



Fourway Skills Workbook

Dear Skydiver,

Welcome to your SDC Rhythm XP skills workshop. Whether you're here as part of a committed team or coming on your own, you're going to learn a lot and have a ton of fun while you do.

This workbook includes all the fourway formations and blocks. For those blocks with both vertical and on-level techniques, we include both techniques. We also provide some handy guidelines for debriefing blocks on your own.

Here are some tips to make sure you get the most out of your experience while you're here:

1. It is easy to get stressed out trying to "do well," but 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. 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.
5. 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...
6. 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.
7. Have fun!

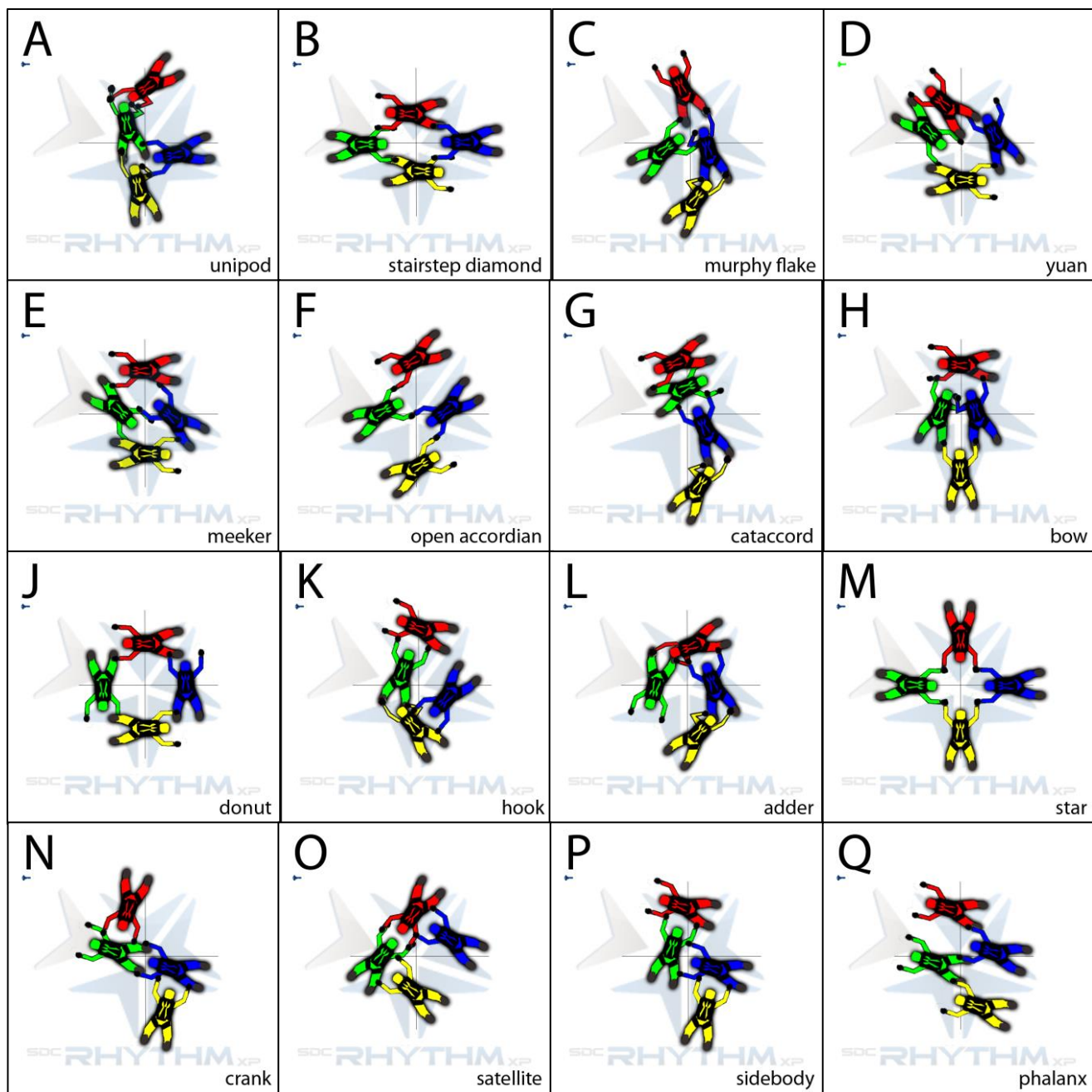
Thanks!

SDC Rhythm XP

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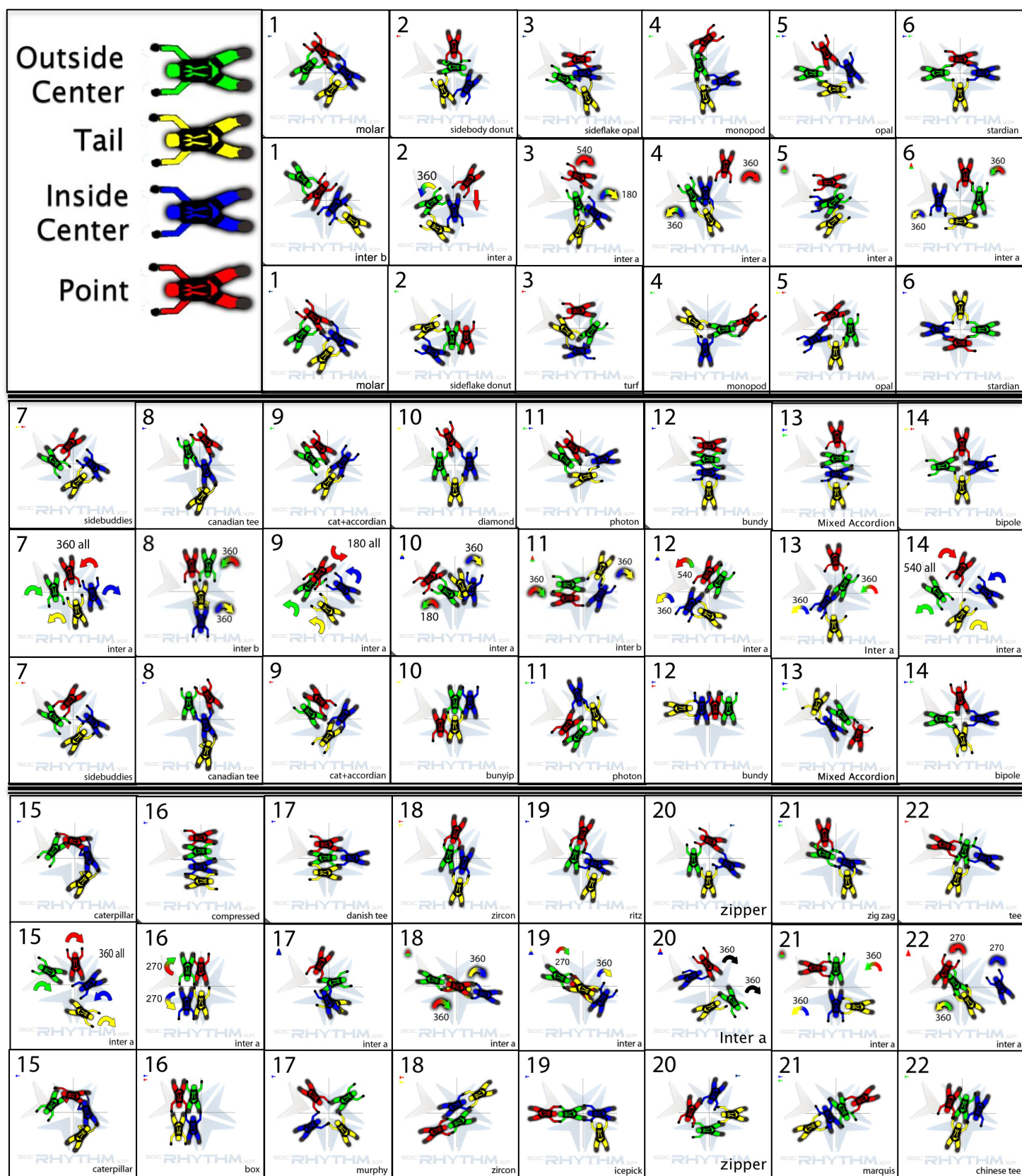


Looking for help from professionals?

