$\frac{\text { L'URY }}{\text { COACHING }}$


## FAQ's <br> 

Why do 4-way Enthusiasts use Letters and Numbers instead of words?

Mostly for ease of communication. The use of the shorthand code makes it easier to write 40 different dives a day on a whiteboard at the tunnel, text to a team, and faster to say.

At much higher speeds it becomes to slow to think a full word - "cattacord" is much longer to mentally say then just plain old "G".

## Where do the abbreviations come from?

They are entirely random, hence the need for fun mnemonics! They do not correspond to the 8-way formations and have nothing to do with reality.

## How important is it that I learn the letters?

Not as important as learning the shapes! Start by learning what a stairstep diamond looks like. After you accomplish this, you may want to start transitioning to the abbreviated codes. Ideally whatever stage your team is they share a language so the coach doesn't have to duplicate the names and the letters!

## What is the best way to use these cards?

Start by enjoying the cartoons and familiarizing yourself with the links. Really imagine the absurdity of the picture using all your sense - can you hear the elephant squeaking when seeing the mouse? Feel yourself climbing the ladder and skipping over the adder?
Stop and quiz yourself. Can you remember A? D? If you can't remember the name, try to conjure a mental image of the picture. It is important you struggle to recall before you look up the answer. If you look too soon it might not stick the next time!
Repeat the process until you can quiz yourself seamlessly. Revisit the exercise regularly until you have them down pat!

## Do you have one for blocks/numbers? How about 8way?

That is trickier! Letters can represent sounds and words, numbers are more abstract. If someone has a clever way of crafting this mnemonic contact me so I can make it!
The 8way randoms are a future possibility!
Stay tuned to furycoaching.com....

## Skydiving Random Mnemonics




MEEKER
LINK: EEEKER MOUSE


EEEKER MOUSE FRIGHTENED ALL HIS FRIENDS.

## 1

## BOW

LINK: HOBO BOW


THE HOBO SHOT THE BOW.


## MURPHY FLAKE



MURPHY'S LAW STATES THAT YOUR SPECIAL SNOWFLAKE IS PROBABLY A CRAZY FLAKE.


THE FLYING ACCORDION STORE WAS OPEN A FEW SHORT MINLTES BEFORE THE INVENTORY ESCAPED.

DONUT
LINK: JELLY DONUT


THE JELLY DONUT BACKED AWAY FROM THE HUNGRY MAN.

## Skydiving Random Mnemonics



THE EMBARRASSED KANGAROO GOT THE HOOK AFTER THE FIRST ACT.

N
CRANK
LINK: NASTY OLD CRANK


THE NASTY CRANK FARMER CHASED THE NICE YOUNG SKYDIVERS OFF OF HIS LAWN.

Q
PHALANX
LINK: QUAIL PHALANX


LESSER KNOWN WERE
THE GREEK'S PHALANX OF QUAILS COLLECTIVELY KNOWN AS THE QUIVER


THE CREEPY SNAKE COILED AROUND THE LADDER.

## $\bigcirc$

SATELLITE
LINK: OH NO! SATELLITE!


OH NO! THE OTTER WILL BE HIT BY THE SATELLITE.

M
STAR
LINK: I M A STAR


SHE GLOATED
"I AMMMM A STAR!"

## D SIDEBODY

LINK: SIDE OF PEABODY


SHERMAN, FED UP, FINALLY JUST HAD A BURGER WITH A SIDE OF PEABODY.


