

Two of you jumping but don't know what FS to do?

Don't want to do the same old 2 ways you have always done with your mate before?

Welcome to the Headcorn Progressive FS (RW) dive pool for 2 skydivers.

The principal behind this booklet is to put together some interesting and fun 2 way skydives that progressively get more testing as you work your way through them. They are designed so that any 2 way at any experience level - say from skydivers turning up and meeting on the flight line for the first time through to friends who have jumped together before - can, if they are not sure what skydive to do, dip into this dive pool and find a skydive that they would like to do.

This series of skydives is structured so that the skydives get more complex as you do one then move to the next one. For example, skydive A1 should be easier than A3, and in turn, B1 would be more testing than A3 etc. They are also structured to build in some of the moves you might do in Junior, Intermediate and Senior FS 4 way competitions should you ever enter.

So, you can use these for fun skydives to do with a buddy on a one-off basis or you can work your way through them to develop your 4 way skills. The choice is entirely yours.

A couple of tips in using the booklet

- 1. Check out the moves shown, carefully and make sure you have dirt dived them correctly before you do them - there are brief notes for each skydive to help guide you through**
- 2. If in doubt, ask a more experienced club member for guidance - for example, a member of Team zygoxis is usually around at weekends and would be able to offer assistance.**

Finally - feedback. This booklet and its contents were conceived by Chris Shaw and Chris Adams, so if you have some thoughts on how we could improve them, please let us know - we would welcome your input.

A 1 - 3 points

Objective: develop precise control in making small moves then stopping.

The moves: Launch the 2-way then both make a **SMALL** side slide and stop: then both forward about a half body length and stop: then turn to face your buddy and dock. Next time through, side slide the other way and pass on the other side. For the more ambitious, if you would like to do this as a vertical transition rather than pass side by side, give it a go - but remember to work out on the ground who goes over, who goes under **FIRST!**

Hot tip: for both side by side or vertical move, you need to begin to “stop” just as soon as you have made the “start”. Keep eye contact.

A2 - 4 points

Objective: controlled, short, in-place turns

The moves: Launch the 2-way (called a airstep) then both turn 180 to a airstep the other way. Then small turn to third point (compressed accordion) and small turn to fourth point (Caterpillar or abbreviated to Cat). Then back to first airstep.

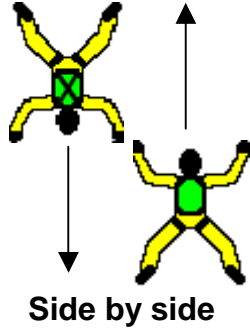
Option - for second time through, build airstep with other person facing out first.

Hot tip: don't rush into your turn; on the key, take a second to be “balanced” then make a good in-place turn