SDC Rhythm XP wants to help you reach your skydiving goals!

Check out our tunnel workshops and skydiving events for teams and individuals at all levels

rhythmskydiving.com



Rhythm Guide to Debriefing Blocks

Effective debriefing is critical for the continued growth of both teams and individuals. It allows us to learn from our limited flying time and develop an action plan for improving on future flights. When flying on a team, pretty soon you'll find yourself turning blocks, which are a set of two formations with a prescribed way to get from formation A to formation B. Blocks often involve subgroups within the team (2ways, 3ways, and solos) breaking apart, spinning and coming back together.

With so many moving parts, debriefing blocks can be very challenging. Especially in the sky where there are fewer references, it can be difficult to make concrete conclusions about how to make improvements, leading to lengthy discussions with limited actionable results. The following guidelines lay out an efficient roadmap for debriefing blocks from start to finish, and we recommend

sticking to the order listed. It may be a waste of time to address step two if you don't have step one right yet.

Step 1: The Build – Was everyone in position and on level in the build according to your block technique? It may be helpful to draw an axis on your screen and compare the center of the block build compared to the center of the previous formation. During your Rhythm workshop, you'll learn how to do this.



Build of block 22

Step 2: The key – Was everyone ready to go when the key happened? If more than one person has the key, were the keys simultaneous? Did everyone let go and start moving at the same time?

Step 3: Inter pictures – Inter pictures depict how subgroups should look some fraction of the way through the block. They break up the whole move into parts that everyone can target together, and provide a basis for visual feedback when things are off. Did you make the inter pictures you were targeting? It may be helpful to evaluate the inter picture relative to the starting build. Consider the following:

- A. **Direction** – Did each flyer go the direction dictated by your technique? Were you too much to the left or right?
- B. **Distance** – Did each flyer go the distance dictated by your technique? Did you go too far or too short?
- C. **Speed** – Did the speed of each piece's movement match the others appropriately? Did one piece move a lot faster than the other?
- D. **Rotation** – Did spinning pieces rotate to the correct extent? Did a rotating piece over- or under-rotate?



Inter for block 21

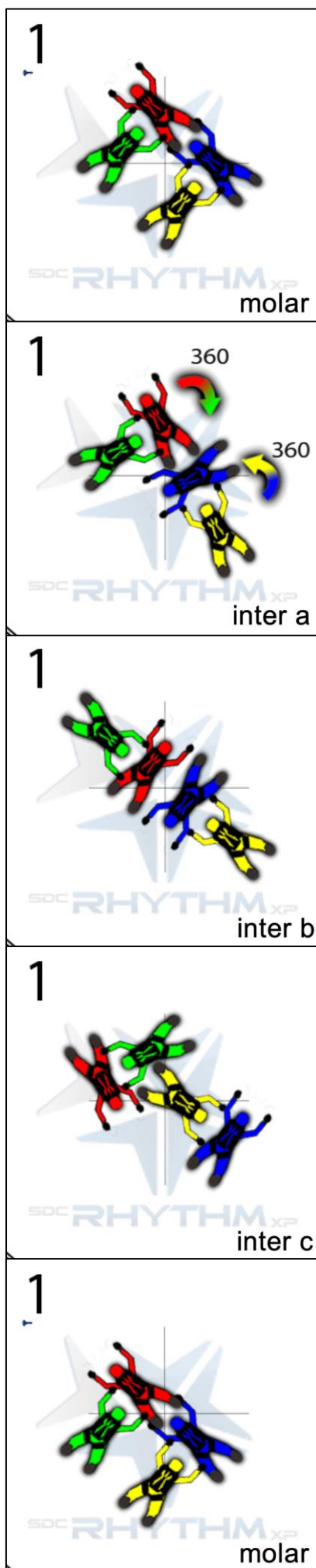
Step 4: Levels – Did you maintain appropriate levels throughout the block? Evaluate the levels between pieces as well as the levels between piece partners within the pieces.

Step 5: The close – Did everyone go to the close according to your block technique? Again, evaluate direction, distance, speed, and rotation. It may be helpful to evaluate the close relative to the starting and inter axis.

