



Tunnel Workshop

Fourway Skills Workbook



Dear Skydiver,

Welcome to the SDC Rhythm XP Tunnel Workshop. Whether you're here as part of a committed team or coming on your own, you're going to learn a lot and have a ton of fun while you do.

This workbook includes all the fourway formations and blocks. For those blocks with both vertical and on-level techniques, we include both techniques. We also provide some handy guidelines for debriefing blocks on your own.

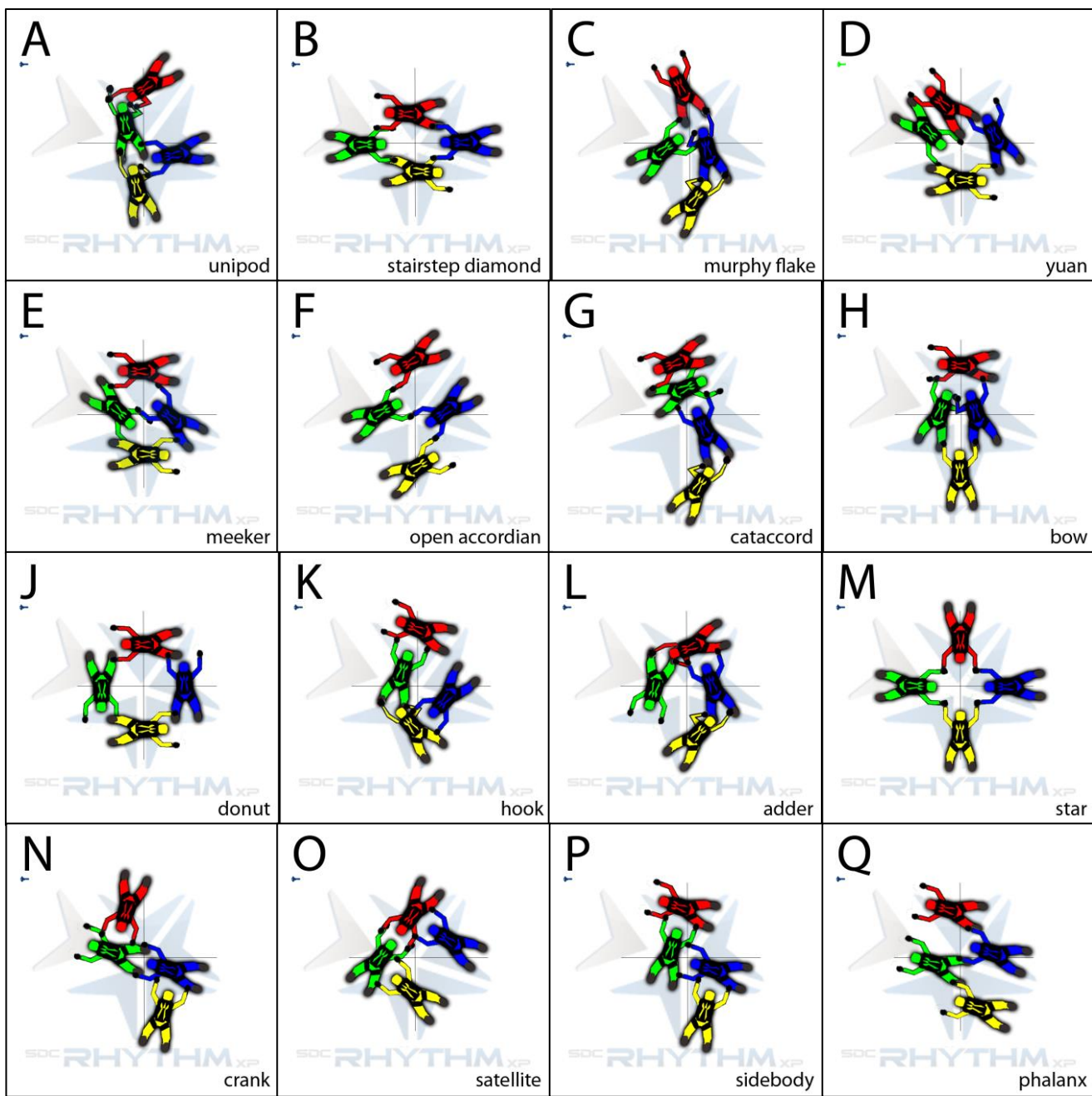
Here are some tips to make sure you get the most out of your experience while you're here:

1. Relax. It is easy to get stressed out trying to "do well," and that only limits your ability to fly at your best. Remember to focus on what you are doing, not how you are doing. Take deep breaths and allow yourself to make mistakes.
2. Smile. You're not here to prove anything, you're here to learn and have fun.
3. See above.
4. Keep an open mind. We may be asking you to do things differently than you're used to. Try it out. You might like it, and it might work for you.
5. Be prepared. Be on the third floor 30 minutes before each session. Be geared up 5 minutes before each session.
6. Ask questions and give feedback to your coaches. Different people learn differently. You'll get the most effective use of your time by openly communicating what works for you, what doesn't, and where you need further explanation.
7. Get to know the other people in the camp. You never know when you might be on a jump – or a team – with them in the future...
8. Use this workbook to keep notes. We'll be throwing a lot of information at you, and good note taking is the best way to remember it all. This should be a living, breathing document that changes with your growing experience.
9. Share your awesome: Paraclete XP has a live feed during our workshops. Tell your friends, family, and teammates to watch you rock the house during your sessions.
10. Have Fun!

Thanks!

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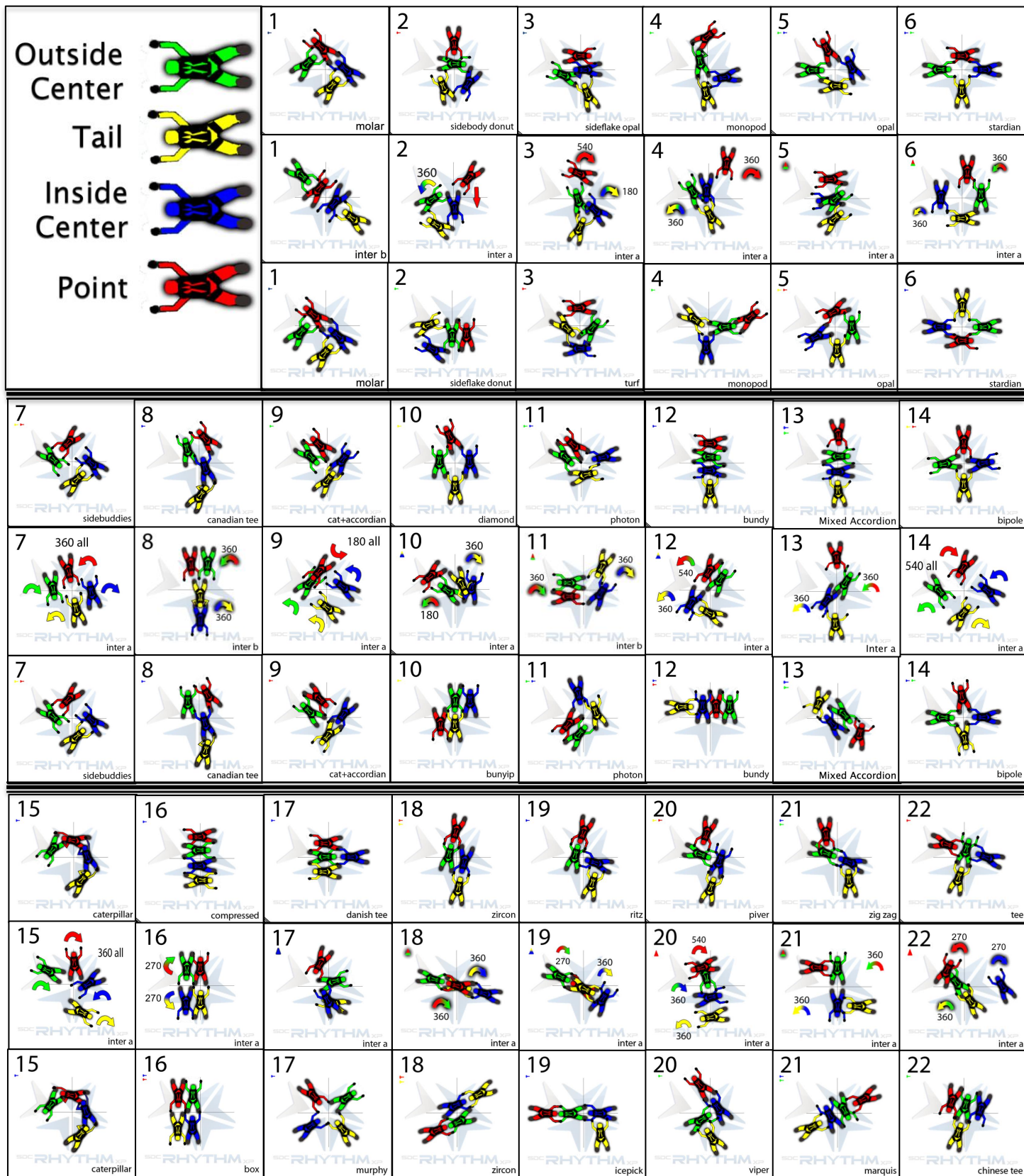


Looking for help from professionals?

