

**HANGLOOSE
ADVENTURE**

SKYDIVE

Dream of flying or
mastering a new
skill? This program
builds your
foundation to soar!

ACADEMY



AT HANGLOOSE ADVENTURE

IMPORTANT!

WEEK 1

10 MINS

**STRAIGHTEN
YOUR LEGS**



CHIN UP



RELAX



BELLY FLYING BASICS AND HAND SIGNALS

In week one, we'll focus on getting you stable while flying on your belly. Our basic stable position is simple: keep your feet slightly wider than your shoulders, hips slightly forward, chin up, and hands just above your head with a comfortable bend at the elbows.

Once you've mastered this position, we'll teach you how to make small adjustments to control your height. This skill is crucial for your progression, enjoyment, and safety in the wind.

To descend, raise your palms vertically to reduce drag. To ascend, place your palms flat against the wind to increase drag, lifting you upward. To maintain a steady height, we'll help you find a balanced hand position between these two extremes.

WEEK 2

10 MINS

HOLDING POSITION

In week two, we'll begin by recapping what you learned in the previous week. From there, we'll focus on maintaining your position at the center of the airflow. This is one of the most crucial skills, as it ensures stable and controlled flight by keeping you within the air stream.

MOVING FORWARD

If you find yourself drifting backward, adjust your body position. To stop moving rearward, straighten your legs slightly and shift your arms back a little until you stabilize. To move forward, continue straightening your legs and bring your arms further back.

MOVING BACKWARD

To stop drifting forward, move your arms slightly forward and, if necessary, bend your legs until you stabilize. If you then want to move backward, continue pushing your arms forward—imagine pushing yourself away from a wall. The straighter your arms are in front of you, the faster you'll move backward.

MOVING LEFT & RIGHT

If you find yourself drifting left or right, simply extend the arm and leg on the side you're moving toward. For example, if you're drifting right, extend your right arm or leg to push yourself back to the center of the wind. The same applies if you're drifting left—extend your left arm or leg to correct your position.



WEEK 3

REFRESHING HOLDING POSITION

10 MINS

In week two, we refined our holding position and began learning how to move in different directions. This week, we'll reinforce those skills, focusing on controlled movement—forward, backward, and side to side. Every movement should be slow and controlled. Make small adjustments and let the wind do the work.

To move forward: Move your arms back slightly and straighten your legs.

To move backward: Extend your arms forward and slightly bend your legs.

To move right: Slowly extend your left arm and leg.

To move left: Slowly extend your right arm and leg.

Stay mindful of these movements, keeping them smooth and controlled throughout your flights. We want to see you master stability with calm, deliberate precision.

REFRESHER 10 MINS

This week, you'll experience even more freedom in the wind. We'll step back and provide less assistance, allowing you to fly with greater independence. Most excitingly, this is the week you'll learn how to SPIN!

SPINNING CLOCKWISE & ANTICLOCKWISE

We'll start on the net with a slightly lower wind speed. Stay in your stable flying position. To initiate a spin, position your forearms at matching 45-degree angles in front of your head and hold. The wind will naturally push against them, setting you into rotation—and just like that, you're spinning!

To stop, briefly shift your forearms to the opposite 45-degree angle, then return swiftly to your stable flying position. To spin in the other direction, simply adjust your arm angles to the opposite side and hold. Your coach will demonstrate these movements in detail. Once you've mastered controlled spins on the net, you'll be cleared to attempt them in free flight. Maintain your stable position, apply the spinning technique, and enjoy the ride!



WEEK 5

10 MINS

BUILDING ON YOUR SKILLS AND AFF MOVES

This week, we'll start with a refresher on all your wind movements. Demonstrate to your coach your ability to move forward, backward, side to side, and perform controlled spins.

After your recap, we'll introduce key body positions that are essential if you ever decide to skydive for real! The first position we'll teach replicates the motion of pulling a parachute. To do this:

IMPORTANT!

- Reach your right hand back to your lower back and hold for five seconds.
- At the same time, extend your left arm across in front of your head. This counterbalances the missing surface area of your right arm, helping you stay stable.

Mastering this move is a crucial step in your skydiving journey. This week, we'll practice it extensively while continuing to reinforce your previously learned motions.

WEEK 6

10 MINS

This week is all about refining your skills and focusing on personal growth. If there are any motions or positions you'd like to improve, just ask your coach—we can tailor your training based on your stability in the wind.

Here are a few options you might want to work on:

- Perfecting your parachute pull position
- Learning to spin using your knees
- Taking the first steps toward a front flip



Before diving into these exciting new moves, demonstrate your stability and control to your coach—showcasing everything you've learned over the past six weeks.