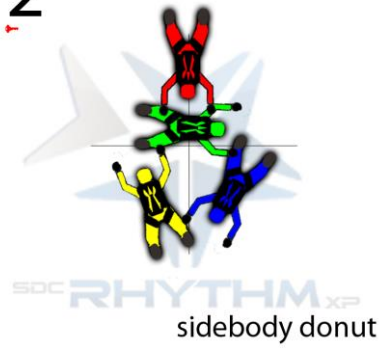


Close of block 4

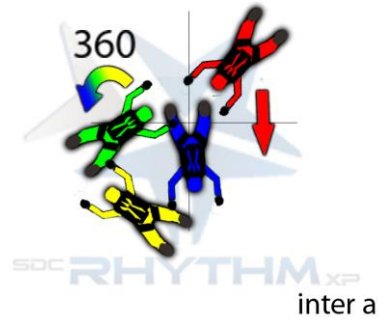
Block 1: Molar-Molar



2



2

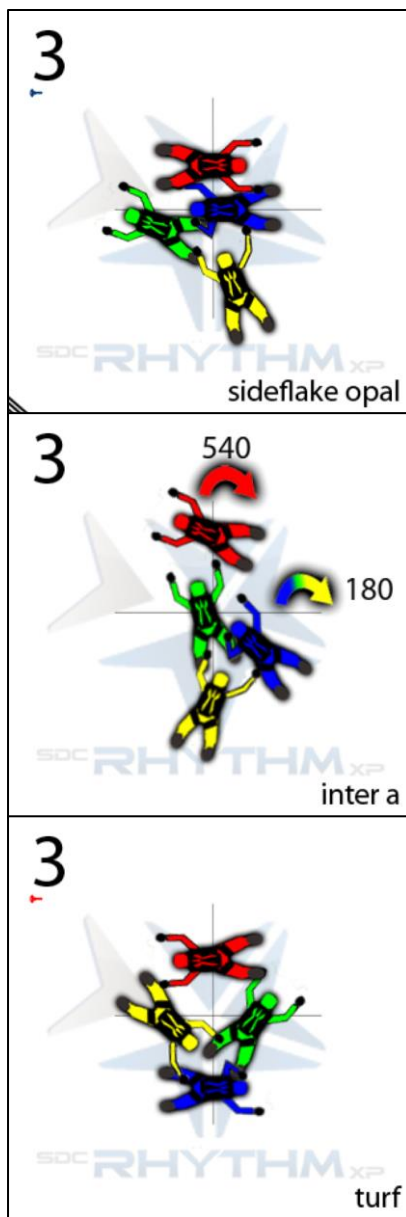


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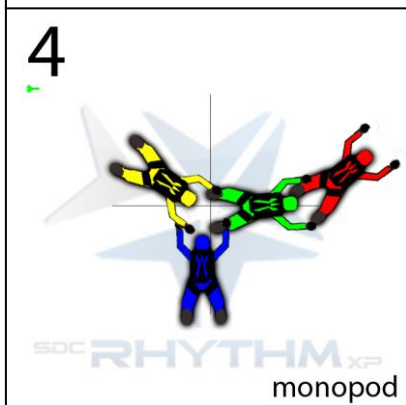
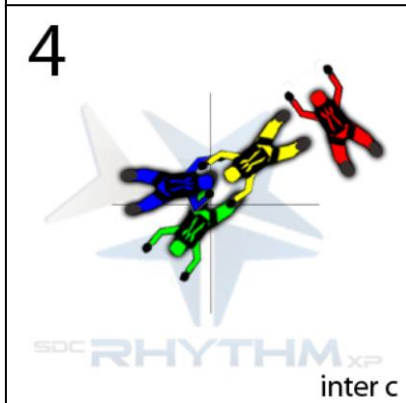
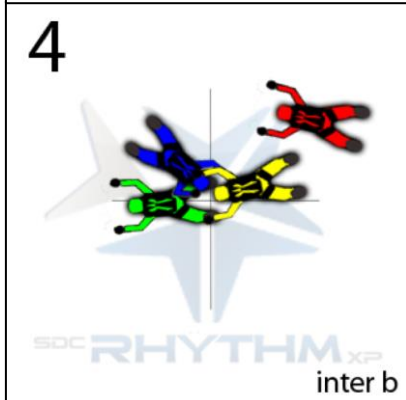
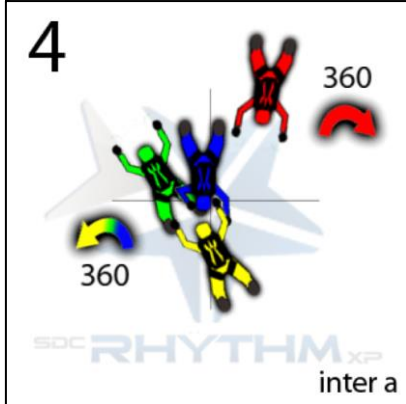
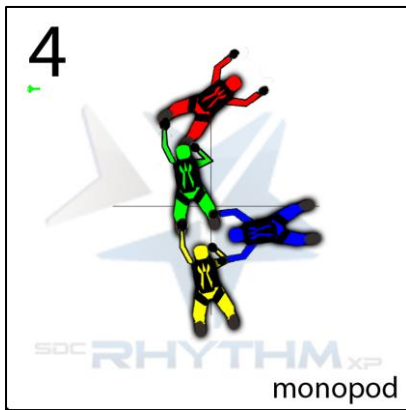


Block 2: Sidebody Donut-Sideflake Donut

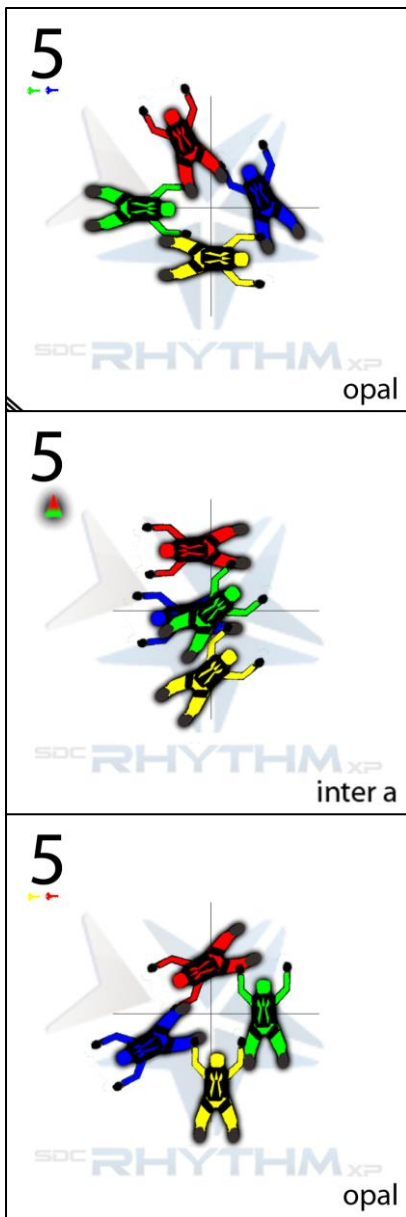
Block 3: Sideflake Opal-Turf



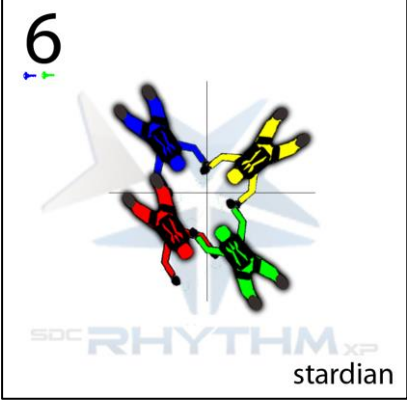
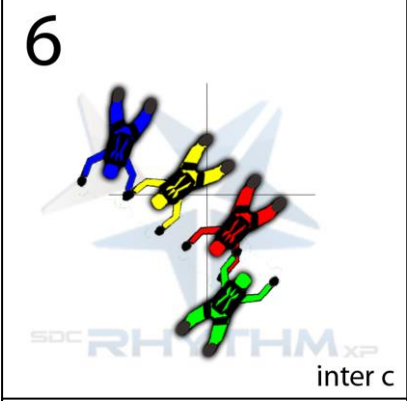
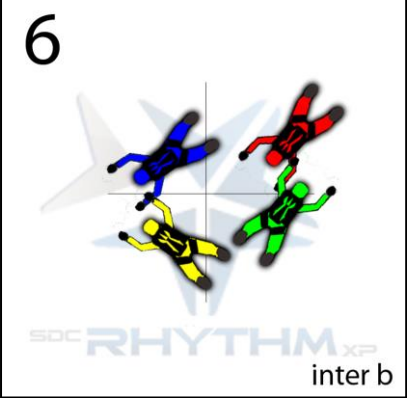
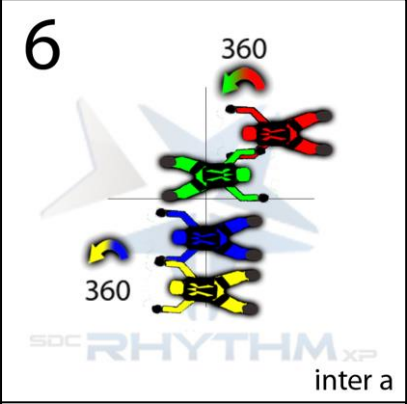
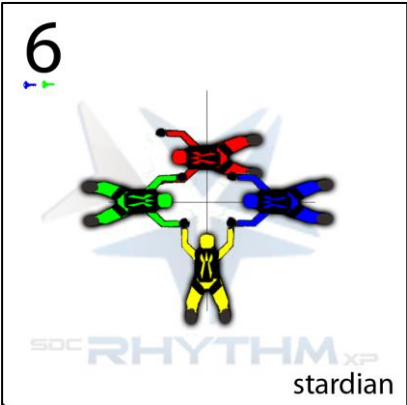
Block 4: Monopod-Monopod



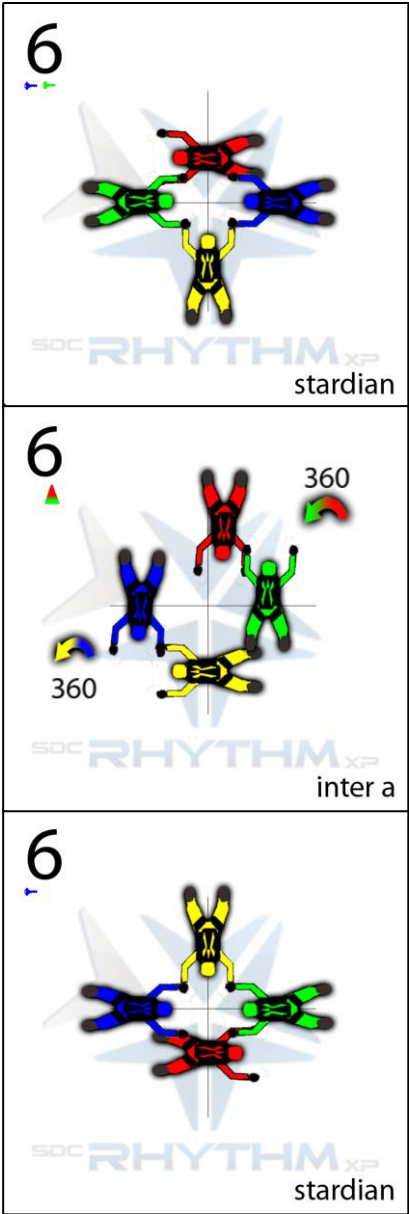
Block 5: Opal-Opal



Block 6: Stardian-Stardian (On Level)



Block 6: Stardian-Stardian (Vertical)



Block 7: Sidebuddies-Sidebuddies

7

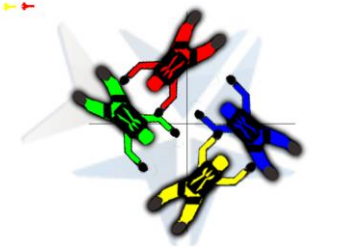


Diagram showing four skydivers in a square formation, each in a different color (red, green, blue, yellow). They are positioned around a central point, with their arms extended towards the center. The background is a light blue star shape.