SDC Rhythm XP wants to help you reach your skydiving goals! Check out our tunnel workshops and skydiving events for teams and individuals at all levels

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Rhythm Guide to Debriefing Blocks

Effective debriefing is critical for the continued growth of both teams and individuals. It allows us to learn from our limited flying time and develop an action plan for improving on future flights. When flying on a team, pretty soon you'll find yourself turning blocks, which are a set of two formations with a prescribed way to get from formation A to formation B. Blocks often involve subgroups within the team (2ways, 3ways, and solos) breaking apart, spinning and coming back together.

With so many moving parts, debriefing blocks can be very challenging. Especially in the sky where there are fewer references, it can be difficult to make concrete conclusions about how to make improvements, leading to lengthy discussions with limited actionable results. The following guidelines lay out an efficient roadmap for debriefing blocks from start to finish, and we recommend

sticking to the order listed. It may be a waste of time to address step two if you don't have step one right yet.

Step 1: The Build – Was everyone in position and on level in the build according to your block technique? It may be helpful to draw an axis on your screen and compare the center of the block build compared to the center of the previous formation. During your Rhythm workshop you'll learn how to do this



Build of block 22

Step 2: The key – Was everyone ready to go when the key happened? If more than one person has the key, were the keys simultaneous? Did everyone let go and start moving at the same time?

Step 3: Inter pictures – Inter pictures depict how subgroups should look some fraction of the way through the block. They break up the whole move into parts that everyone can target together, and provide a basis for visual feedback when things are off. Did you make the inter pictures you were

targeting? It may be helpful to evaluate the inter picture relative to the starting build. Consider the following:

- A. Direction – Did each flyer go the direction dictated by your technique? Were you too much to the left or right?
- B. Distance – Did each flyer go the distance dictated by your technique? Did you go too far or too short?
- C. Speed – Did the speed of each piece's movement match the others appropriately? Did one piece move a lot faster than the other?
- D. Rotation – Did spinning pieces rotate to the correct extent? Did a rotating piece over- or under-rotate?



Inter for block 21

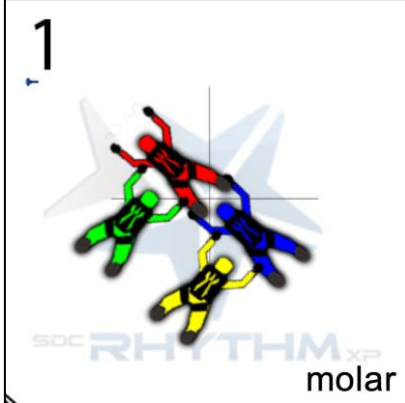
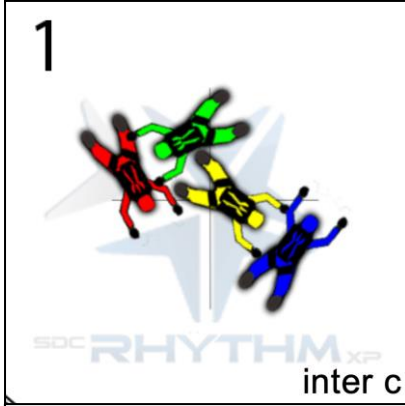
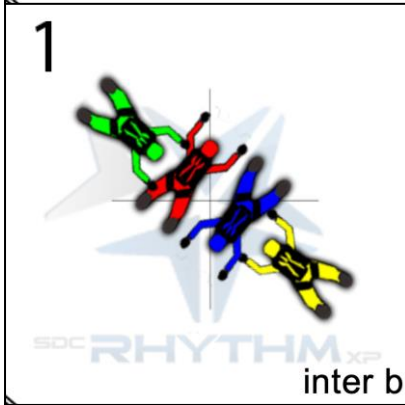
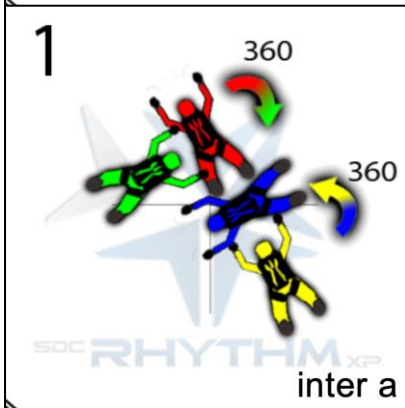
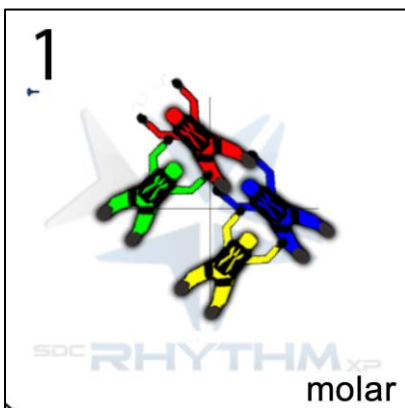
Step 4: Levels – Did you maintain appropriate levels throughout the block? Evaluate the levels between pieces as well as the levels between piece partners within the pieces

