

# FS-JUMP PROGRAM

- FS-program includes nine jump and techniques related to them. Instructor or coach chooses best suitable jump for students level of progress, not all are necessary to jump.
- Jump number (1–9) is marked to logbook with evaluation.
- It is not recommended to advance before student handles previous jump relatively well.
- During evaluation priority is safety and small priority for successful execution of the plan. Check more in Skydivers Guide.
- **First group skydive** focus is only on proper body position and altitude awareness.
- Exit is done as easy as possible for the student.
- Before exit go through the plan on the ground (standing and with boards) and exit in a mock-up and at the plane.

## Hand signals used:



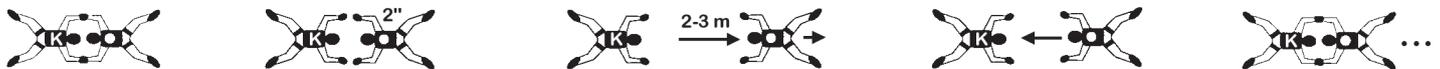
## JUMP 1: Movement forwards

After the exit relax, take a basic body position and turn towards your partner. Fly forwards to your partner, take a wrist grip and basic body position, check altitude and fly your slot. After the partner gives you a signal, release the grip. Partner waits for couple of seconds and moves slightly backwards. Repeat movement forward.



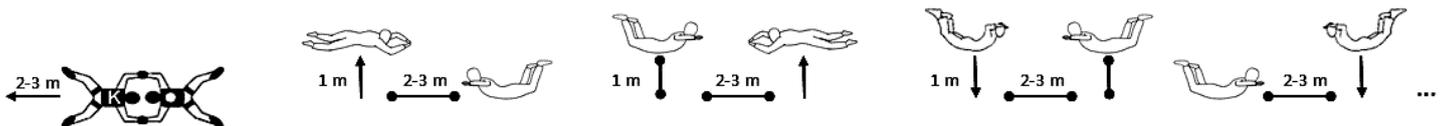
## JUMP 2: Movements forwards and backwards

After the exit relax, take basic body position and turn to face your partner. Fly to your partner and take a grip from the wrists. Fly your slot correctly. Check the altitude and release the grip once there is no pulling. Wait for couple of seconds and move couple of meters backwards. Repeat.



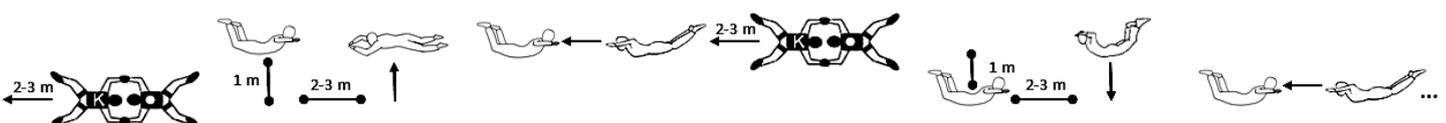
## JUMP 3: Movement upwards and downwards

Fly to your partner and take a grip. Check the altitude and fly your slot. Partner gives a signal to release and then uses “cupping” to move slightly upwards. Reduce the arch and move up to your partner. Partner then arches and moves slightly down. Add arch and move to same level with your partner. Don’t take grips after the first release. Partner keeps a distance in a way that even when pushing your head against the airflow you can still maintain eye contact. Keep symmetrical body position. Repeat.



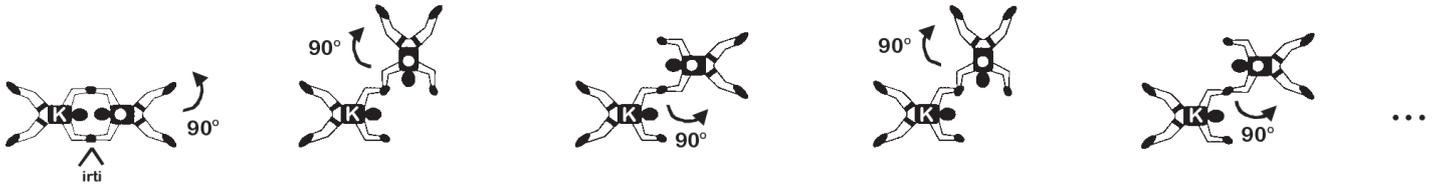
## JUMP 4: Vertical movement combined with movement forward

Fly to your partner and take a grip. Partner moves slightly backwards and upwards. Reduce arch, fly forwards to your partner and take a grip. Fly your spot. Partner moves slightly backwards and downwards. Arch and move to your partner, take a grip and fly your slot. When moving, always try to move to the same level before moving forwards. Maintain eye contact. Repeat.