SDC RHYTHM_{XP}
sidebuddies

7

360 all

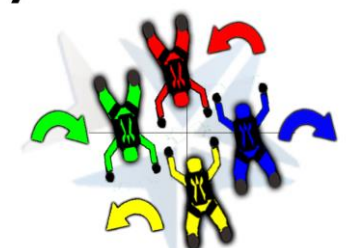


Diagram showing four skydivers in a square formation, each in a different color (red, green, blue, yellow). They are positioned around a central point, with their arms extended towards the center. The background is a light blue star shape.

SDC RHYTHM_{XP}
inter a

7

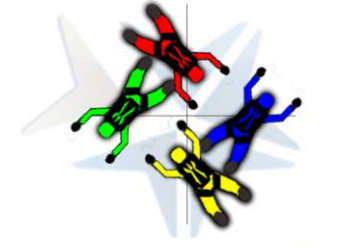


Diagram showing four skydivers in a square formation, each in a different color (red, green, blue, yellow). They are positioned around a central point, with their arms extended towards the center. The background is a light blue star shape.

SDC RHYTHM_{XP}
inter b

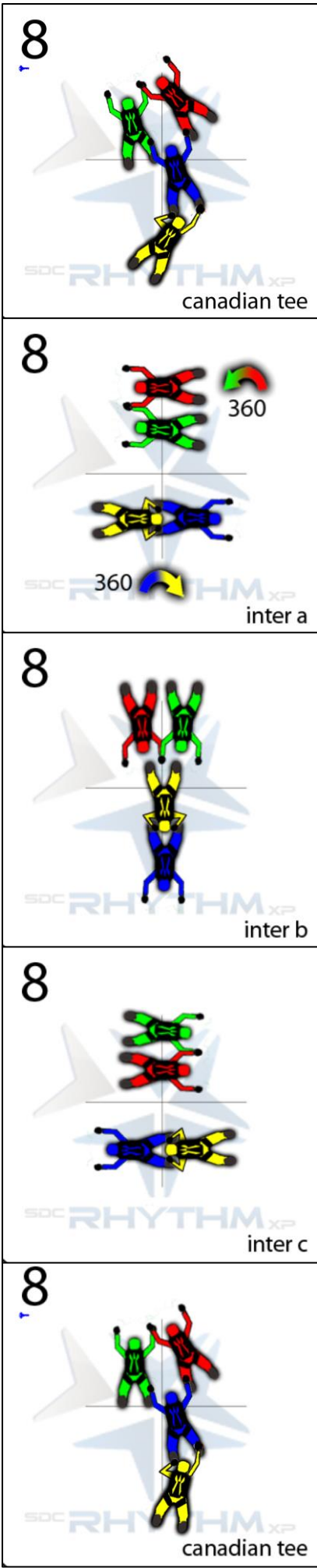
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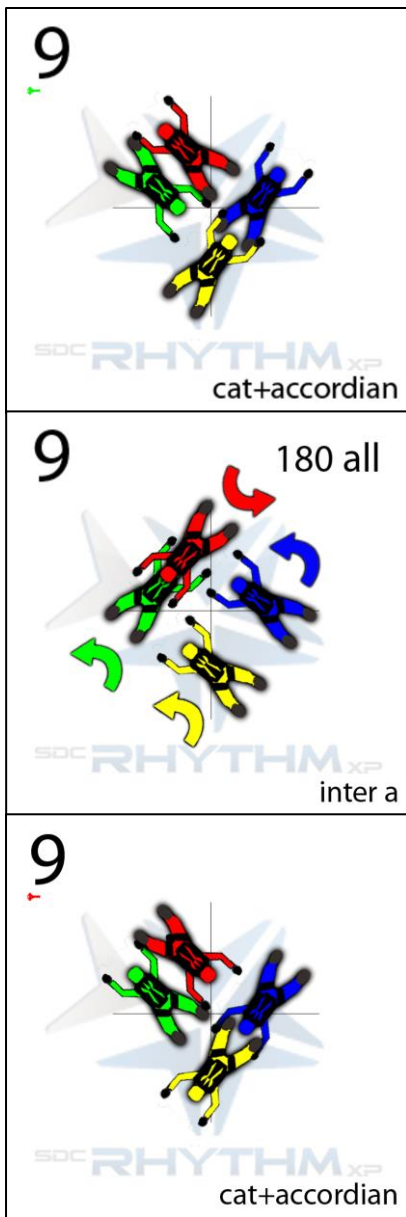
Diagram showing four skydivers in a square formation, each in a different color (red, green, blue, yellow). They are positioned around a central point, with their arms extended towards the center. The background is a light blue star shape.

SDC RHYTHM_{XP}
sidebuddies

Block 8: Canadian Tee-Canadian Tee



Block 9: Cat+Accordian-Cat+Accordian



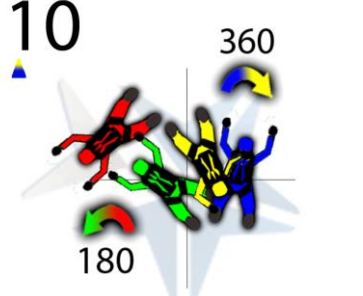
Block 10: Diamond-Bunyip

10



SDC RHYTHM_{XP}
diamond

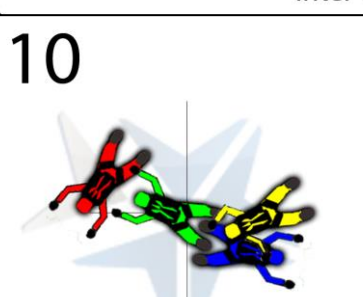
10



360
180

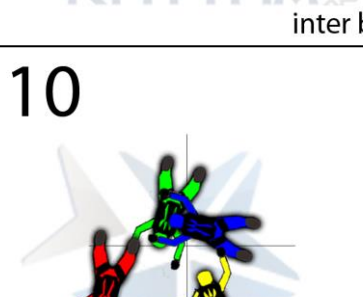
SDC RHYTHM_{XP}
inter a

10



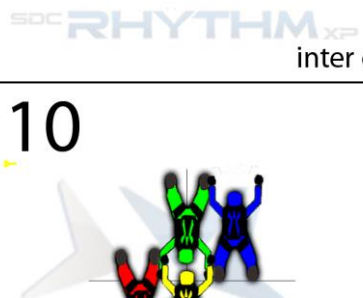
SDC RHYTHM_{XP}
inter b

10



SDC RHYTHM_{XP}
inter c

10



SDC RHYTHM_{XP}
bunyip

Block 11: Photon-Photon (On Level)

11

Diagram showing four skydivers (red, green, yellow, blue) in a cross formation, representing the Photon-Photon formation. The text "SDC RHYTHM_{XP} photon" is at the bottom.

11

Diagram showing four skydivers in a cross formation, representing the inter a formation. The text "SDC RHYTHM_{XP} inter a" is at the bottom.

11

Diagram showing four skydivers in a cross formation, representing the inter b formation. The text "SDC RHYTHM_{XP} inter b" is at the bottom.