Step 5: The close – Did everyone go to the close according to

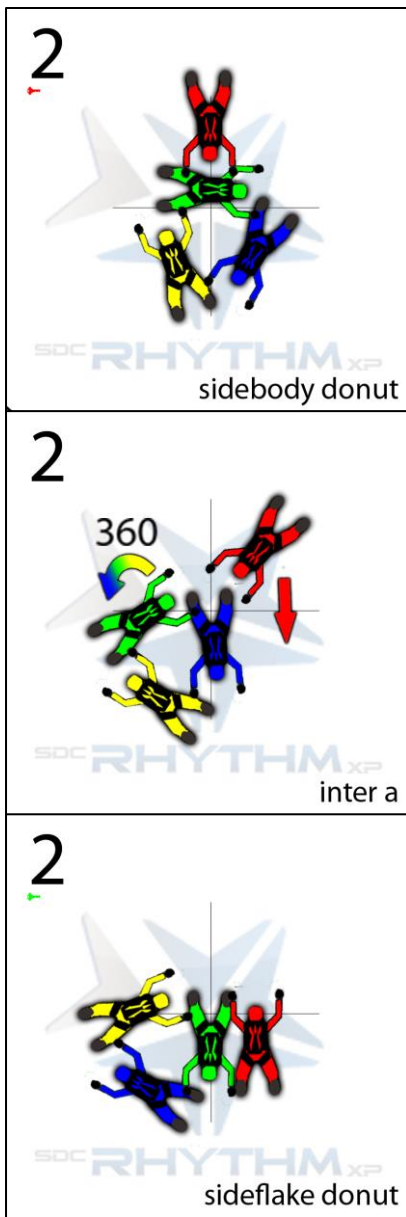


Close of block 4

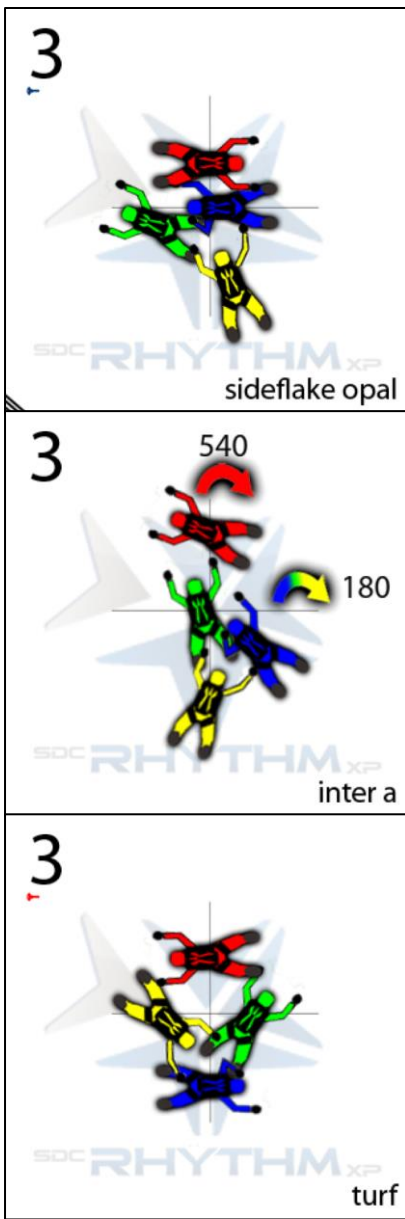
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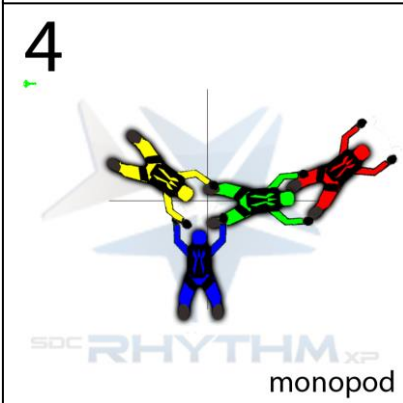
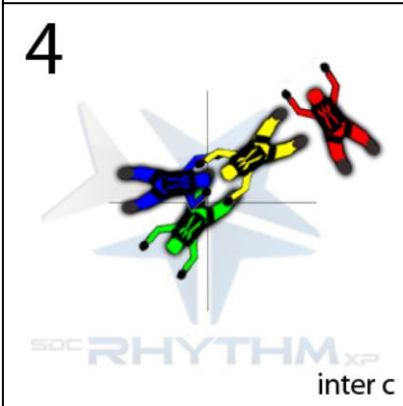
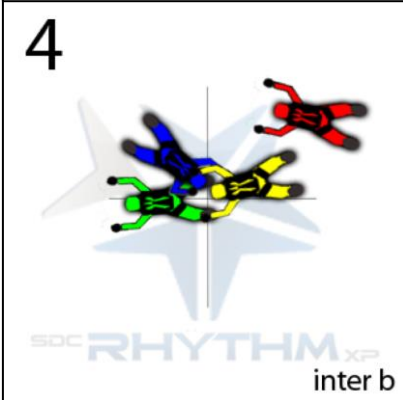
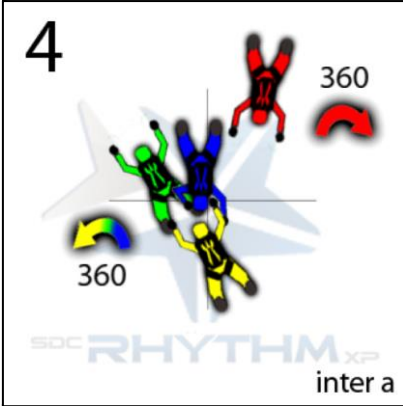
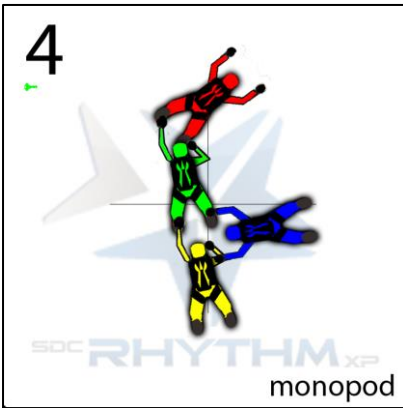
Block 2: Sidebody Donut-Sideflake Donut



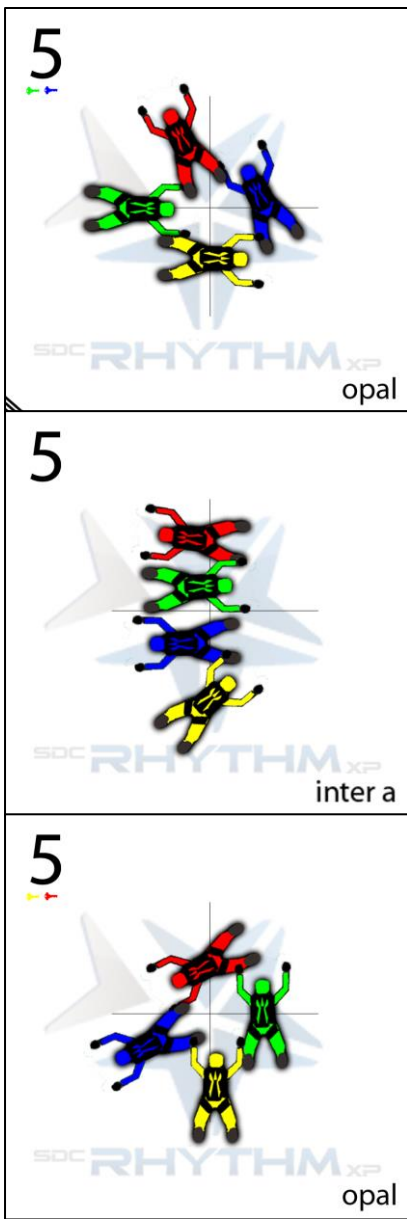
Block 3: Sideflake Opal-Turf



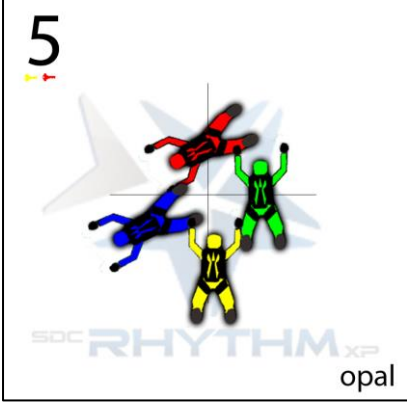
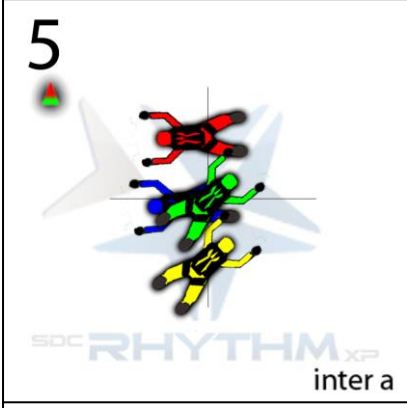
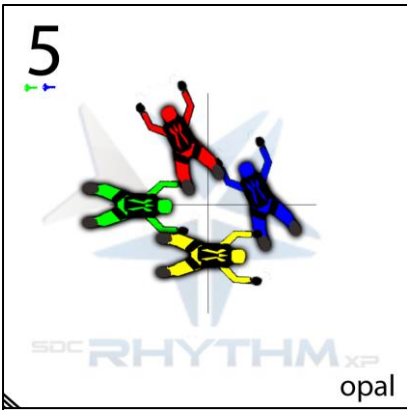
Block 4: Monopod-Monopod



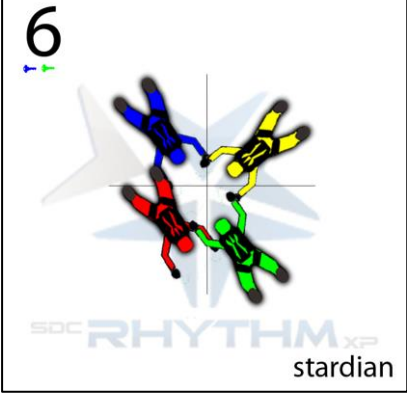
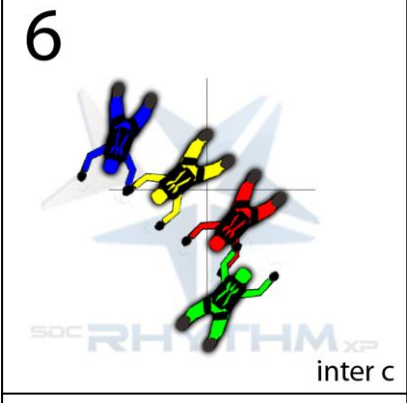
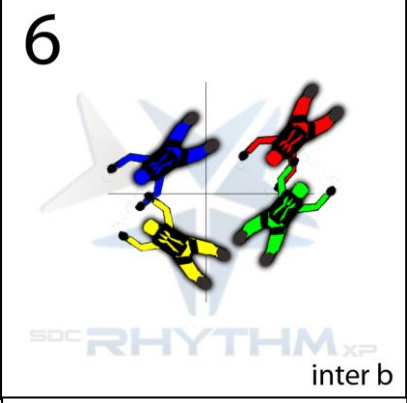
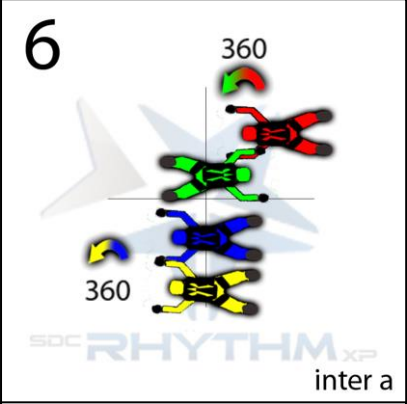
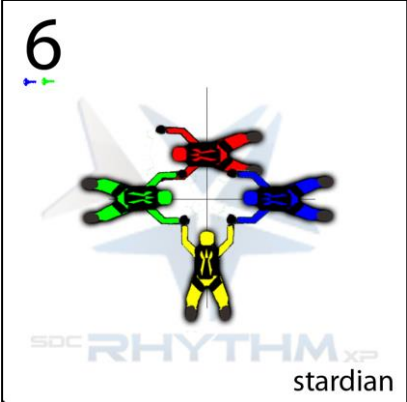
Block 5: Opal-Opal (On Level)



