



How to Get into 4way – by SDC Rhythm XP

Interested in doing 4 way? Don't wait - just do it! Here are some tips for newer jumpers interested in getting into 4-way.

Form a team, ANY team: If you want to do 4-way, the best way is to put together a team, ANY team. Don't wait for the perfect team to ask you, or for three 'perfect', identical teammates. Putting a team together can be tough - keep trying. Be proactive. Ask people and make sure others know you're looking for teammates. The more effort you put in to forming a team, the more you will learn about one of the toughest parts of 4-way.

Go to competitions: Competitions are great for many things. You gain valuable competition experience. Competitions expose you to other teams and 4-way enthusiasts that you can learn from, expand your network, and meet potential future teammates. Finally competitions are fun and can help re-inspire your 4-way passion. Don't turn down a competition because you think you're not ready. Go anyway. Set realistic expectations and have a good time. If the whole team can't make it, find a fill in or put together a pick-up team.

Do your homework: There's a lot you can do when you're not skydiving to improve your 4-way skills. Start by learning the randoms and blocks. Watch other teams' videos. Follow the sport on the [NSL](#). SDC Rhythm XP has compiled some of our favorite 4-way articles on our [website](#). Visualize, Visualize, Visualize! Find someone else who is interested and engineer and walk dives together. Add core strength, flexibility, and cardio to your workouts. Don't worry if your teammates don't want to do as much 'homework' as you. You will get out what you put in.

Add in extra-curricular activities: There is no reason you can't do more 4-way than your team wants to do. Lots of teams, tunnels and dropzones offer great organized 4-way events that can help augment your 4-way experience. Go to tunnel camps, 4-way skills camps, scrambles events, etc. Put together pick up 4-way at your DZ. The more activities you do, the more people you will get to know. Over time, that network will help you get on the best team for you. Finally, check out SDC Rhythm XP's website for more opportunities to grow.