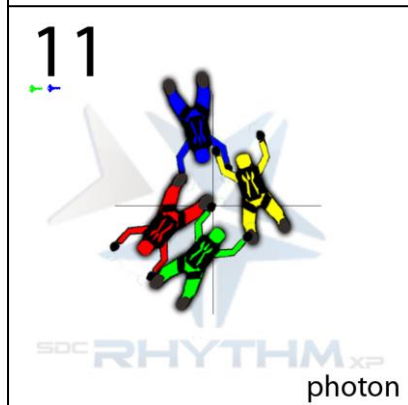
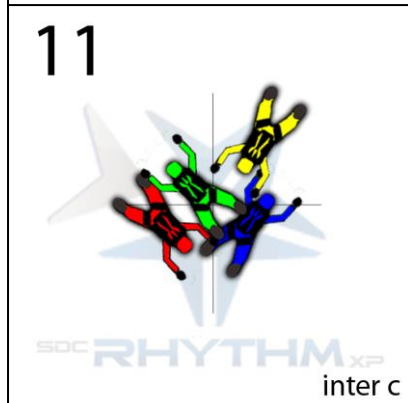
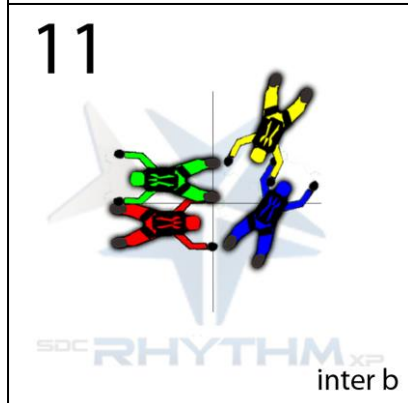
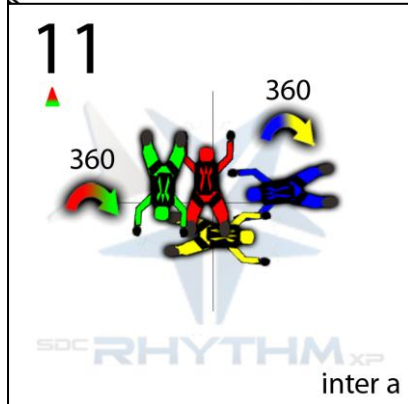
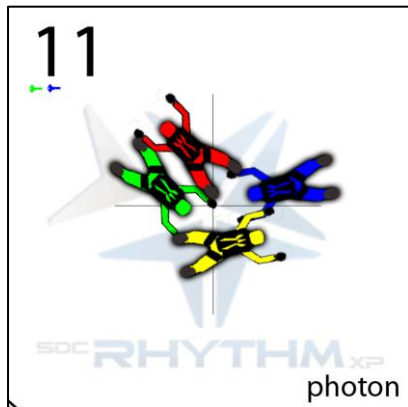
11

Diagram showing four skydivers in a cross formation, representing the inter c formation. The text "SDC RHYTHM_{XP} inter c" is at the bottom.

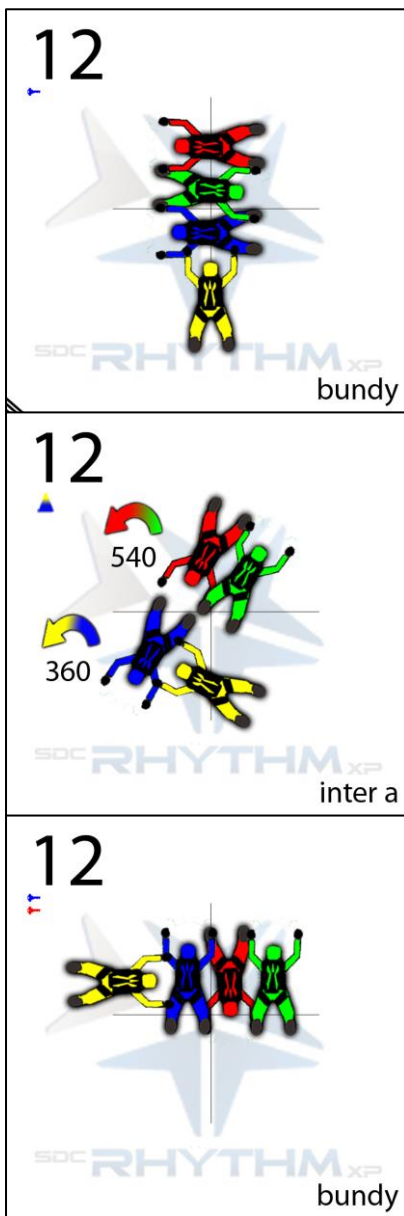
11

Diagram showing four skydivers in a cross formation, representing the Photon-Photon formation. The text "SDC RHYTHM_{XP} photon" is at the bottom.

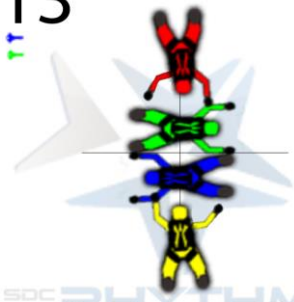
Block 11: Photon-Photon (Vertical)



Block 12: Bundy-Bundy



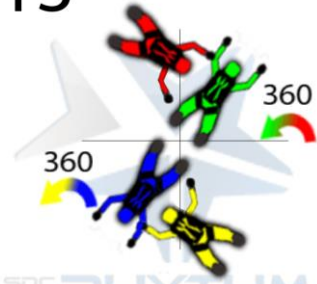
13



SDC RHYTHM_{XP}
Mixed Accordion

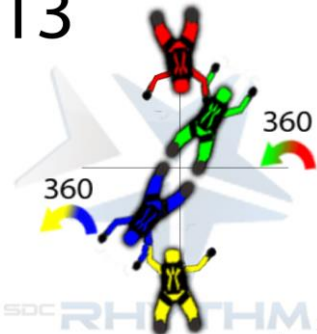
Block 13: Mixed Accordion-Mixed Accordion (On Level)

13



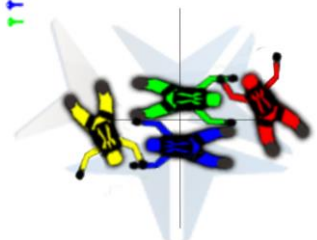
SDC RHYTHM_{XP}
Inter a

13



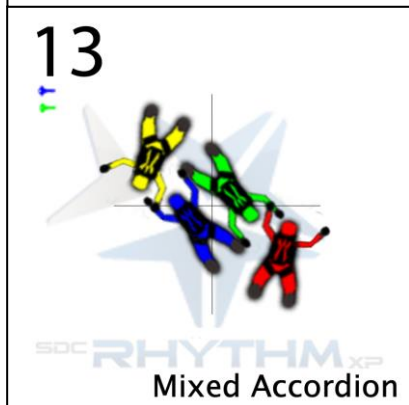
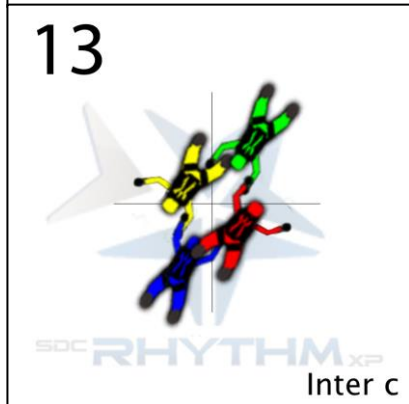
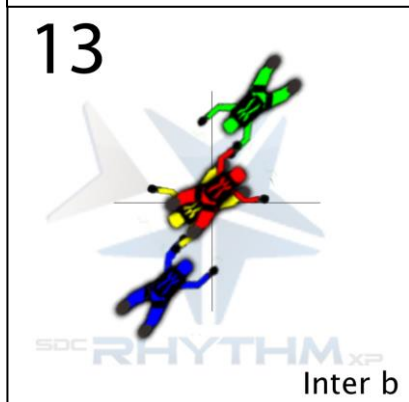
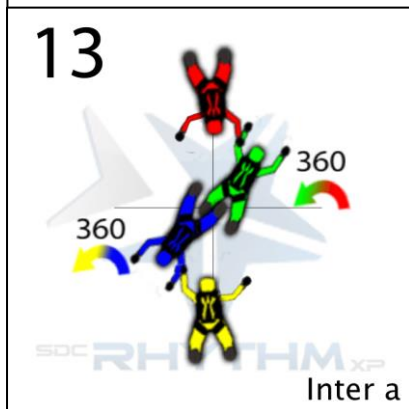
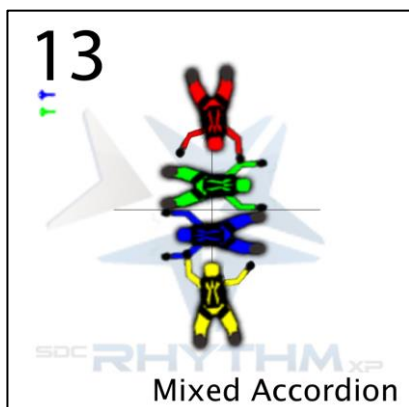
SDC RHYTHM_{XP}
Inter a