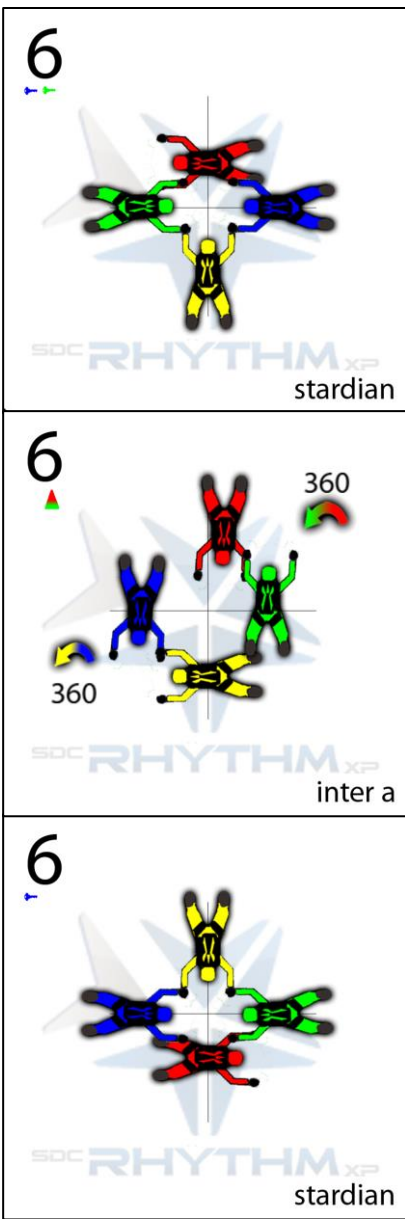
Block 5: Opal-Opal (Vertical)



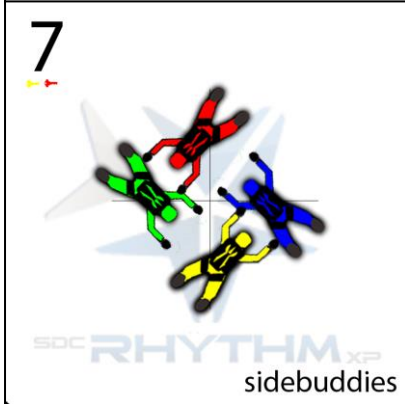
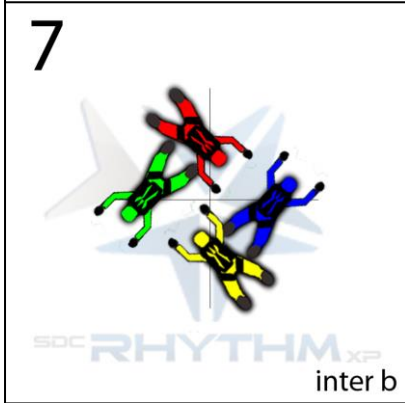
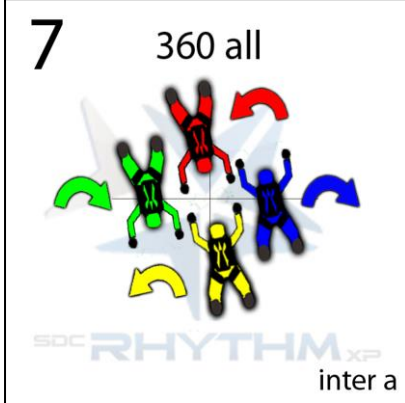
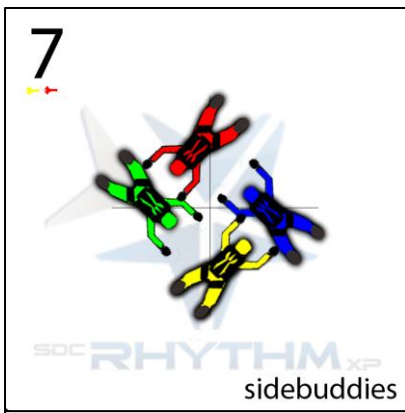
Block 6: Stardian-Stardian (On Level)



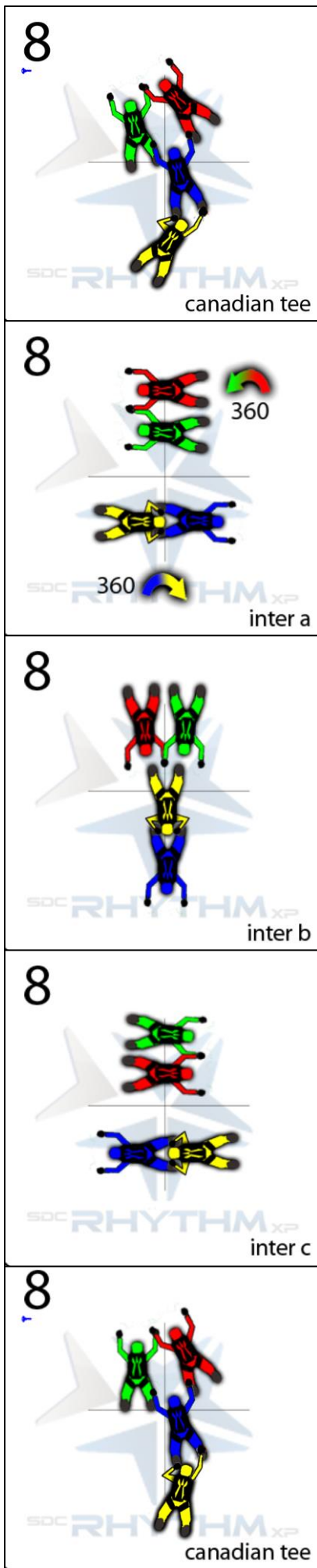
Block 6: Stardian-Stardian (Vertical)



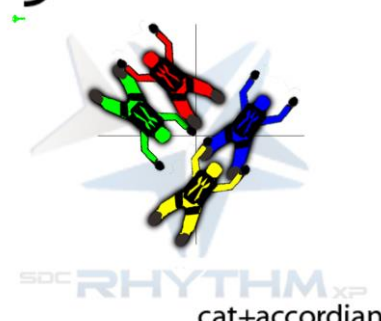
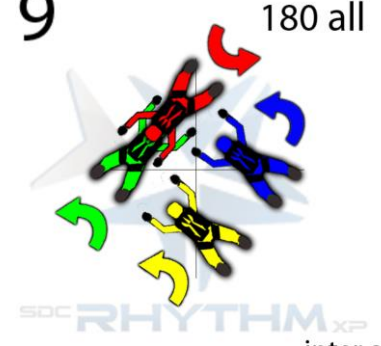
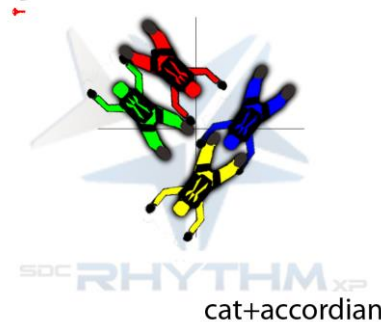
Block 7: Sidebuddies-Sidebuddies



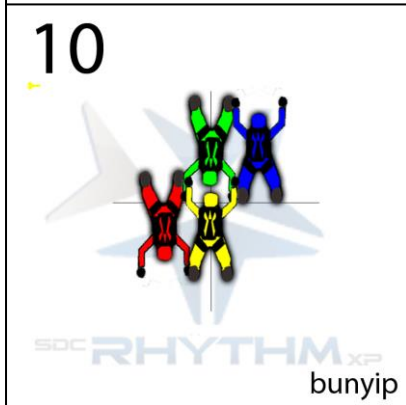
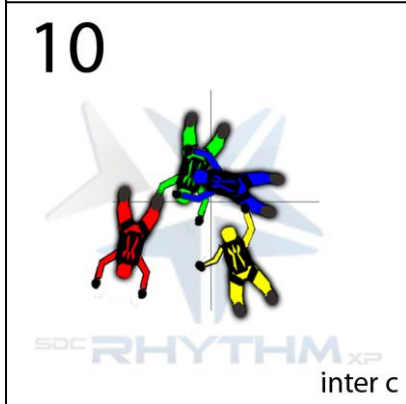
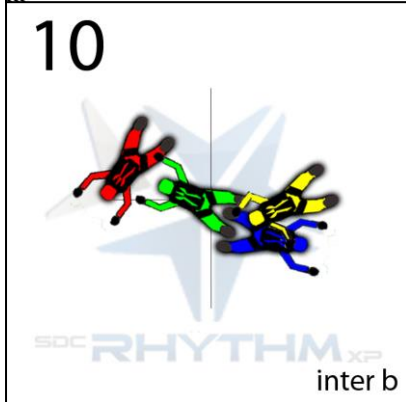
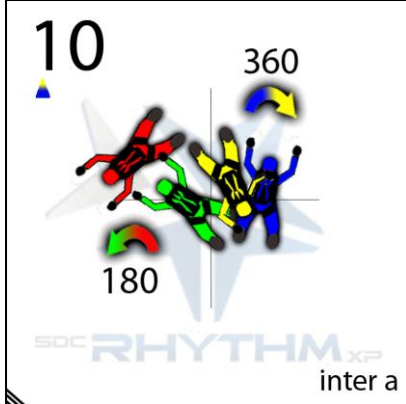
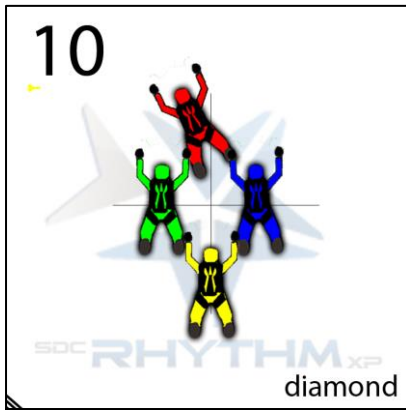
Block 8: Canadian Tee-Canadian Tee