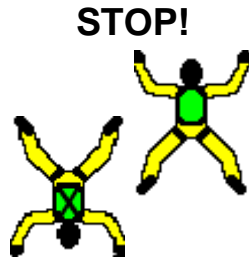
A1 - 3 points



1

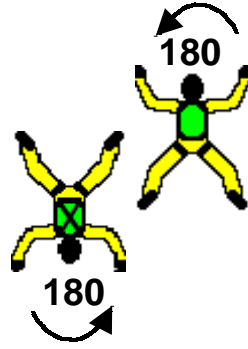


2



Knee to Knee

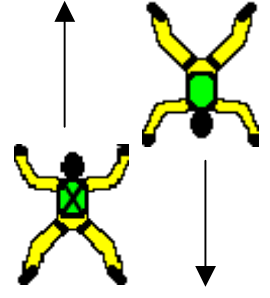
3



4

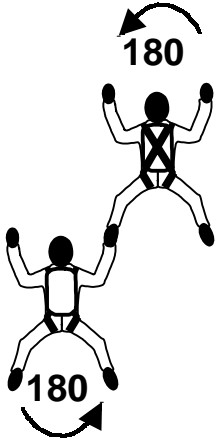


5

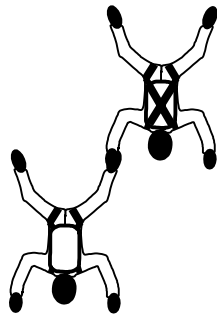


6

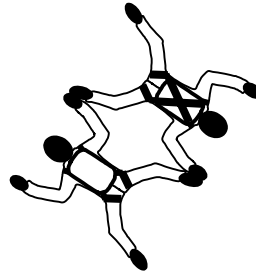
A2 - 4 points



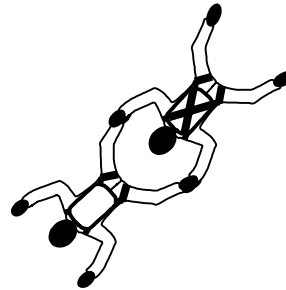
1



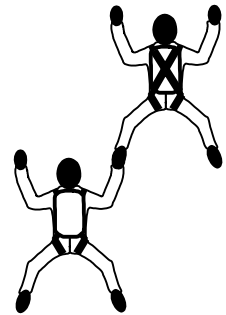
2



3



4



1

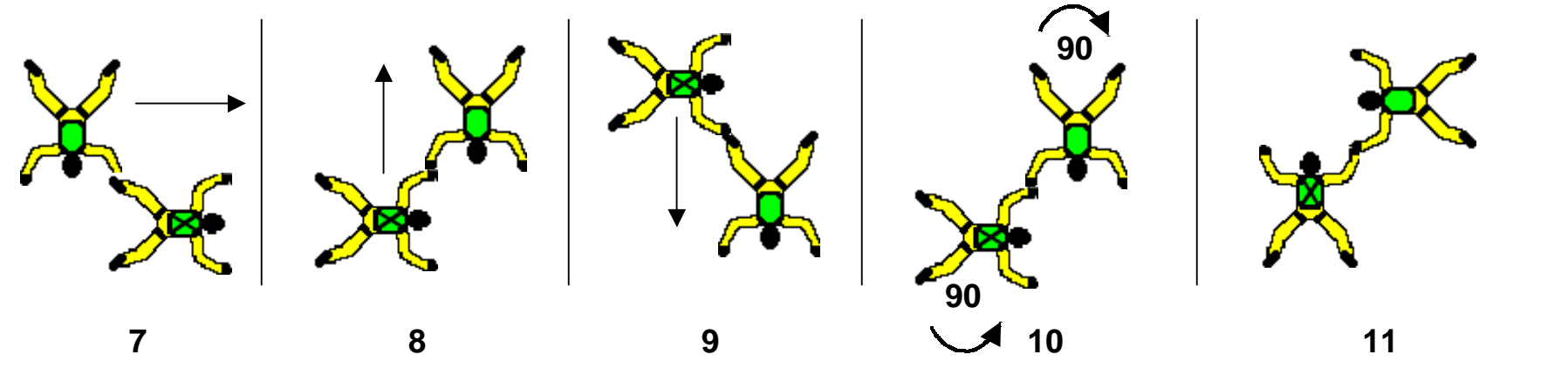
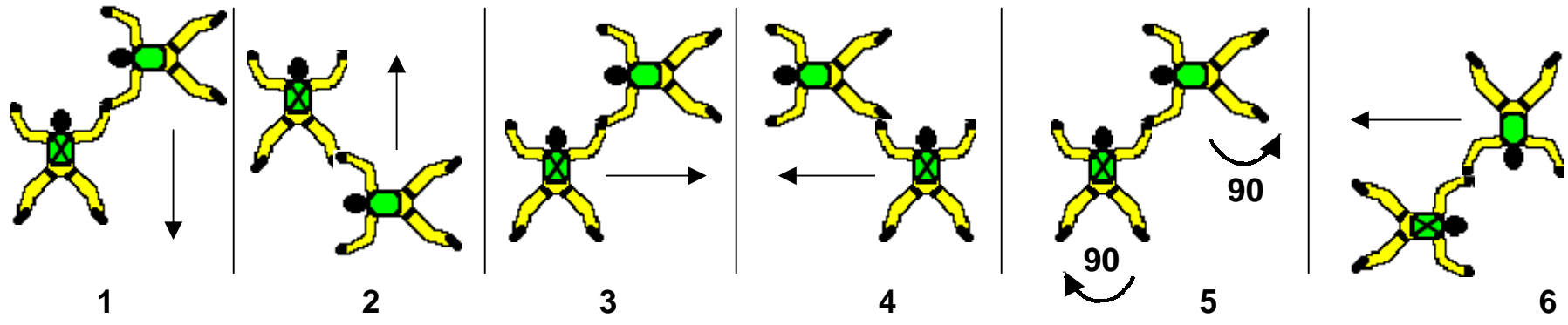
A3 - 5+ points

Objective: develop controlled side slides.