13

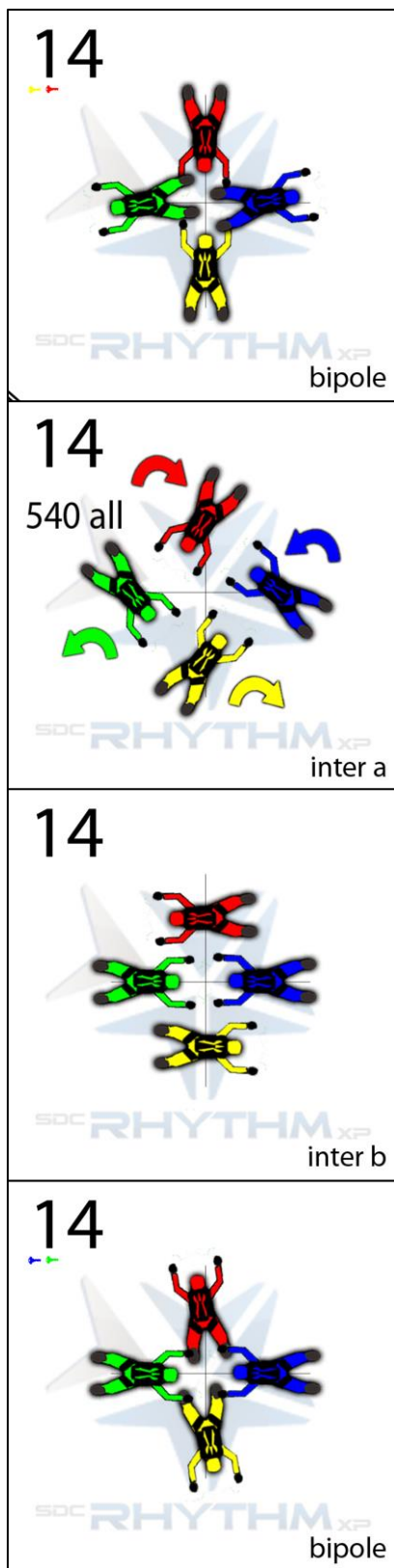


SDC RHYTHM_{XP}
Mixed Accordion

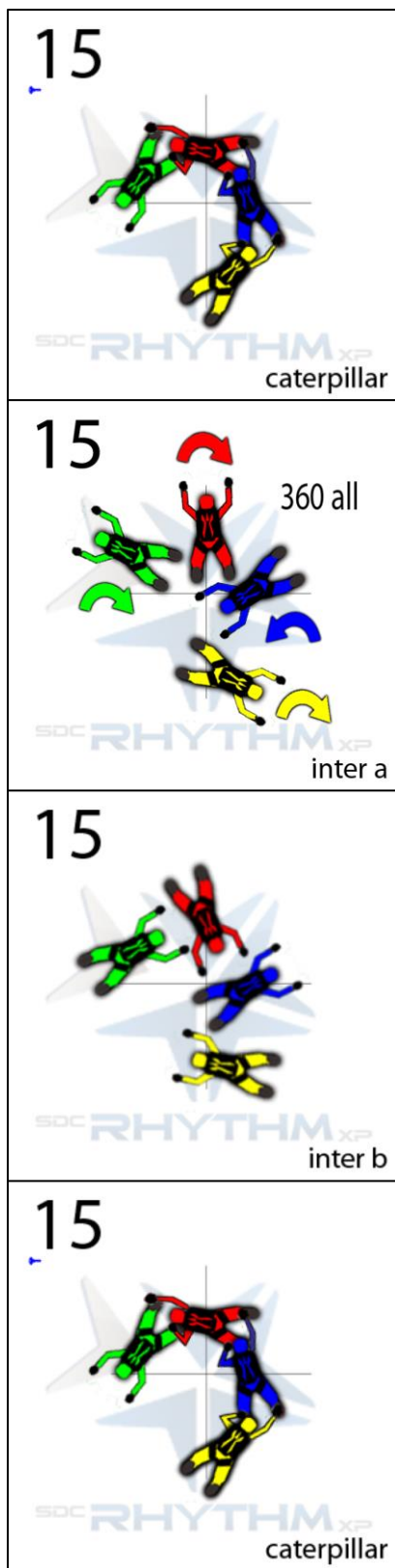
Block 13: Mixed Accordion-Mixed Accordion (Vertical)