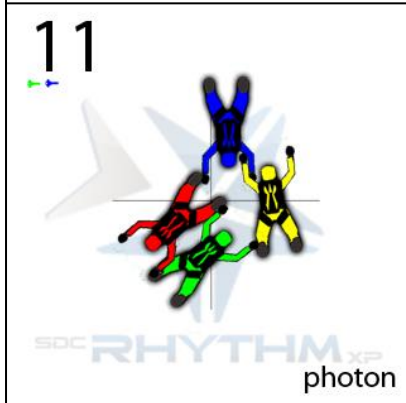
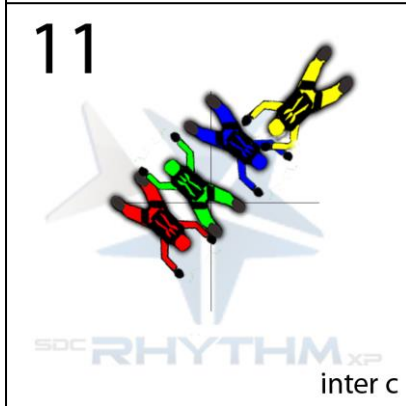
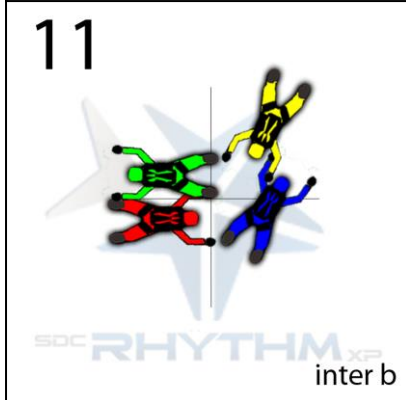
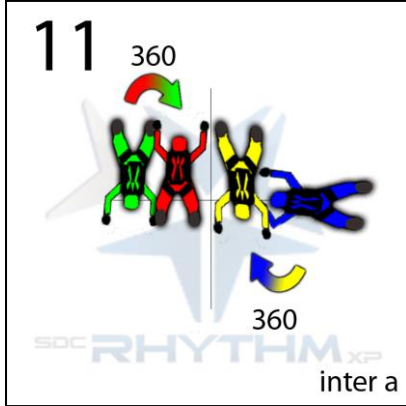
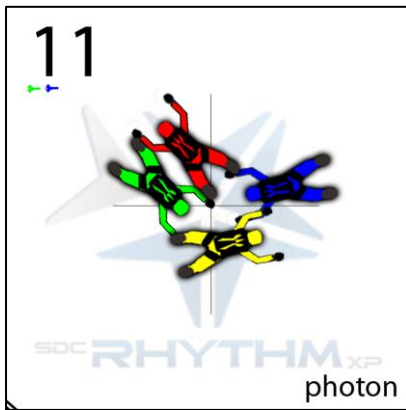
Block 9: Cat+Accordian-Cat+Accordian

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<p>9</p> <p>180 all</p>  <p>SDC RHYTHM_{XP} inter a</p>
<p>9</p>  <p>SDC RHYTHM_{XP} cat+accordian</p>

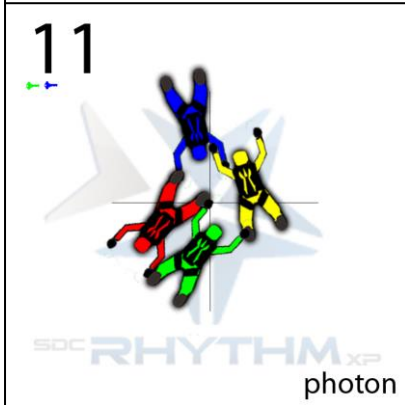
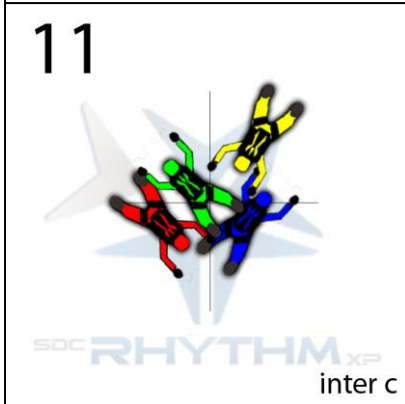
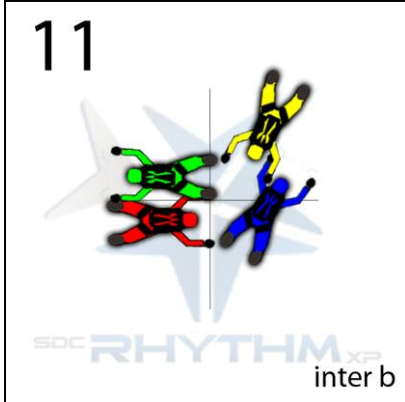
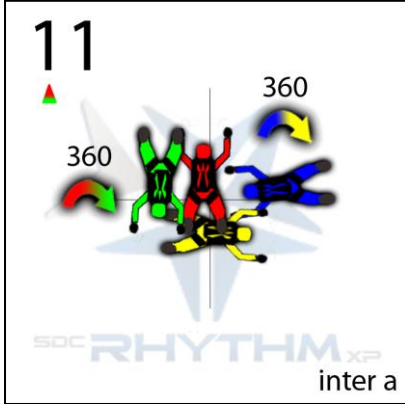
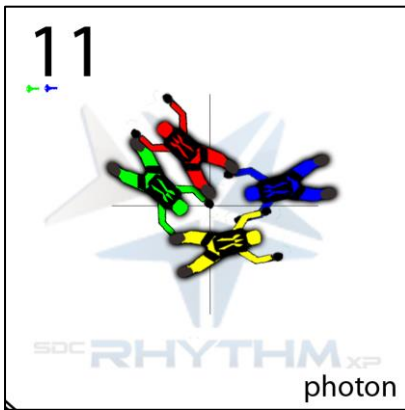
Block 10: Diamond-Bunyip



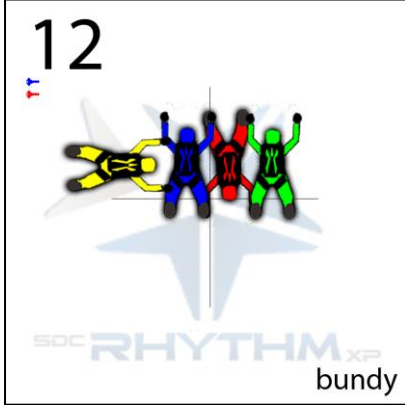
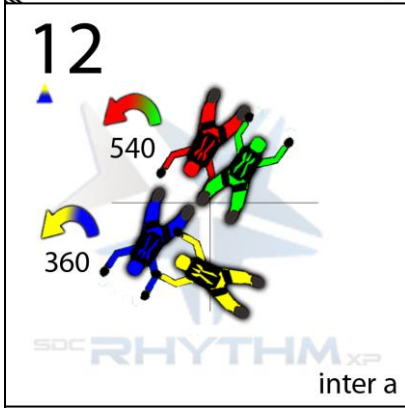
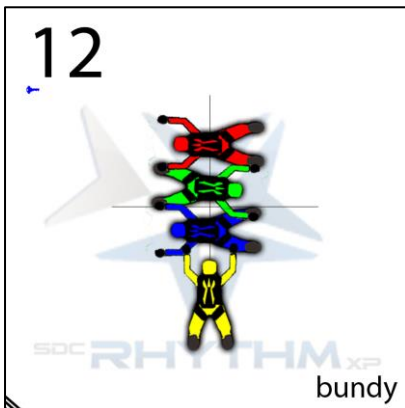
Block 11: Photon-Photon (On Level)



