



Tunnel Workshop

Individual Skills Workbook



Dear Skydiver,

Welcome to the SDC Rhythm XP Tunnel Workshop. Whether you're here to improve your individual flying skills, group flying skills, or just to see what flying is like, our aim is to help you achieve your goals and have fun doing it. You're at Paraclete – the largest, most powerful wind tunnel in the world – and you're going to love what you can do!

Here are some tips to help make sure you get the most out of the experience:

1. Relax. It is easy to get stressed out trying to “do well,” and that only limits your ability to fly at your best. Remember to focus on what you are doing, not how you are doing. Take deep breaths and allow yourself to make mistakes.
2. Smile. You're not here to prove anything, you're here to learn and have fun.
3. See above.
4. Keep an open mind. We may be asking you to do things differently than you're used to. Try it out. You might like it, and it might work for you.
5. Be prepared. Be on the third floor 30 minutes before each session. Be geared up 5 minutes before each session.
6. Ask questions and give feedback to your coaches. Different people learn differently. You'll get the most effective use of your time by openly communicating what works for you, what doesn't, and where you need further explanation.
7. Get to know the other people in the camp. You never know when you might be on a jump – or a team – with them in the future...
8. Use this workbook to keep notes. We'll be throwing a lot of information at you, and good note taking is the best way to remember it all. This should be a living, breathing document that changes with your growing experience.
9. Share your awesome: Paraclete XP has a live feed during our workshops. Tell your friends, family, and teammates to watch you rock the house during your sessions.
10. Have Fun!

Thanks!

SDC Rhythm XP

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Body Position



1. Hands in front of shoulders
2. Chin high



3. Elbows in front of shoulders and just below shoulders
4. Arch by pressing hips/glutes down
5. Lower legs extended just beyond 90°



6. Knees shoulder-width apart
7. Feet slightly closer than knees
8. Heels slightly angled in towards each other



Slow Fall



1. Arms shoulder width apart



- 2. Lower legs extended without knees down
- 3. Arms extended forward and out but not down
- 4. Relaxed arch, body flat
- 5. Forehead down, head between arms



- 5. Inside of feet and legs exposed to wind
- 6. Heels pressing into wind



Fast Fall



1. Chin up
2. Hands remain in front of shoulders



3. Elbows down, remaining in front of shoulders
4. Hips/Glutes pressed down in a deeper arch
5. Lower legs relaxed at 90°



6. Knees slightly closer together, about hips' width apart
7. Inside of feet and legs no longer exposed to wind



Forward



1. Hands down and forward
2. Elbows remain in front of shoulders
3. Legs extended, pressing against the wind



Backward



1. Chin up



2. Feet and knees together



3. Feet on the butt
4. Hands forward, higher than shoulders
5. Knees slightly down while keeping the butt down



Sideslide



1. Near elbow (e.g. right elbow in a right sideslide) presses down about 30°; far hand points at the elbow in the direction you want to sideslide
2. Chin high



3. Near knee presses down and slightly out using quads and hip flexors, not by bending the knee
4. Far leg extends away
5. Far knee lifts slightly higher than hips



6. Maintain arch
7. Both legs maintain lower leg pressure



Turns



1. Near elbow (e.g. right elbow in a right turn) presses down about 30°; far hand points at the elbow in the direction you want to turn
2. Chin high



3. Far knee (e.g. left knee for a right turn) presses down and slightly out using quads and hip flexors, not by bending the knee



4. Maintain arch
5. Both legs maintain lower leg pressure



2way RW Formations