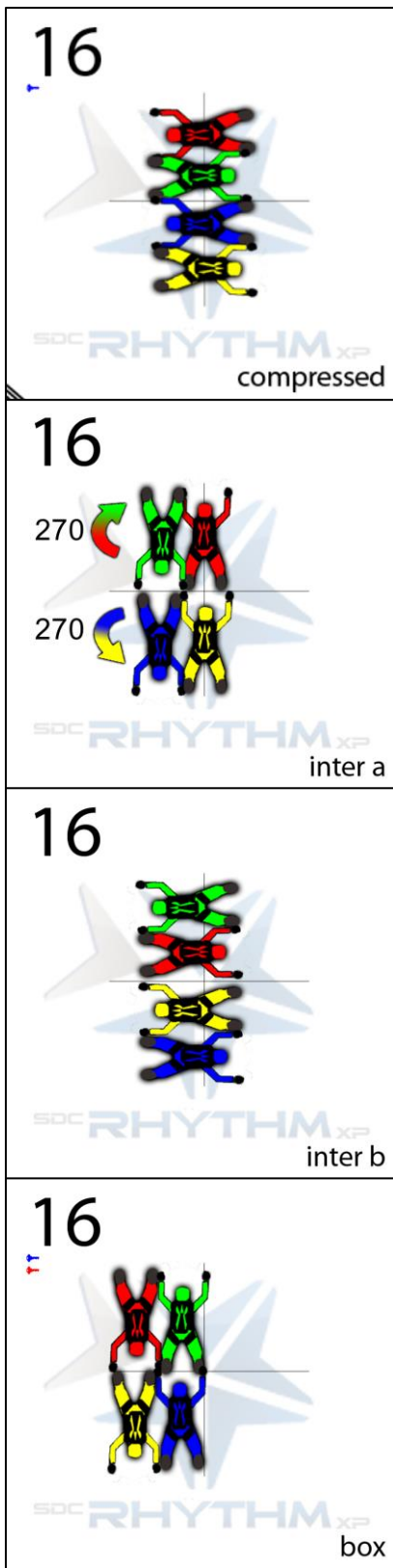
Block 14: Bipole-Bipole



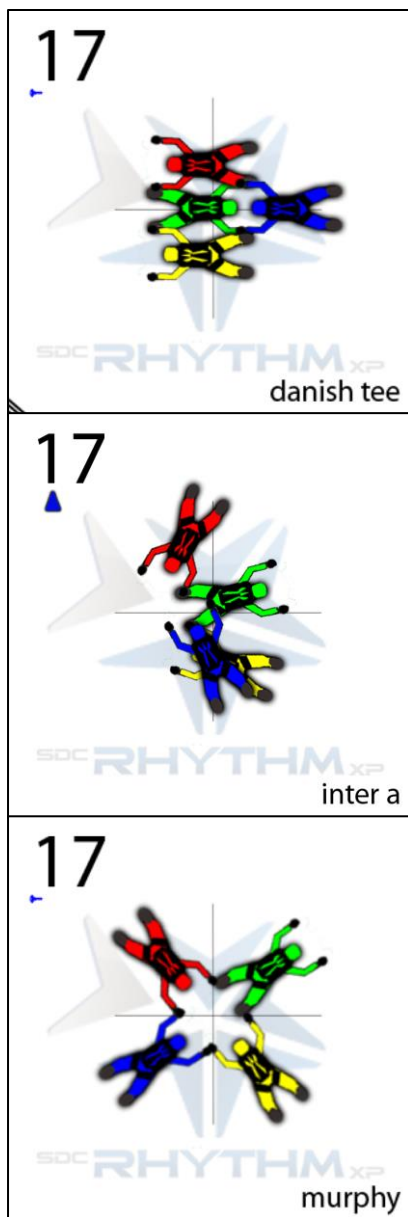
Block 15: Caterpillar-Caterpillar



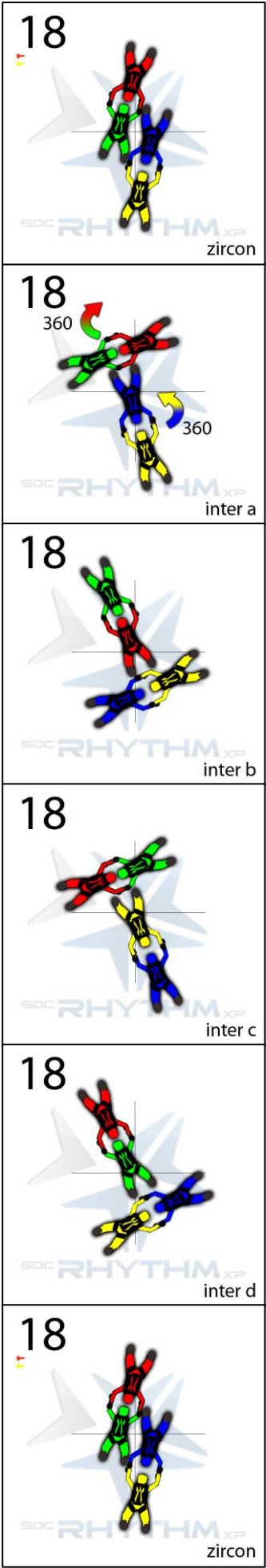
Block 16: Compressed-Box



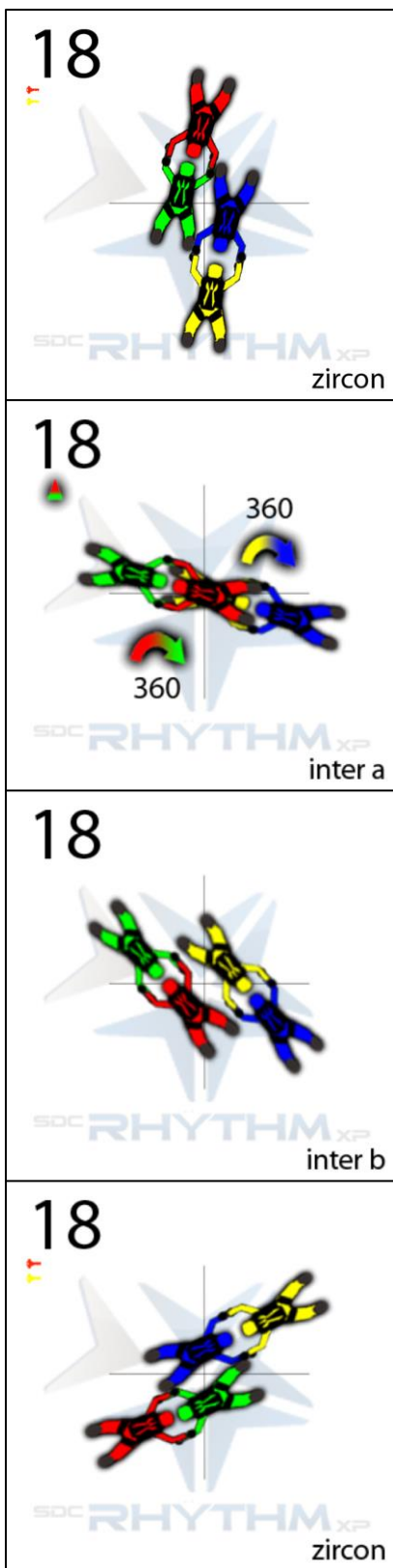
Block 17: Danish Tee-Murphy



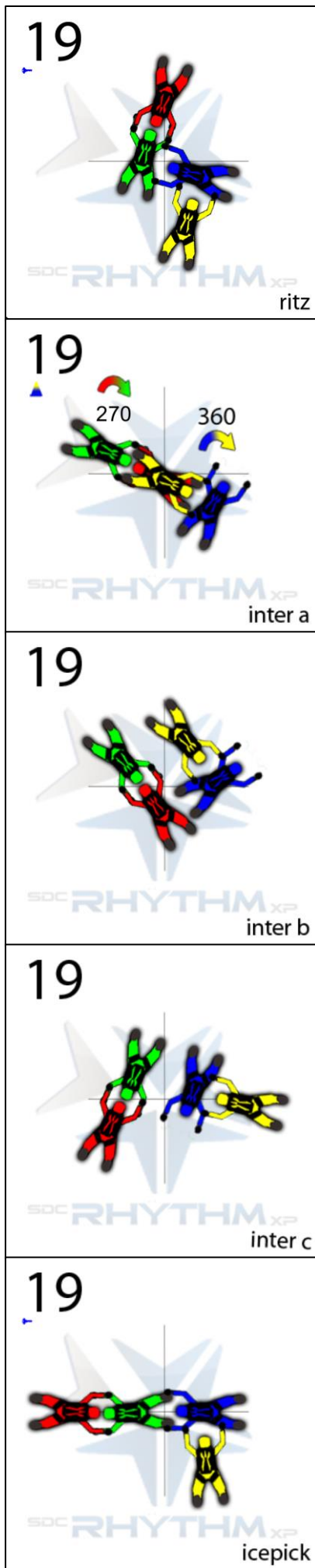
Block 18: Zircon-Zircon (On Level)



Block 18: Zircon-Zircon (Vertical)

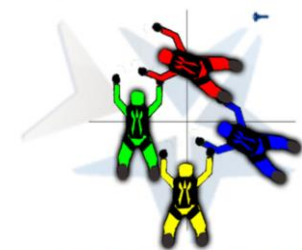


Block 19: Ritz-Ice Pick



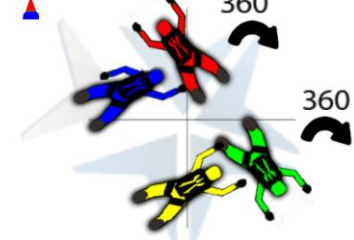
Block 20: Zipper-Zipper

20



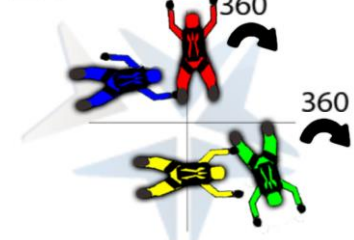
zipper

20



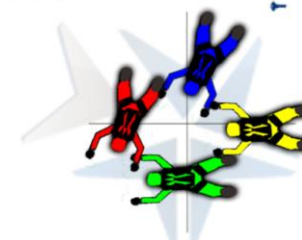
Inter a

20



Inter b

20



zipper

Block 21: Zig Zag-Marquis (On Level)

