

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

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

## Fundamental

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

Category	Short	Description
<b>Backward</b>	Upper Body	Backward movement by using upper body
<b>Backward</b>	Lower Body	Backward movement by using lower body
<b>Body Position</b>	Pre-Mantis	Arch, arms below ears and in front of ears; legs neutral (booties or no); Arch from hips, legs width appropriate
<b>Body Position</b>	Relaxed	Arms using appropriate amount of pressure, smiling and responding, breathing
<b>Entrance</b>	Comfortable	No assistance; on level; corrects self before 7 ft from door
<b>Eye Contact</b>	Looks at coach	Looks to coach for direction between moves
<b>Fall Rate</b>	Fast, individual parts	fast fall using head, torso, and limbs individually
<b>Fall Rate</b>	Slow, individual parts	slow fall using head, torso, and limbs individually
<b>Forward</b>	Lower Body	Forward movement by using lower body
<b>Forward</b>	Upper Body	Forward movement by using upper body
<b>Gripping</b>	Single Grip	Take and present for a single grip like Open or half star
<b>Pull</b>	Parachute pull	Hold Pull position on heading without losing fall rate
<b>Slide</b>	Basic	Slide using arms/hips; knees not required
<b>Turn</b>	Basic	Turn on level; start – coast – stop; no headswitch requirement; no knee requirement
<b>Coverage</b>	skydivemag.com	
<b>Quiz</b>	Learn 2 way formations	
<b>Coverage</b>	Explain how scoring works	
<b>Coverage</b>	Explain separation between points	
<b>Experience</b>	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
<b>Body Position</b>	Mantis	Classic fs position with arms pressing chest upward; good arch
<b>Burble</b>	Non contact	Non contact, moving verticals while looking; not dropping significantly
<b>Carving</b>	Centered	Carves with head in center of tunnel while feet sweep in a circle, both directions
<b>Entrance</b>	Immediate	No assistance, immediate stop outside door
<b>Eye Contact</b>	Formation	Looks at eyes during 2ways
<b>Fall Rate</b>	Fast – Full body	Uses whole body to fall faster
<b>Fall Rate</b>	Slow – full body	Uses whole body to fall slower
<b>Forward</b>	With Fallrate	down/up in forwards and backwards; fall rate slightly before translate, controls angle
<b>Forward/Backward</b>	Stopping	Starts and stops each movement before tunnel runs out
<b>Gripping</b>	Double dock	Pin or sidebody
<b>Preparation</b>	Walking	eye contact, consistent grips while walking a dive
<b>Slide</b>	Knees	Initiates with one knee down and other leg up in approximate angle
<b>Turn</b>	Headswitch	In place, on level 360 with full headswitch control
<b>Turn</b>	Knees	correct leg initiates; one up one down; returns to neutral for coast
<b>Gripping</b>	Stopping	Stops momentum before gripping
<b>Coverage</b>	Explain legal grips	
<b>Experience</b>	Complete a 4way with at least 4 points	
<b>Quiz</b>	Learn 4way random pool	
<b>Challenge</b>	Launch backwards into the tunnel	
<b>Challenge</b>	Launch sideways into the tunnel	
<b>Challenge</b>	Lay on net while wind comes up	
<b>Competition</b>	Compete in a tunnel competition (cloud league, tunnel league, local meet)	
<b>Quiz</b>	Learn star, donut, open, compressed, diamond, bipole, meeker	
<b>Challenge</b>	Launch a sidebody into the tunnel	