The moves: Launch the 2-way, then : first person to remain absolutely still and neutral; the other side slides down the first persons body length, stops and touches leg grip, then side slides back. Then second person remains still and first person does the side slide drill. Then both turn to swap headings and repeat, side sliding the opposite direction to initial moves. And so on.

Hot tip: when it's your turn to side slide, to remain at 90 degrees to neutral person, think about using your legs to move sideways. Your upper body/head will follow your legs naturally.

A3 - 5+ points



B1 - 3 points

Objective: crisp yet flowing moves.

The moves:Launch the 2-way (a “buddy” or side body), then follow the plan: when making the moves, work on stopping before taking grips. Drop grips between each point and keep a flowing rhythm to the whole skydive - the time between each point should be about the same. Potentially a fast skydive where you can get lots of points without going crazy!

Hot tip: share the moves, from one formation to the next, between both skydivers equally - this keeps the moves efficient and speeds up the skydive without actually going faster!

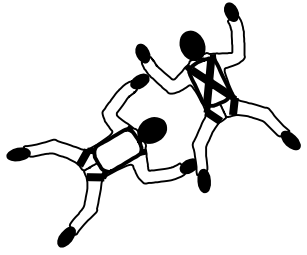
B2 - 4 points

Objective: develop precise in-place turns whilst synchronising with your buddy

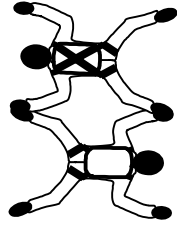
The moves:Launch the 2-way (buddy), then : each turns as per the arrows - this “cogs” the turns so that there should be no collisions. Remember to **STOP** your turn before taking grips. Then swap positions in the formation and make the turns again but in the opposite direction - if you turned right in the first move, you should be turning left in the second. Etc etc.

Hot tip: on the key for the turns, pause before making your turn so that you are balanced. This makes a better in-place turn. Also, don't strain to make eye contact when turning - once you have made about a 90 turn, just trust your turn and keep your head neutral. You will see your buddy as you complete the last 90 of the turn.

B1 - 3 points



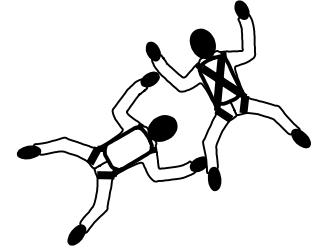
1



2



3

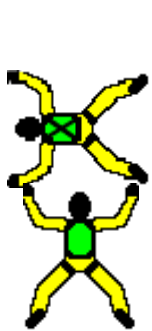


1

B2 - 4 points

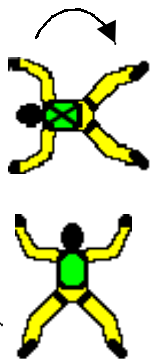
Turn in direction of arrows

360

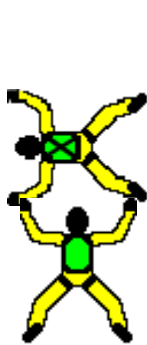


1

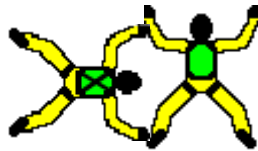
360



2



3

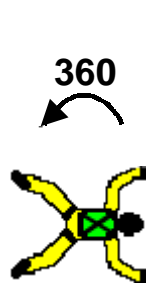


4

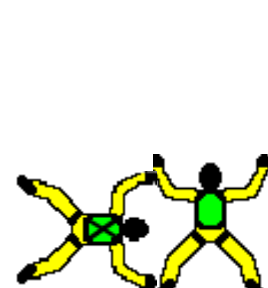
Turn in direction of arrows

360

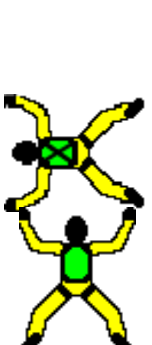
360



5



6



1

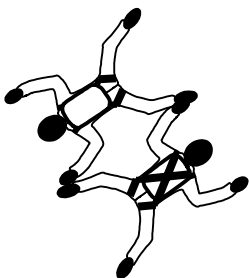
B3 - 5+ points

Objective: develop precise in-place turns whilst synchronising with your buddy when out-facing from the formation