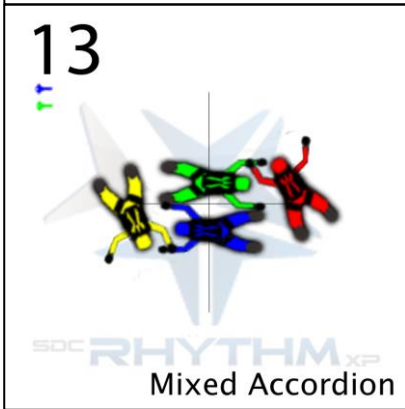
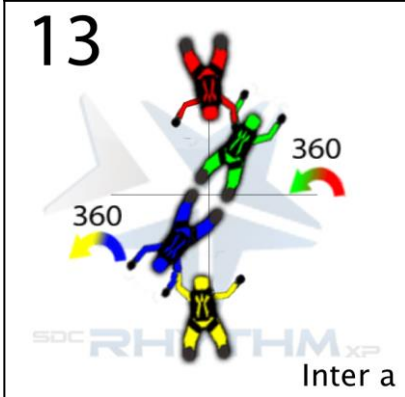
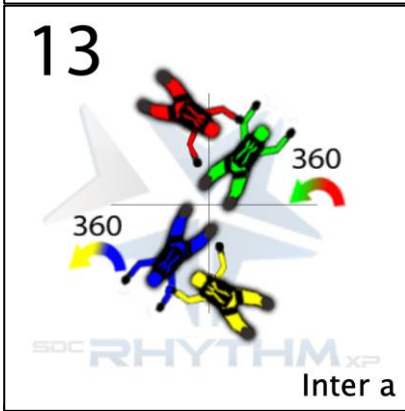
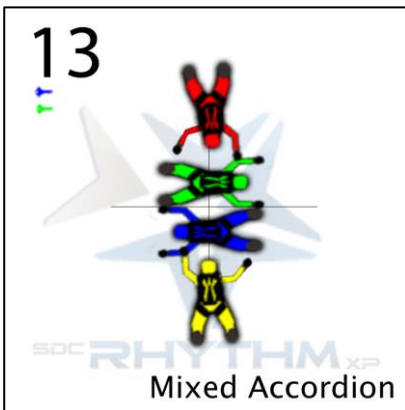
Block 11: Photon-Photon (Vertical)



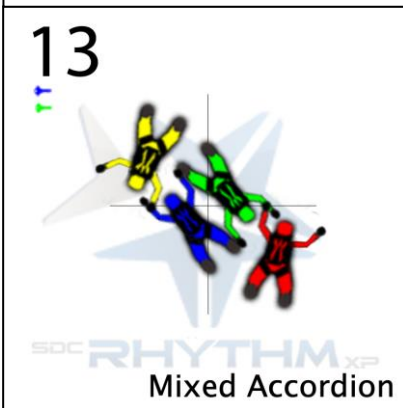
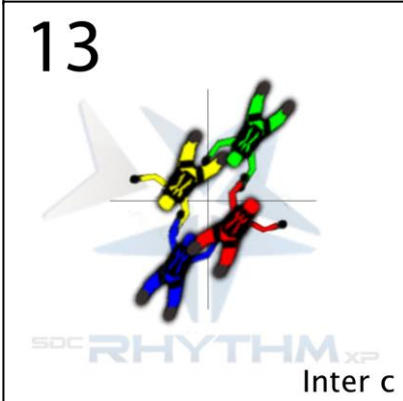
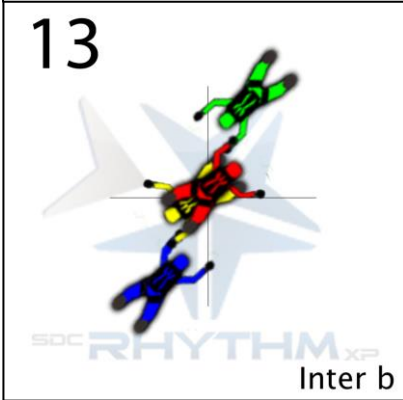
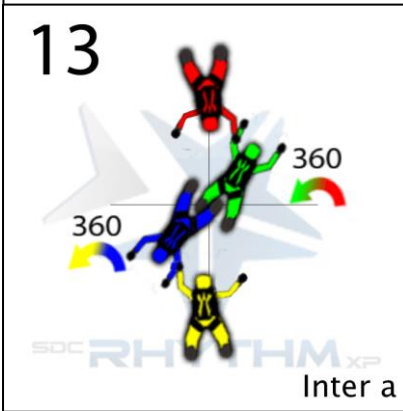
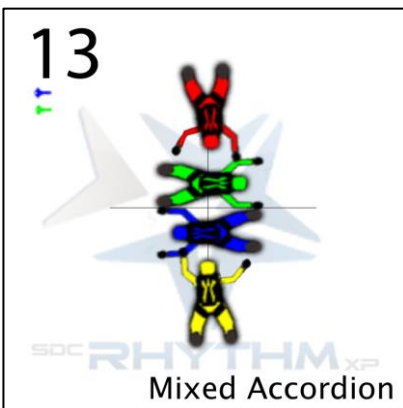
Block 12: Bundy-Bundy



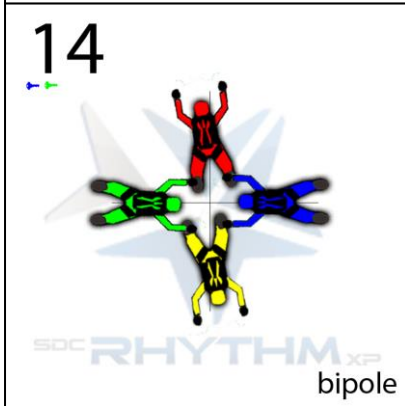
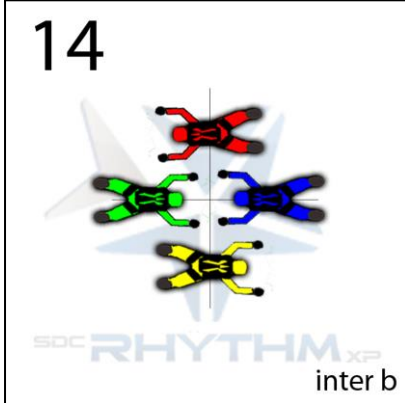
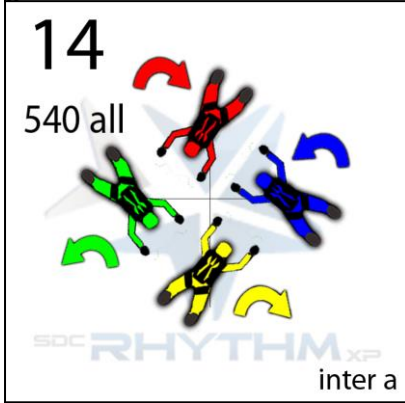
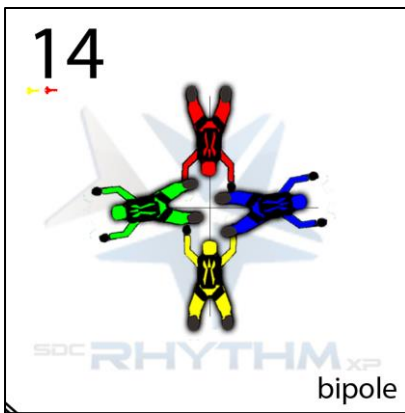
Block 13: Mixed Accordion-Mixed Accordion (On Level)



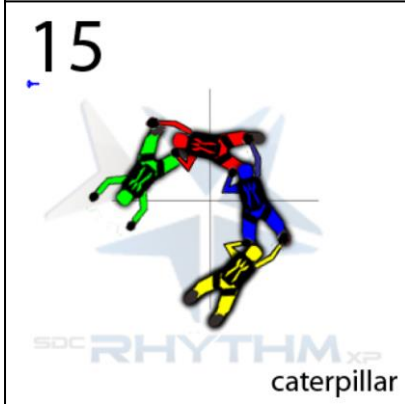
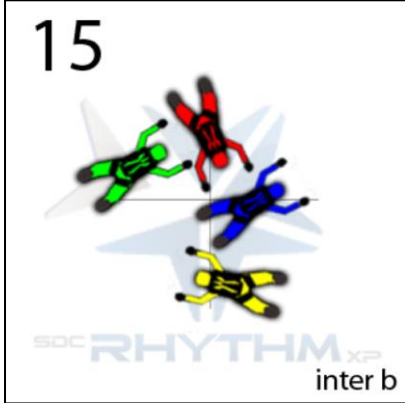
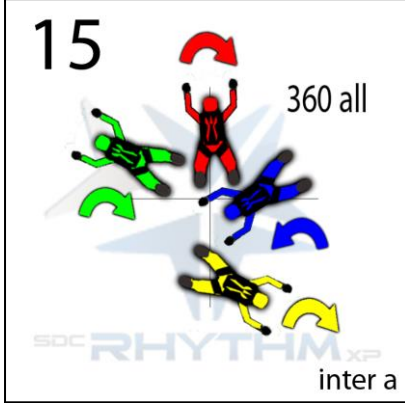
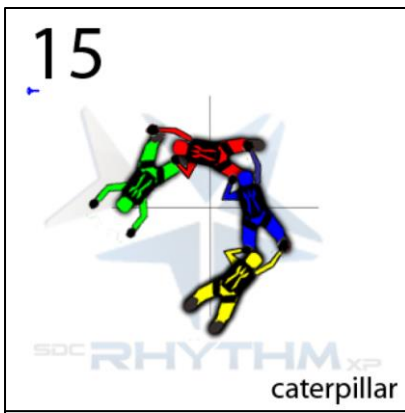
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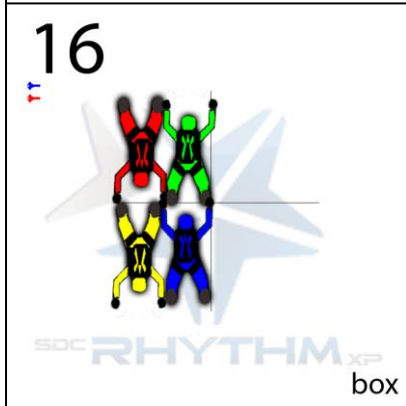
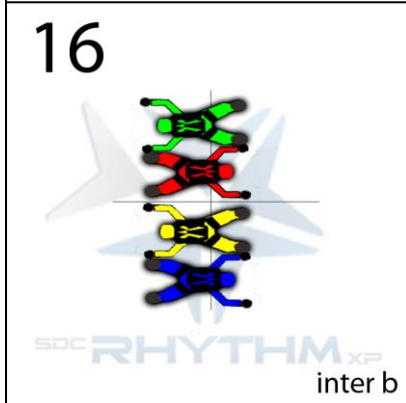
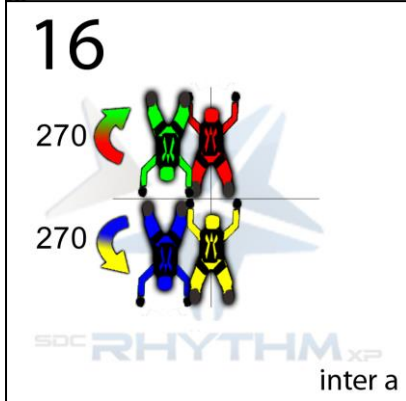
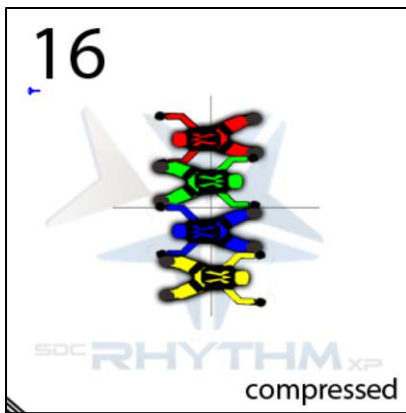
Block 14: Bipole-Bipole