## Intermediate

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

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

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

## Progressing

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

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

## Progressing

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

<b>Competition</b>	<b>Compete in 10 tunnel competitions</b>
<b>Competition</b>	Score a 15+ AA tunnel average (6 or 10 round meet)
<b>Coverage</b>	Explain Nationals, World Cup, World Meet
<b>Coverage</b>	Explain how slot switchers work
<b>Experience</b>	Fly an hour of 4way in two different slots
<b>Experience</b>	Score a 35+ on a timed and declared random round
<b>Experience</b>	Fly/mentor/coach/volunteer for 1 flight hour
<b>Homework</b>	Time and Judge a full 10 round meet
<b>Quiz</b>	Learn AA class blocks
<b>Challenge</b>	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
<b>Anticipation</b>	Speed	Can move through a complex series of 2-way moves repeatedly with flow, speed, and anticipation
<b>Burble</b>	Continuous	Level correction while moving through leapfrogs, blenders
<b>Carving</b>	Backwards	Tight circle around a single point; hip leads
<b>Carving</b>	Forwards	Tight circle around a single point; hip leads
<b>Forward/Backward</b>	Bursts	Moves in short bursts without long pitch; can start quickly from a dead stop
<b>Gripping</b>	Pieces	Takes consistent grips for pieces; double high, correct cat, hooks when appropriate
<b>Outface</b>	Adjusting	Can match fall rate, position with changing target while fully outfaced
<b>Pieces</b>	Sidebody Spin	Spin sidebody forwards and backwards, in place, on level
<b>Pieces</b>	Sidebody Spun	Be spun in a sidebody forwards and backwards, in place, on level
<b>Stability</b>	Piece	Can hold coach in place for four lateral movements
<b>Stability</b>	Reverse	Control eight directions
<b>Turn</b>	Control	In place with other people moving; buddies applications
<b>Turn</b>	Rate	turns in place in slow and fast speeds
<b>Backward</b>	Knees	Using knee with to move forwards and backwards
<b>Fall Rate Range</b>	Large	Large range of flight with minimal adjustment
<b>Momentum</b>	Pieces	Can shut down a heavy piece spin and move the opposite direction without a gap
<b>Outface</b>	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*

<b>Experience</b>	Fly an hour of 4way in three different slots
<b>Experience</b>	Score a 50+ on a timed and declared random round
<b>Experience</b>	Fly/mentor/coach/volunteer for 10 flight hours
<b>Homework</b>	Time and Judge a full 10 round meet
<b>Homework</b>	Present side by side comparison of a block
<b>Homework</b>	Present side by side comparison of one round
<b>Quiz</b>	Learn AAA class blocks
<b>Quiz</b>	Know number codes for blocks
<b>Challenge</b>	Launch a cat into the tunnel
<b>Challenge</b>	Booty flying
<b>Competition</b>	Compete in 20 tunnel competitions
<b>Competition</b>	Compete in a full 10 round 4way competition
<b>Competition</b>	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
<b>Anticipation</b>	Speed	Can move through a complex series of 2-way moves repeatedly with flow, speed, and anticipation
<b>Burble</b>	Multiple	Formation to formation with minimal momentum loss – double and triple hops
<b>Carving</b>	Backwards	Inside flag box without hip moving
<b>Carving</b>	Forwards	Inside flag box without hip moving
<b>Entrance</b>	Linked	Linked 4way entrances
<b>Fall Rate Range</b>	Functional	Functional at top and bottom of range; move, take grips
<b>Froggies</b>	Dodge	Can retract landing gear in pieces or hops without moving center point in order to avoid collisions
<b>Gripping</b>	Reach	Reach above and below for grips
<b>Pieces</b>	Compressed Backwards	Spin a compressed backwards in place on level
<b>Pieces</b>	Compressed Forwards	Spin a compressed forwards in place on level without winding up
<b>Power</b>	Short	Bursty but stopped moves over short distances; simulate blocks
<b>Preparation</b>	Engineering	Makes correct direction and headswitch decisions in complex 2ways, executes
<b>Stability</b>	Hard	Automatically recovers from fast hard hits
<b>Stability</b>	All	Very strong in all directions, can feel and match power, automatic recovery
<b>Turn</b>	Retraction	Pure turns retracts limbs/knees in to turn faster; in place
<b>Walking</b>	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*

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

## Master

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