

Progression Checklist- BETA

Rankings

Ranking	Category	Description	Success Rate
None	Not attempted	Did not discuss or attempt	
1	Unconscious Incompetence	Attempts made, not fully understood, can't do it yet	
2	Conscious Incompetence	Understands skill, has done correctly a couple of times but can't do multiple times in a row	>30%
3	Conscious Competence	Can do the skill repeatedly during a drill, but not when doing other stuff	>60%
4	Unconscious Competence	Skill is muscle memory, skill appears in unrelated drills, no thinking required	>90%

Moving Up

All Achievements Checked. 3.5 Average Skills.

You don't need to have one level done before working on next set. But you are categorized as the highest complete set. For example you could have several ratings in advanced, but if Intermediate wasn't done you'd be classified as intermediate.

Levels

Starter - *Never been in tunnel; Not flying with others yet; classic body positioning*

Fundamental - *Learning to fly with others, basic body position; initiating movements*

Proficient - *Chest high, arms low body position; stopping movement; introduction to knee movements; in faced formations*

Intermediate - *Four way fundamentals; intermediate dive pool; basic piece movements; outfacing*

Progressing - *Building power and speed; complex dives, basic picture trouble shooting;*

Advanced - *AAA divepool; major piece movements; complex verticals; two slots; minimum tunnel competition score > 15*

Expert - *Becoming a coach; all slots; fluid walking; complex formation combinations; engineering; tunnel competition score > 18*

Master - *Coach; professional open level teams; tunnel competition score > 23*

Starter

Never been in tunnel; Not flying with others yet; classic body positioning

Category	Short	Description
Backward	Legs in backward	Uses legs to move backwards
Body Position	Classic Boxman	Arch from hips, Elbows square, Arms in front of head, Head up, Legs in strong even neutral
Entrance	No Assistance	Stop before hitting far wall
Fall Rate	Slow, general	Increases general surface area to go up
Fall Rate	Fast, general	Decreases general surface area to go down
Forward	Legs out forward	Uses legs to move forwards
Gripping	Handshake	Can move to, stop, make eye contact, reach for single handshake
Hover	Hold position	Can translation, rotation, and fall rate consistent
Pull	Parachute pull	Pull motion without rotation; no fall rate requirement
Turn	Arm turn	Turn with arms, head stays neutral, no fall rate requirement

Coverage	Rhythm App/Youtube channel
Coverage	Complete a 2way with at least 3 points

Fundamental

Learning to fly with others, basic body position; initiating movements

Category	Short	Description
Backward	Upper Body	Backward movement by using upper body
Backward	Lower Body	Backward movement by using lower body
Body Position	Pre-Mantis	Arch, arms below ears and in front of ears; legs neutral (booties or no); Arch from hips, legs width appropriate
Body Position	Relaxed	Arms using appropriate amount of pressure, smiling and responding, breathing
Entrance	Comfortable	No assistance; on level; corrects self before 7 ft from door
Eye Contact	Looks at coach	Looks to coach for direction between moves
Fall Rate	Fast, individual parts	fast fall using head, torso, and limbs individually
Fall Rate	Slow, individual parts	slow fall using head, torso, and limbs individually
Forward	Lower Body	Forward movement by using lower body
Forward	Upper Body	Forward movement by using upper body
Gripping	Single Grip	Take and present for a single grip like Open or half star
Pull	Parachute pull	Hold Pull position on heading without losing fall rate
Slide	Basic	Slide using arms/hips; knees not required
Turn	Basic	Turn on level; start – coast – stop; no headswitch requirement; no knee requirement
Coverage	skydivemag.com	
Quiz	Learn 2 way formations	
Coverage	Explain how scoring works	
Coverage	Explain separation between points	
Experience	Complete a 2 way with at least 4 points	

Proficient

Chest high, arms low body position; stopping movement; introduction to knee movements; in faced formations

Category	Short	Description
Body Position	Mantis	Classic fs position with arms pressing chest upward; good arch
Burble	Non contact	Non contact, moving verticals while looking; not dropping significantly
Carving	Centered	Carves with head in center of tunnel while feet sweep in a circle, both directions
Entrance	Immediate	No assistance, immediate stop outside door
Eye Contact	Formation	Looks at eyes during 2ways
Fall Rate	Fast – Full body	Uses whole body to fall faster
Fall Rate	Slow – full body	Uses whole body to fall slower
Forward	With Fallrate	down/up in forwards and backwards; fall rate slightly before translate, controls angle
Forward/Backward	Stopping	Starts and stops each movement before tunnel runs out
Gripping	Double dock	Pin or sidebody
Preparation	Walking	eye contact, consistent grips while walking a dive
Slide	Knees	Initiates with one knee down and other leg up in approximate angle
Turn	Headswitch	In place, on level 360 with full headswitch control
Turn	Knees	correct leg initiates; one up one down; returns to neutral for coast
Gripping	Stopping	Stops momentum before gripping
Coverage	Explain legal grips	
Experience	Complete a 4way with at least 4 points	
Quiz	Learn 4way random pool	
Challenge	Launch backwards into the tunnel	
Challenge	Launch sideways into the tunnel	
Challenge	Lay on net while wind comes up	
Competition	Compete in a tunnel competition (cloud league, tunnel league, local meet)	
Quiz	Learn star, donut, open, compressed, diamond, bipole, meeker	
Challenge	Launch a sidebody into the tunnel	