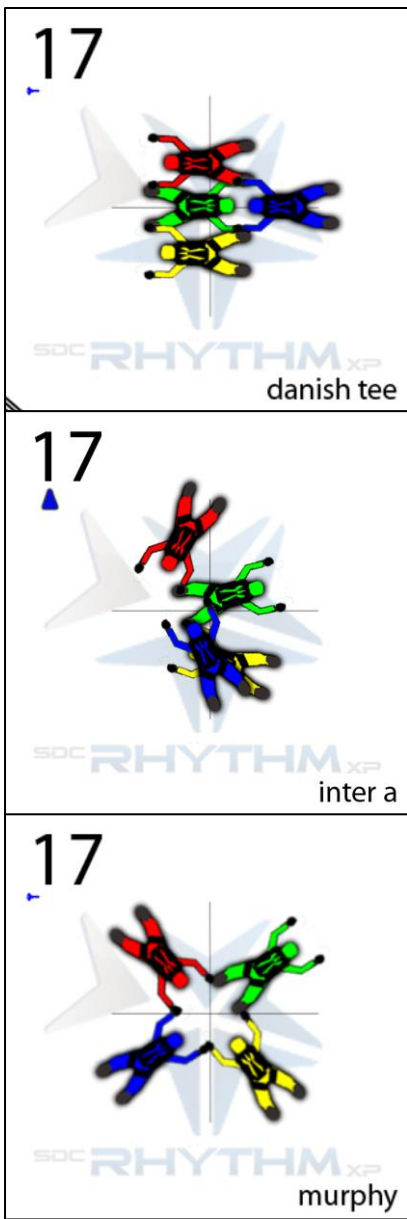
Block 15: Caterpillar-Caterpillar



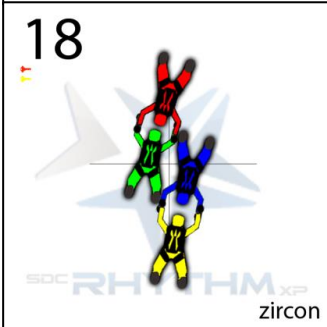
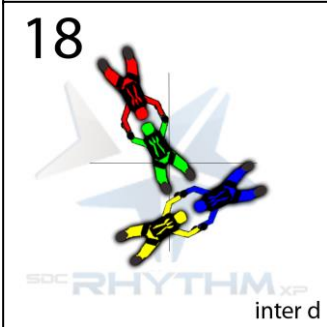
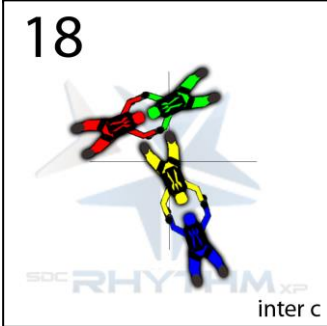
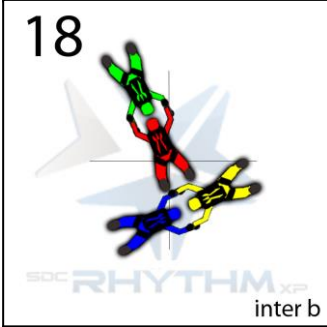
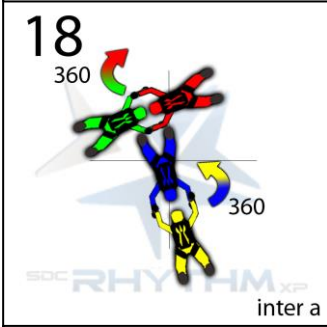
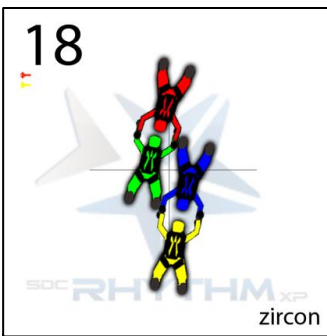
Block 16: Compressed-Box



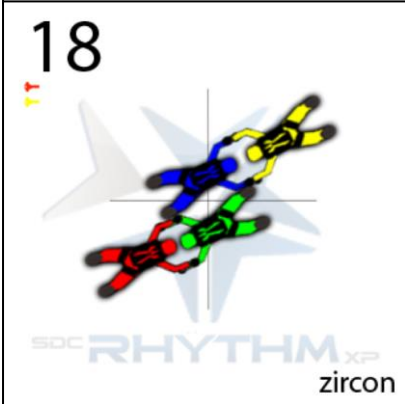
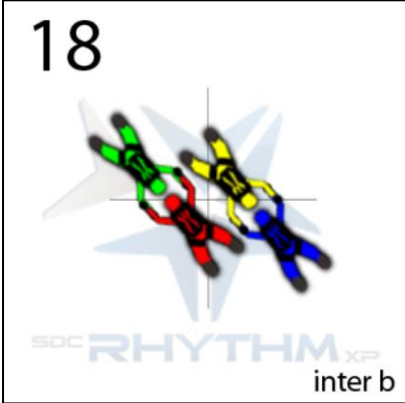
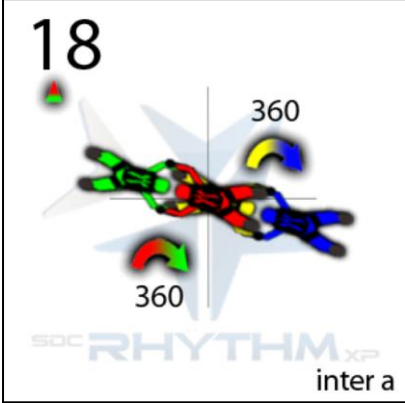
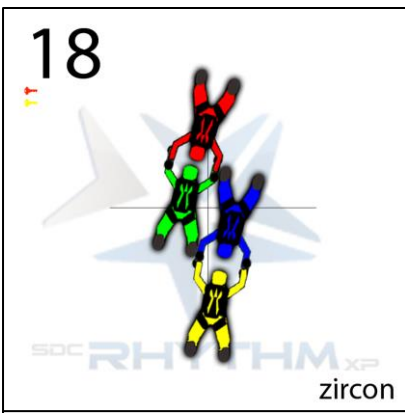
Block 17: Danish Tee-Murphy



