
- Location and Heading (ref: LZ)
 - Fly Toward Pattern Entry Point
(after airspace is clear)
 - Do Not Pass Target (remain upwind)
- Parachute Functionality Tests
 - Make sure it works
- Loosen Chest Strap/ Unstow Toggles, etc.
- Reduce Adrenalin Level
 - (Chill Out and collect yourself)

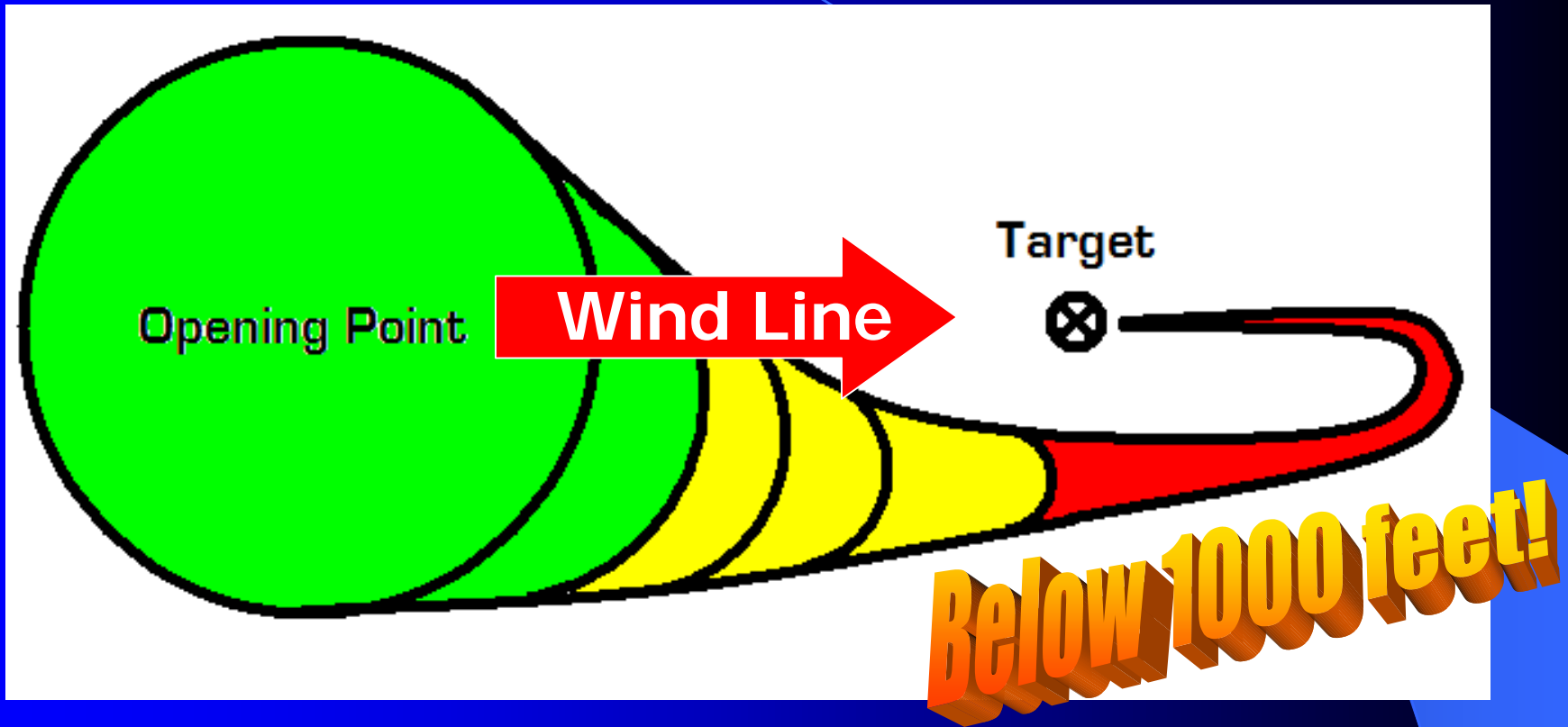
Exercises

- 1) Deep Brake Flight
 - (hold $\frac{3}{4}$ brakes for at least 60 seconds)
 - Make turns of 45 and 90 degrees
 - Recover the Roll with minimal wobble
 - Relax and enjoy the moment!
- 2) Pitch Control Exercises (level flight)
 - Discover how much slack you have
 - Experiment with slow vs. sharp inputs (have fun with it!)
 - (brakes, rear and front risers)
 - Simulate landing by finishing the flare and leaning forward with the feet in the landing position