Intermediate

Four way fundamentals; intermediate dive pool; basic piece movements; outfacing

Category	Short	Description
Body Position	Mantis	Relaxed Mantis position; elbows used for fall rate control
Burble	Stationary	No Contact Stationary Bubbles
Carving	Backwards	loose circle outside of tunnel
Carving	Forwards	loose circle outside of tunnel
Combination	Super Positioning	Rotation and translation (turn and translate 180, 360, and 540)
Entrance	Alternate Positions	Backwards and sideways
Fall Rate	Stopping	Stop fast downward momentum with hard full slow fall without translation before hitting the net
Forward and Down	Flare	Flare stop to control a forwards and down movement
Forward/Backward	Full Body	Forwards and backward with limbs and full body pitch, starting and stopping before walls
Gripping	Compressed	Take an even compressed on both sides
Gripping	Double grips	Sidebody and Cat grips with no momentum and maintaining level
Gripping	Reaching	Reaching comfortably without losing position or level on all types
Outface	Shapes	Create precise bipole, phalanx, and cat presentations
Pieces	Open	Spin an open accordion in place with balanced power and not losing fall rate
Pieces	Half star	Spin a half star in place with balanced power and maintaining fall rate
Pieces	Pin	Spin a pin piece in place with balanced power and maintaining fall rate
Slide	Knees	Starts and stops movement; both legs coordinate up and down; retracting both legs to neutral in between
Slide	Fall rate	Up and down while sliding, controls angle, begins fall rate before translation
Stability	Slow Even	Can resist slow even pressure from side, front, back, and above
Turn	Knees	Starting and stopping; both legs engaged; retracting to arched neutral; rhythm of turn, can do so without losing level; mostly in place

Intermediate - Checklist

Four way fundamentals; intermediate dive pool; basic piece movements; outfacing

Coverage	Explain how slots and continuity work
Coverage	Explain the line between the point and the tail
Coverage	skyleague.com
Experience	Fly an hour of 4way in a single slot
Experience	Score 20+ on a timed and declared random round
Homework	Time and Judge a tunnel dive
Quiz	Learn A class blocks
Quiz	Learn 4way Random Pool
Quiz	Know letter codes for randoms
Competition	Compete in 5 tunnel competitions
Competition	Score a 12+ AA tunnel average (6 or 10 round meet)
Coverage	Explain mirrors
Challenge	Launch unlinked exit into tunnel

Progressing

Building power and speed; complex dives, basic picture trouble shooting

Category	Short	Description
Anticipation	Flow	Can arrive at same time when making large moves
Backwards	Knees	Using knee with to move forwards and backwards
Burble	Formation	1/2 star hops and sidebody hops directly from point to point; no pause to go up and over
Carving	Backwards	loose circle outside of tunnel
Carving	Forwards	loose circle outside of tunnel
Entrance	No Contact	Launch no contact 4way into tunnel from all slots
Eye Contact	Awareness	Communicates with facial expression back to coach/awareness
Fall Rate	Pop	Can pop up and down very quickly without forward or backwards movement
Fall Rate Range	Medium	Can adjust to several percent of wind change without changing levels
Gripping	Flashing	Retract hands in any four manners between grips without moving
Outface	Technique	Arched body position, looking, fix level before committing, correct spot
Pieces	Cat Spin	Spin a cat in one or two stages in place, correct headswitch
Pieces	Cat Spun	Be spun in a cat in one or two stages in place, correct headswitch, stopping
Preparation	Visualizing	Considers a dive mentally before executing, remembers movements
Stability	Medium/Recovery	Can resist slow stronger pressure from side; can recover quickly from fast light pushes
Turn	Rhythm	Consistent in place turns with correct motion, rhythm, stop, and return to neutral
Walking	Enter	Walk into tunnel and get to belly