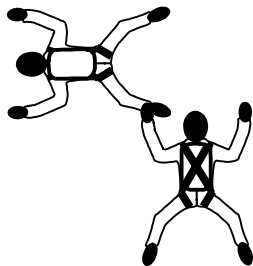
The moves:Launch the 2-way (compressed), then : drop grips and move to second point - share the move between both skydivers. Then each turns as per the arrows - this “cogs” the turns as in skydive B2. Remember to **STOP** your turn before taking grips. Build the compressed again and now build the next formation so that each of you have swapped positions - that is, if you faced out first, you now face in and vice versa.

Hot tip: Person facing IN to start with on the 540 turns makes this turn in 2 stages: first stage, do a 360 turn, then pause to ensure your “buddy” is finishing their 540 turn (i.e. their buddy is facing in): then second stage, finish your turn by completing a 180 (in same direction as your 360!) to face outwards. By doing this in 2 stages, the person finishing as **OUTfacing** is confident that their buddy is facing in and therefore can see them and is ready to take their leg grip before they complete the 540 turn to face away from the formation.

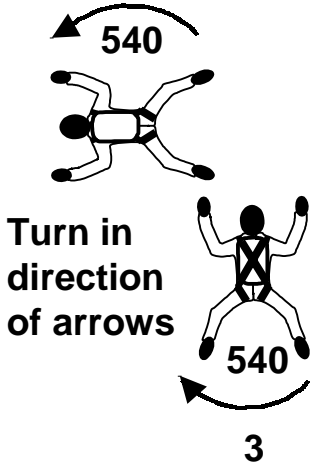
B3 - 5+ points



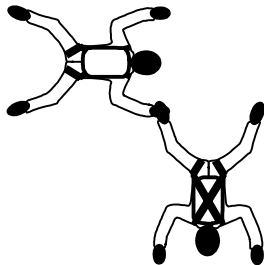
1



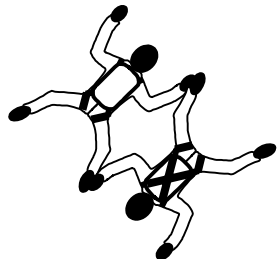
2



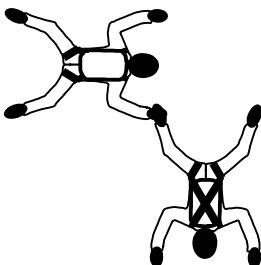
3



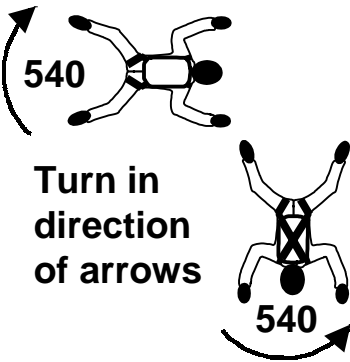
4



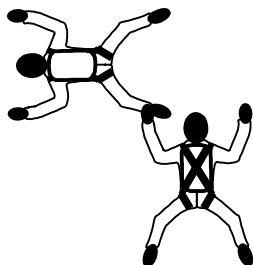
5



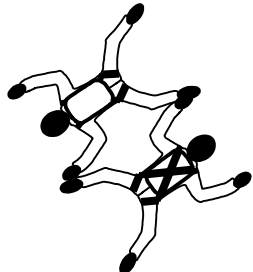
6



7



8



1

C1 - 3 points

Objective: controlled forward, sideways and backwards movement - trusting your skydiving!

The moves:Launch the 2-way then : first person to remain perfectly neutral: second person side slides to be arm-to-arm with first person; then move forward and STOP at a knee-to-knee position: then side slides across behind first person to STOP at other knee-to-knee position: then back slide to the arm-to-arm position: then finish by side slide back to face to face position. Then roles are swapped - second person to remain still and first person to make the moves

Hot tip: make all moves as small as you can and remember to STOP at the end of each of them.

