

NEW P2 Practices and Directions

Kiting, Kiting, Kiting !!!

- Practice Lifting with A's and Brakes
 - Focus on just lifting and stabilizing.
- Practice Lifting with A/C method
 - Focus on just lifting and stabilizing.
- Practice lifting asymmetrically with both above techniques.
 - Intentionally lift wing to either/both sides.
- Practice aborts, and wing management during pull-down.
 - Try both C riser kills, brakes and brakes w/wrapping.
- Practice walking with wing upwind, sideways, and downwind.
 - Learn to lead with the wing, not with the body.
- Practice in low wind and higher wind.
 - Most want moderate wind for practice, but most launches are in light wind and being able to do high wind is important.
- Never be happy with wing just overhead. Move it around and fix it.
 - Excellence is achieved by reaching further.

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Flying, Launching, Landing

Flying

In Flights, practice using each of your tools. Remember, you are human, you can make mistakes with any facet of flying tasks. Assuming is never as good as practice.

In Flight Tasks

Repeat each of these (not close to the ground) – Big Ears- both sides and one side, Speed Bar, Rear Riser Steering, One Handed Steering, Flying slow and steering with outside hand (release slow and smooth), 360s (not too tight and always well clear of terrain – 100 yards at closest), and stabilo yank..

Launching

- Practice different **launch** techniques. A/C, A / Brakes, Forward, Reverse with no A risers in hands (on steeper slope or stronger winds)
- Practice lifting and quickly aborting.

Landing

- Practice landings with eyes on horizon.
- Practice landings with faster flares and also slower, just avoid flaring fast enough to climb away from ground.
- When it is a good day (not busy and a good time when nobody is about to launch) and you feel ready, practice a side hill landing. Example: If wind is slightly from the right, WNW wind, launch and turn south, the back to NW and land slightly below launch at 300.

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Thermal Practice

Only practice 360s with lots of terrain clearance

- Practice the habit of waiting long enough for the wing to be back above you after you enter lift. After entering a what you sense is a thermal, leave the brakes up until you feel yourself swing back under the paraglider above you. After this, you can then slowly pull the brakes to shoulder or just above the shoulders. Begin counting to 3 as you sense the thermal..
- If the thermal goes up for at least 3 seconds, you can then start a 360 with weight shift and slowly letting the outside hand up.
- Only keep circling as long as terrain clearance remains good and you are climbing. During the circling, use lots of weight shift and learn to keep your bank steady with the outside hand.
- Steady bank does not mean slow hands. It means timely adjustments with understanding that the wing does not react quickly.
- Read all articles and ask lots of questions about thermaling techniques.

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Ridge Soaring

After your coastal intro:

- Only fly in conditions appropriate for your skill. If the wind is light, you can practice take offs and landings at Mussel Rock, but land on the bluff, not the beach.
- Practice going up to the top ridges only on days that are not too windy. Use your crab angle and ground speed to have wind speed awareness.
- Practice of the flying skills described in the flying section many times while in the correct location during a ridge soaring flight.
- Ask lots of questions and get to know the local pilots.