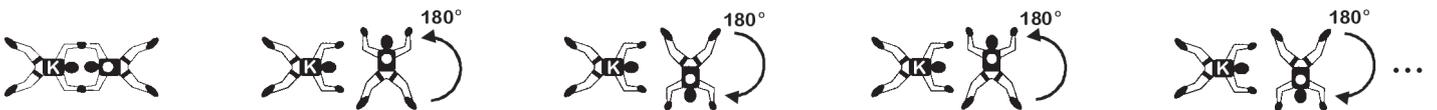
### JUMP 5: 90° turn

While turning, keep your partner as a point of reference. Turns are done from a half star to an open accordion and back to half star. Fly to your partner and take a grip. Partner gives a signal, release your left hand grip and formation is opened 90 degrees to a half star. When there is no pull on the formation, give a signal. After the release wait for a second before starting the turn. Turn 90 degrees to right and take a grip with your left hand (open accordion). Give a signal and turn back to half star. Make sure that you are on a same level than your partner when taking grips. While moving between formations, remember to turn first and take a grip after the movement has stopped. When taking grips make sure it is light and fly your slot. Do not pull your partner. Repeat.



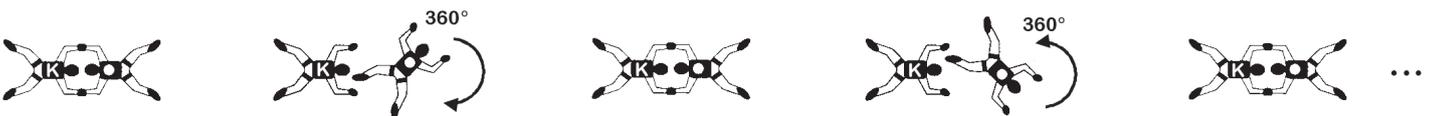
### JUMP 6: 180° turn

Fly to your partner and take a grip. Turn 90 degrees right and stop without any grips in a sidebody-formation. Maintain distance and angle for a while and turn 180 degrees to the left to a opposite sidebody-formation while keeping your partner as a reference. Maintain distance and angle for 2 seconds. Stop between turns so you can focus and observe that turns are not going over 180 degrees. If drifting away from your partner, turn right away towards your partner and continue turns to another direction. Repeat.



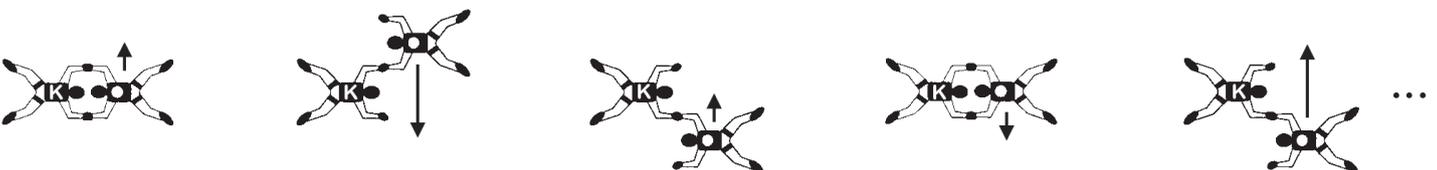
### JUMP 7: 360° turn

Fly to your partner, take a grip. After partner gives you a signal turn 360 degrees to the right. Use arms and legs to turn. Remember a symmetrical basic body position, start-coast-stop and take a grip. Turn 360 degrees to the left. Be patient before starting a new turn so that the formation is over before starting the turn. Remember to maintain levels. Remember to start stopping the turn before it is done, so it will not turn more than planned. Repeat.



### JUMP 8: Movement sideways

Start in a star and move sideways to an open accordion. Then move to another side open accordion. And back to star. Fly to your partner and take grips. Move right, stop and take a grip. Move left, stop and take a grip. Repeat.



### JUMP 9: Approach sideways

Start movement in front of your partner and turn 90 degrees to the right and after that move sideways towards your partner so he/she can take a grip. After this partner gives a signal and releases grips. Fly to your partner and take a grip. Turn 90 to the left and move sideways towards your partner. Remember to use your whole body to move sideways. Try to perform turns calmly to avoid turning over. Repeat.