21

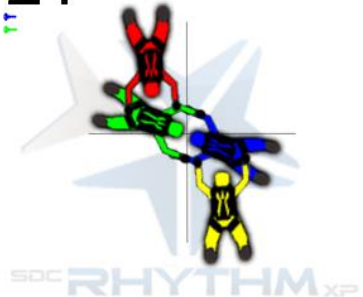


Diagram showing four skydivers in a zigzag formation. The skydivers are colored red, green, blue, and yellow. The formation is centered around a vertical axis. The text 'SDC RHYTHM XP' is visible at the bottom left of the diagram.

zig zag

21

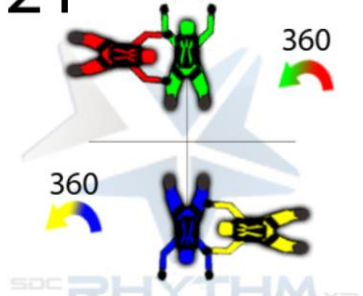


Diagram showing four skydivers in a formation labeled 'inter a'. The skydivers are colored red, green, blue, and yellow. Two curved arrows indicate a 360-degree rotation for the green and blue skydivers. The text 'SDC RHYTHM XP' is visible at the bottom left of the diagram.

inter a

21

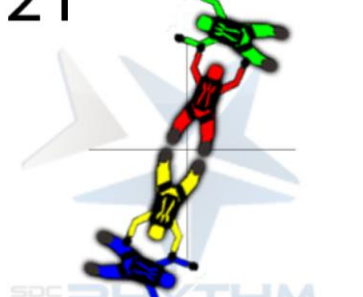


Diagram showing four skydivers in a formation labeled 'inter b'. The skydivers are colored red, green, blue, and yellow. The formation is elongated along a vertical axis. The text 'SDC RHYTHM XP' is visible at the bottom left of the diagram.

inter b

21

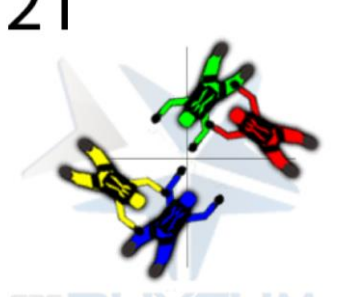


Diagram showing four skydivers in a formation labeled 'inter c'. The skydivers are colored red, green, blue, and yellow. The formation is centered around a vertical axis. The text 'SDC RHYTHM XP' is visible at the bottom left of the diagram.

inter c

21

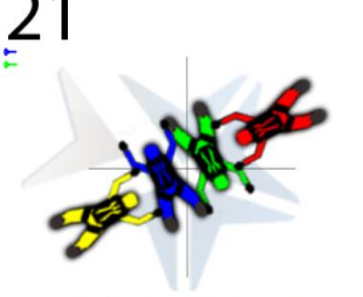
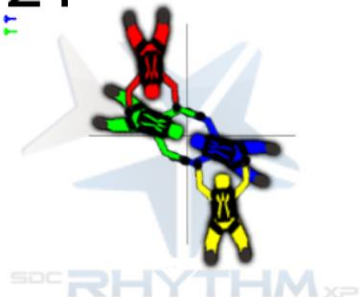


Diagram showing four skydivers in a formation labeled 'marquis'. The skydivers are colored red, green, blue, and yellow. The formation is centered around a vertical axis. The text 'SDC RHYTHM XP' is visible at the bottom left of the diagram.

marquis

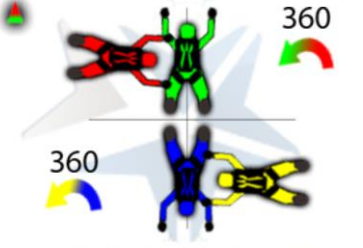
Block 21: Zig Zag-Marquis (Vertical)

21



SDC RHYTHM_{XP}
zig zag

21



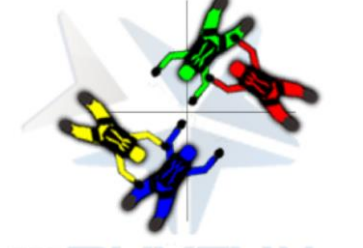
SDC RHYTHM_{XP}
inter a

21



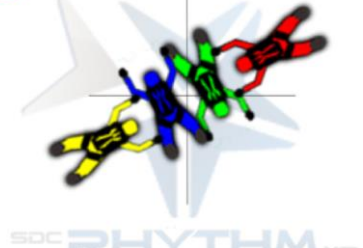
SDC RHYTHM_{XP}
inter b

21



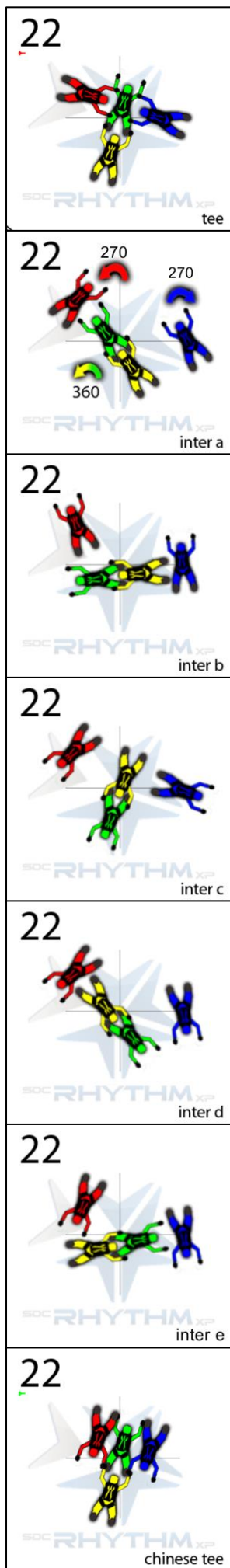
SDC RHYTHM_{XP}
inter c

21

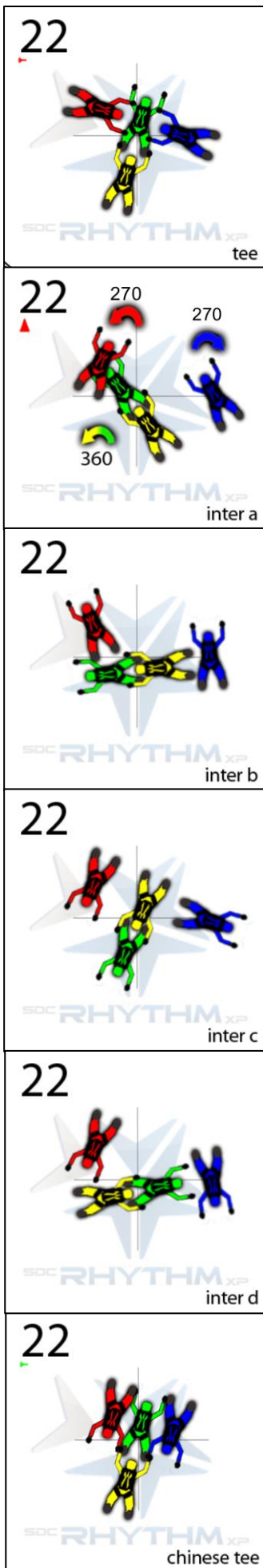


SDC RHYTHM_{XP}
marquis

Block 22: Tee-Chinese Tee (On Level)



Block 22: Tee-Chinese Tee (Vertical)



High-Level Skills Matrix

Category	Rating S,T,L*	Notes	Next steps / solo drills
Knowledge of divepool			
Awareness / looking / calm			
Referencing / setups			
Grip taking & presenting			
Levels & fall rate management			
Tough flying			
Managing momentum			
Solo flying skills			
Piece turns			
other			

*Strong, on-Target, Limiting