

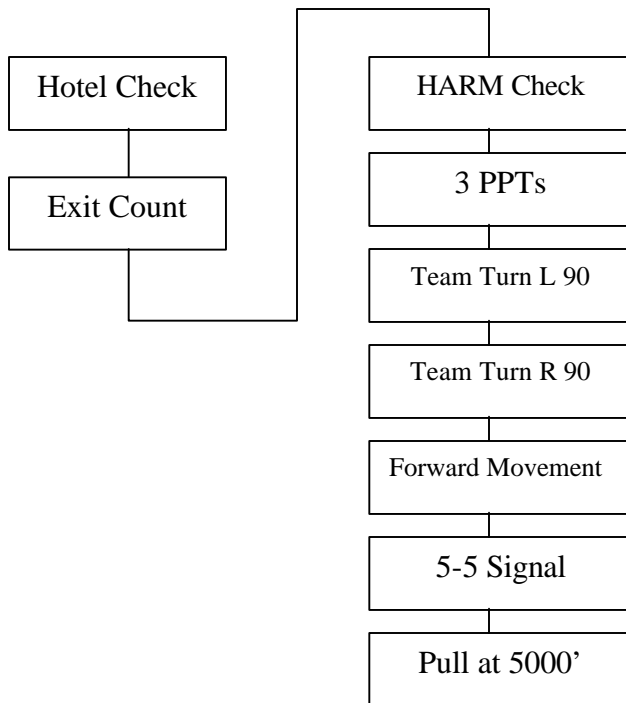
Level II --- Body Awareness

Now that you have your feet wet, we will start working on trim maneuvers. There are a lot of things to accomplish on this level, so don't waste time. Once you are under canopy, try a few spiral turns (above 1500' please).

TLOs

- Maximum free arm time.
- 3 PPTs.
- Heading awareness during freefall.
- Trim control or body awareness exercises.
- Relaxed, arched body position through entire freefall.
- Pull by 3500 feet, look over right shoulder to observe pilot chute launch.

Dive Flow



Running Description

Hotel Check

Check In, Check Out.

Exit Count

C-206 Prop, Right, Left, Arch.
HARM Check
Heading, Altimeter, Reserve JM, Main JM.
PPT
Arch, Reach, Throw, Check 3 times.
Short Circles
to maintain altitude awareness between maneuvers.
Team Turn
Initiated by looking *over* the arm in the direction of the desired turn to pick a heading reference. Then bend his/her upper body 20 degrees at the waist in the direction of the turn. At the same time, drop the shoulder the turn is moving toward by 2-3 inches. Keep hands and arms still -- all motions are performed from the waist. As the desired heading is acquired, return to a neutral boxman position.
Forward Motion
initiated by extending legs (straightening them at the knees) while simultaneously bending arms at the shoulders to form a ``lazy W". Hold for 3 seconds and return to a neutral boxman position.
5-5 Signal
at 5500 feet.
Pull
Arch, Reach, Throw, Check at 5000 feet.
Primary Canopy Check
Shape, Spin, Speed, Twist.
Release Toggles
Secondary Canopy Check
Slider, Endcells, Tears, Lines.
Controllability Check
turns and flares OK.
Canopy Control
halfway down, halfway back.
Setup For Landing
Downwind at 1000', *Base* at 500', *Final* at 200'.
Prepare to Land
at 50'.
Flare
at 10', feet and knees together, *PLF* if necessary.
Collapse the Canopy, Field Pack, and Return.