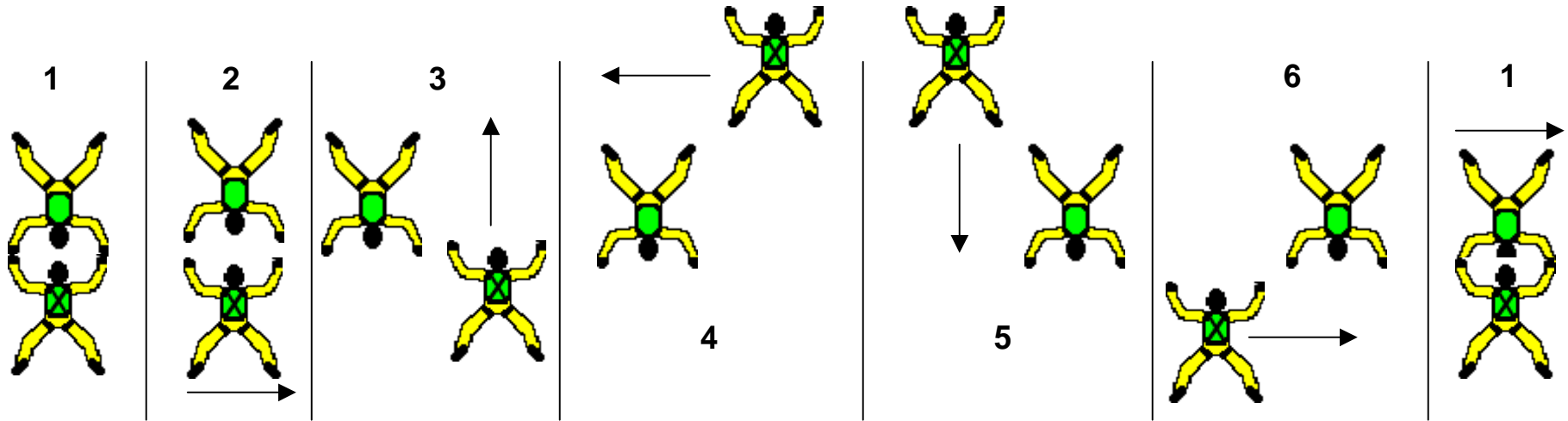
C2 - 4 points

Objective: sharp yet flowing, turning moves, synchronised with your buddy

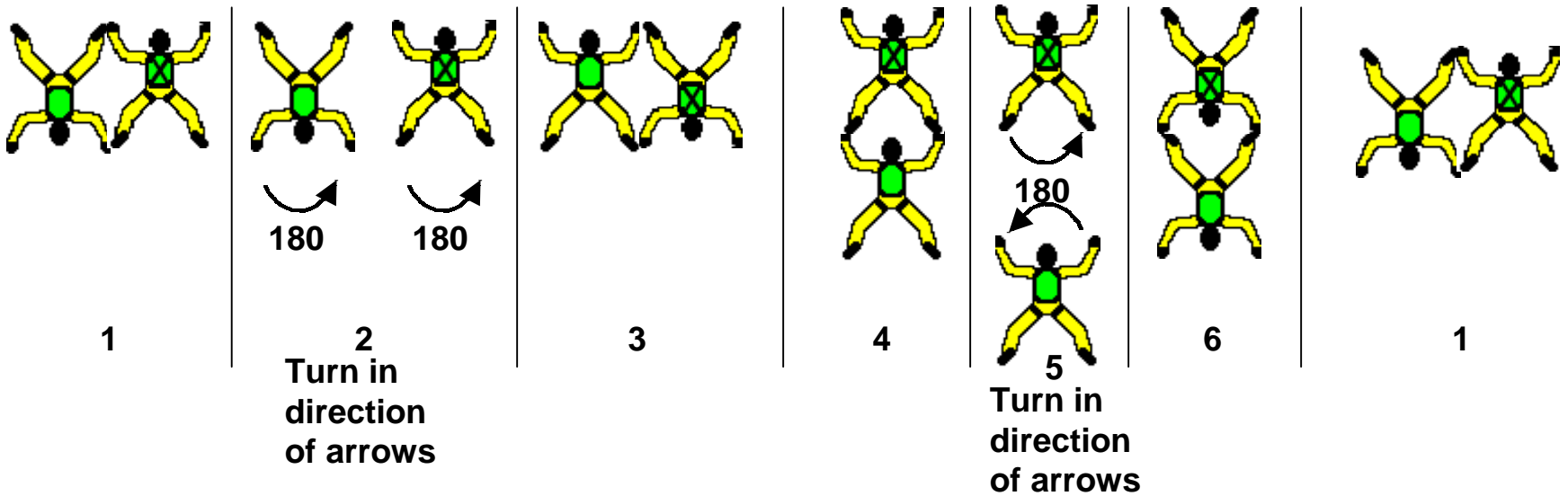
The moves:Launch the 2-way (compressed) then : on the key, each turns 180 to form a compressed the other way. Watch out for head collisions as you cross! (you can have one person go over and the other under). On the key, share the move to the Cat to make this an efficient move. On the key, make a controlled move to the opposite Cat. To do this efficiently, just make a good in-place 180 turn and STOP at the end of it. Don't rely on using your partner to stop!