Progressing

Building power and speed; complex dives, basic picture trouble shooting

Competition	Compete in 10 tunnel competitions
Competition	Score a 15+ AA tunnel average (6 or 10 round meet)
Coverage	Explain Nationals, World Cup, World Meet
Coverage	Explain how slot switchers work
Experience	Fly an hour of 4way in two different slots
Experience	Score a 35+ on a timed and declared random round
Experience	Fly/mentor/coach/volunteer for 1 flight hour
Homework	Time and Judge a full 10 round meet
Quiz	Learn AA class blocks
Challenge	Launch linked exits into tunnel (4way)

Advanced

Advanced - AAA divepool; major piece movements; complex verticals; two slots; minimum tunnel competition score > 15

Category	Short	Description
Anticipation	Speed	Can move through a complex series of 2-way moves repeatedly with flow, speed, and anticipation
Burble	Continuous	Level correction while moving through leapfrogs, blenders
Carving	Backwards	Tight circle around a single point; hip leads
Carving	Forwards	Tight circle around a single point; hip leads
Forward/Backward	Bursts	Moves in short bursts without long pitch; can start quickly from a dead stop
Gripping	Pieces	Takes consistent grips for pieces; double high, correct cat, hooks when appropriate
Outface	Adjusting	Can match fall rate, position with changing target while fully outfaced
Pieces	Sidebody Spin	Spin sidebody forwards and backwards, in place, on level
Pieces	Sidebody Spun	Be spun in a sidebody forwards and backwards, in place, on level
Stability	Piece	Can hold coach in place for four lateral movements
Stability	Reverse	Control eight directions
Turn	Control	In place with other people moving; buddies applications
Turn	Rate	turns in place in slow and fast speeds
Backward	Knees	Using knee with to move forwards and backwards
Fall Rate Range	Large	Large range of flight with minimal adjustment
Momentum	Pieces	Can shut down a heavy piece spin and move the opposite direction without a gap
Outface	Multiple	Multiple outface shapes in a sequence (bipole - phalanx phalanx - bipole for example)

Advanced- Checklist

Advanced - *AAA divepool; major piece movements; complex verticals; two slots; minimum tunnel competition score > 15*

Experience	Fly an hour of 4way in three different slots
Experience	Score a 50+ on a timed and declared random round
Experience	Fly/mentor/coach/volunteer for 10 flight hours
Homework	Time and Judge a full 10 round meet
Homework	Present side by side comparison of a block
Homework	Present side by side comparison of one round
Quiz	Learn AAA class blocks
Quiz	Know number codes for blocks
Challenge	Launch a cat into the tunnel
Challenge	Booty flying
Competition	Compete in 20 tunnel competitions
Competition	Compete in a full 10 round 4way competition
Competition	Score a 18+ AAA tunnel average (10 round meet)

Expert

Expert - *Becoming a coach; all slots; fluid walking; complex formation combinations; engineering; tunnel competition score > 18*

Category	Short	Description
Anticipation	Speed	Can move through a complex series of 2-way moves repeatedly with flow, speed, and anticipation
Burble	Multiple	Formation to formation with minimal momentum loss – double and triple hops
Carving	Backwards	Inside flag box without hip moving
Carving	Forwards	Inside flag box without hip moving
Entrance	Linked	Linked 4way entrances
Fall Rate Range	Functional	Functional at top and bottom of range; move, take grips
Froggies	Dodge	Can retract landing gear in pieces or hops without moving center point in order to avoid collisions
Gripping	Reach	Reach above and below for grips
Pieces	Compressed Backwards	Spin a compressed backwards in place on level
Pieces	Compressed Forwards	Spin a compressed forwards in place on level without winding up
Power	Short	Bursty but stopped moves over short distances; simulate blocks
Preparation	Engineering	Makes correct direction and headswitch decisions in complex 2ways, executes
Stability	Hard	Automatically recovers from fast hard hits
Stability	All	Very strong in all directions, can feel and match power, automatic recovery
Turn	Retraction	Pure turns retracts limbs/knees in to turn faster; in place
Walking	All	Walk in, walk out, kneel, climb wall

Expert

Expert - *Becoming a coach; all slots; fluid walking; complex formation combinations; engineering; tunnel competition score > 18*

Experience	Fly an hour of 4way in all four slots
Experience	Fly/mentor/coach/volunteer for 50 flight hours
Experience	Wear at least 20 lbs of lead for a session
Experience	Wear too big tunnel suit for a session and do FS
Homework	Present side by side comparison of an entire meet
Homework	Write an article or do a video explaining a skydiving thing
Challenge	Launch a 4way from the net
Challenge	Back fly well enough to hover
Challenge	Front flip stand to stand
Challenge	Launch linked exits into tunnel (4way)
Competition	Compete in an officially scored full 10 round 4way competition (XP, New Hampshire, Bedford, Spain, etc)
Competition	Score a 23+ AAA tunnel average (10 round meet)

Master

Master - *Coach; professional open level teams; tunnel competition score > 23*