

# Flite Solutions Basic Body Flight Course - 2 hr

## Simulator Time Outline

### Block 1

Duration: 15 minutes

Goal: Develop an understanding of the relative wind and the jumpers relationship to it

- Introduction to wind tunnel, familiarization exercises
- Air/body awareness drills
- Introduction to equipment/pull problems.

### Block 2

Duration: 15 minutes

Goal: Introduce up/down and forward/backward movement using coordinated arm and leg inputs

- Up/down arms only
- Up/down legs only
- Coordinated up/down movement
- Forward/backward movement, legs only
- Forward/backward movement, arms only
- Coordinated forward/backward movement.
- Super-positioning using both up/down and forward/backward. ( i.e. up and forward, down and back....ect.)

### Block 3

Duration 15 minutes

Goal: Develop the understanding and feel necessary for using arms as control surface.

- Arms awareness drills
- Arm turns practiced one arm at a time(strong side first)
- Coordinated arm turns

### Block 4

Duration: 15 minutes

Goal: Develop the understanding and feel necessary for proper use of legs as control input

- Leg awareness drills
- Leg turns practiced one leg at a time(strong side first)

### Block 5

Duration: 15 minutes

Goal: Refine leg awareness, develop dynamic leg movements and coordinated arm/leg turns.

- Introduce scissor/rudder/foot twist techniques
- Coordinated arm and leg turns
- Introduction to side slides

### Block 6

Duration: 15 minutes

Goal: Learn side slides and introduce super-positioning

- Break down side slides and refine movements
- Super-positioning drills up/slide, down/turn, ect.

### Block 7

Duration: 15 minutes

Goal: Review all material and prepare for final test

### Block 8

Duration: 15 minutes

Goal: Test basic body flight.

- Coordinated use of arms and legs producing movement in all directions
- Demonstrate ability to control oneself while dealing with gear/equipment problems.