Hot tip: make sure the compressed is built with a good shape and with grips taken down by the knee not up by the hip: also in the compressed, keep a good gap between the two bodies. These factors help the moves to the next point

C1 - 3 points



C2 - 4 points



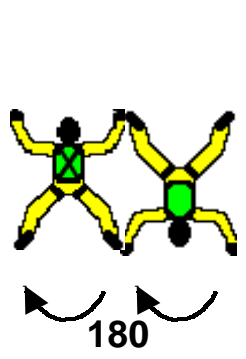
C3 - 5+ points

Objective: complete a complex multiple point skydive including “Translations”!

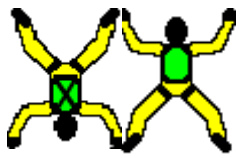
The moves:Launch the 2-way (compressed) then : build second compressed as in skydive C2. Share move to next point (open accordion). On key, first person to remain still, second person to make a 180 turn AND a side slide (i.e. 2 moves in one known as a translation) to next point (stairstep). On key, second person turns 180 to build open accordion. Now on key, first person makes the translation move to the stairstep. Then, on key, first person turns 180 to the open accordion. Then back to the top!

Hot tip: when making the translation, start the side slide (remember to use legs) and then make the 180 turn. This is most efficient for most people.

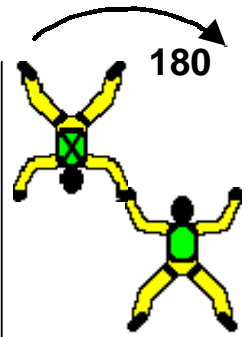
C3 - 5+ points



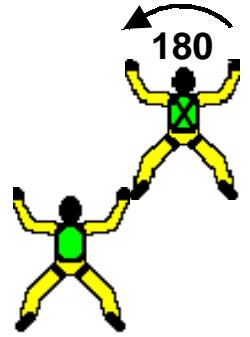
1



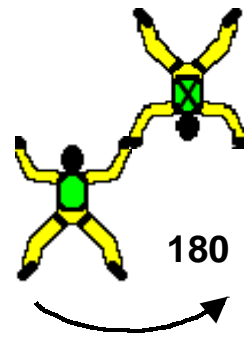
2



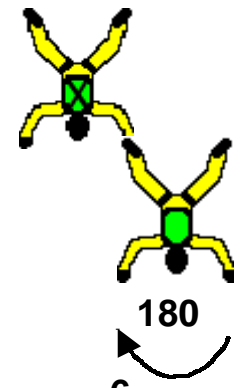
3



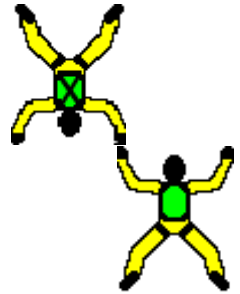
4



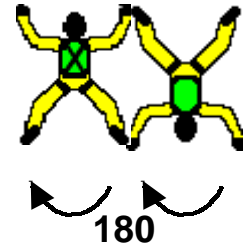
5



6



7



1