Remain Aware of the Big Picture

- Location (work your way back to the DZ)
- Altitude (have a plan for break-off)
- Heading changes will be necessary during the exercise!
- (“Heads Up” means Look Down once in a while)
 - Know where you are at all times!!

Flight Pattern



- Stay upwind of the pattern entry point,
- gradually working your way back.

Turning at Low Altitude

- Low Speed “Flat Turn”
 - Deep brakes first
 - Off-set toggles
 - Always loses some altitude
- High Speed “Carving”
 - Maintain speed into the turn
 - Coordinated Turn
 - Positive Angle of Attack
 - *Gently* Recover to Zero Roll
 - Can be zero altitude loss

Rules of Carving

- 1) Carry airspeed into the turn
 - (the more the better)
- 2) Keep your head level with the horizon
- 3) Reduce Bank Angle before airspeed diminishes to avoid stalling
- 4) Prevent “Roll Wobble” by diminishing bank angle *gently and slowly*.

Jump #2: “Carving out of a Dive”

“Turn and Flare”

- Begin a Harness/Toggle turn of about $\frac{1}{4}$ - $\frac{1}{2}$ Brake
- Gain Speed, give up altitude
- Increase angle of attack with toggles (Aggressively) to achieve level flight
- Reduce Roll angle to Zero
- Finish the Flare/ landing simulation

Front Riser Conversion (bailout)

- Begin with a front riser turn
- Drop Front riser, but continue turn with harness
- Stab brakes 6-12 inches while holding bank
- Recover roll smoothly, do not rush
- Finish landing simulation

High Speed Positive Carve: Descending Carve into Level Flight

- Increase Roll Angle
 - Coordinated Turn
- Increase Angle of Attack
 - Collective Brake Pressure
 - Rear Riser Pressure
- Gently Recover Roll Angle
- Don't stop flying the parachute until the parachute is done flying
(Finish the Flight)

Jump #3: “Carving during the Surf”

“Flare and Turn”

- Attain reasonably high airspeed
- Level off (increase AOA) (brakes) (roll is 0)
- Bank the canopy
- (switch to toggles if in rears)
- Increase AOA to maintain altitude Level Roll angle
- Finish the Landing simulation

High Speed Positive Carve: No Altitude Loss

- First Increase Angle of Attack
 - Collective Brake Pressure
 - Rear Risers
- Increase Roll Angle
 - Coordinated Turn
- Increase Angle of Attack
 - Collective Brake Pressure
 - Rear Risers
- Gently Recover Roll Angle
- Don't stop flying the parachute until the parachute is done flying
- Your parachute will fly longer than you expect.

Jump #4 Formation Flight

- High Opening (6000' +)
- Exit within 3 seconds of your partner
- Larger Parachute takes a slightly longer delay
- Get together
- Turn the formation together (DZ)
 - Crosswind, into the wind, or downwind; whatever is appropriate for the spot
- Experiment with Pitch Control (Alternately)
- Fly as close as you feel comfortable

Jump #5

Formation Flight: Dogfighting

- High Opening
- Exit within 3 seconds of your partner
- Larger Parachute takes a slightly longer delay
- Get together
- Turn the formation together (DZ)
- Take Turns being the leader: Go Somewhere!
- Leaders: Keep your Follower Close
 - (reel them in with maneuvers)
- Fly a bit looser than Jump 3
- Do not take your eye off the ball
- Have a clear break off signal and altitude

Step Four: Go Somewhere

- There is a Leader.
- There is a Follower.

Leaders: If you are alone, it is your fault.

- Pay Attention.

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“Pull time is just the beginning.”