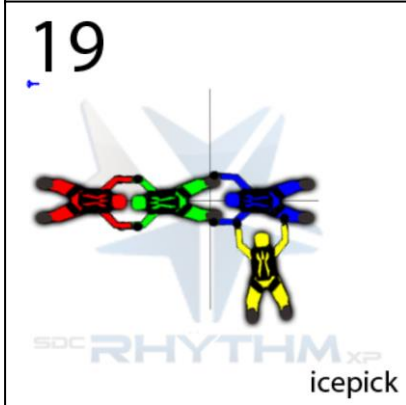
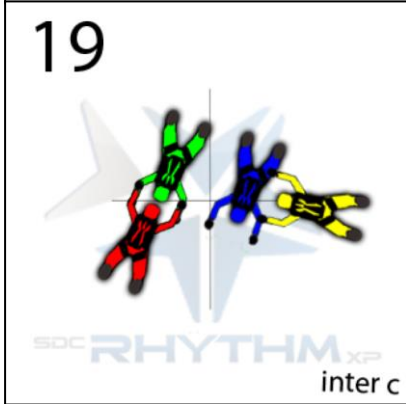
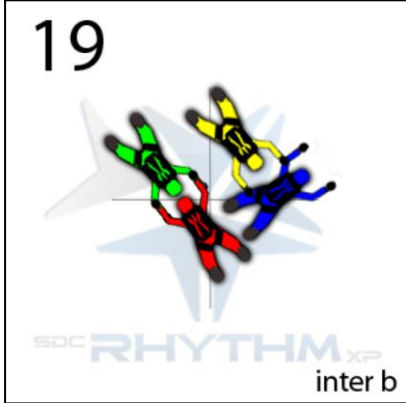
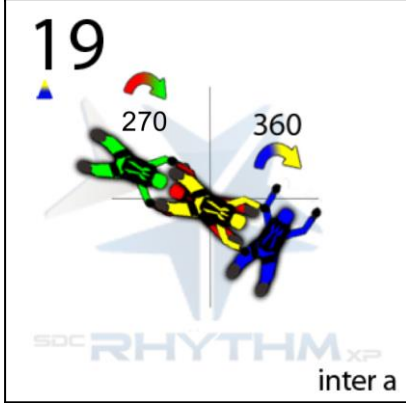
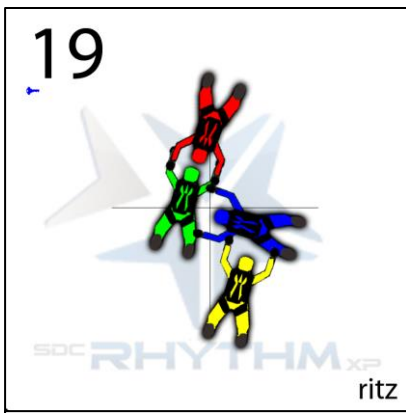
Block 18: Zircon-Zircon (On Level)



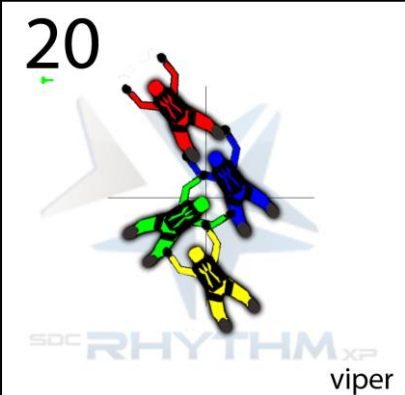
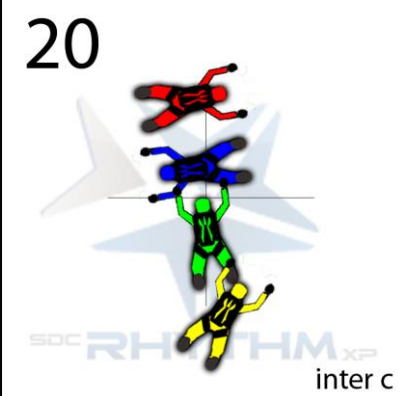
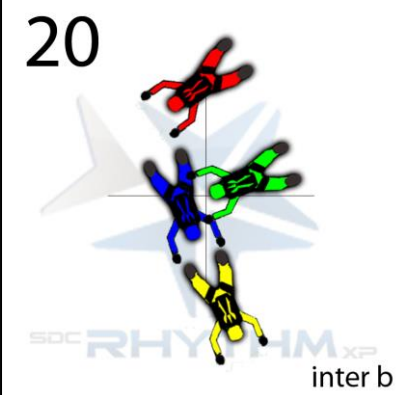
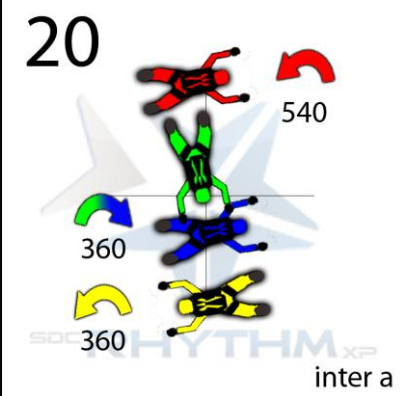
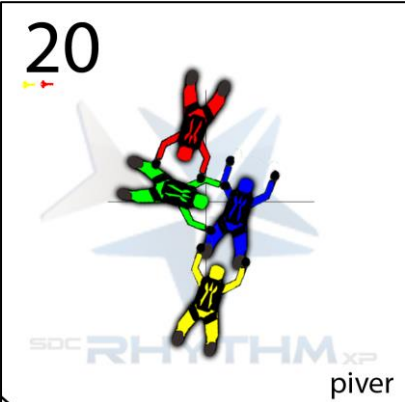
Block 18: Zircon-Zircon (Vertical)



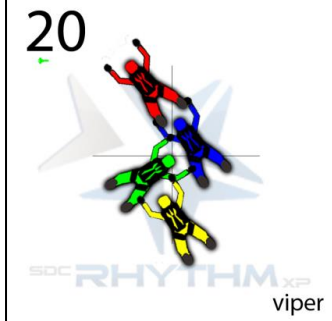
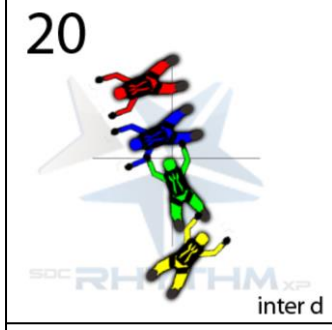
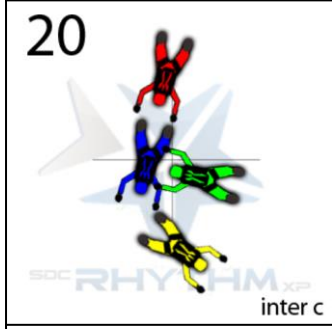
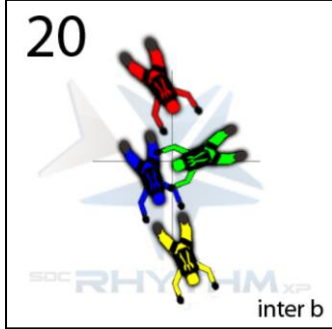
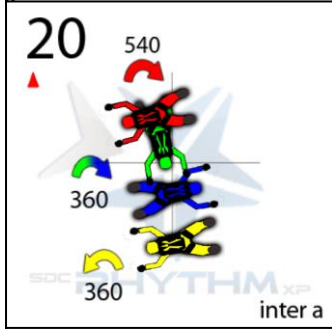
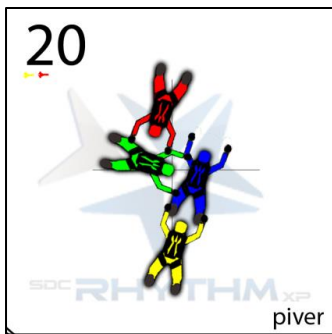
Block 19: Ritz-Ice Pick



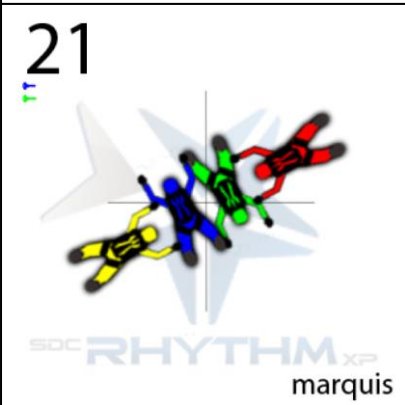
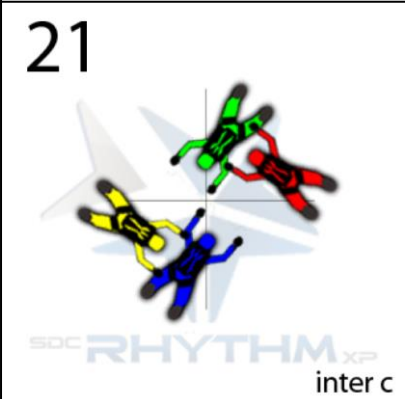
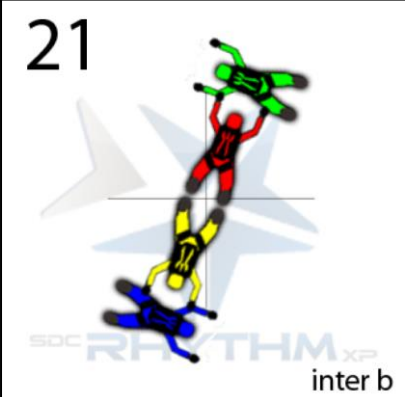
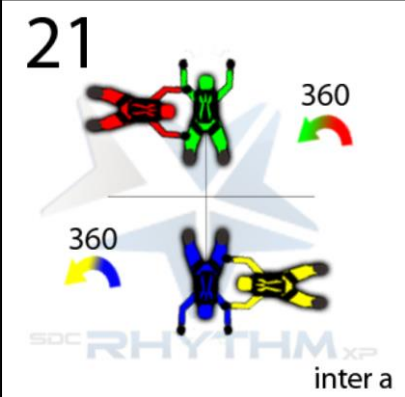
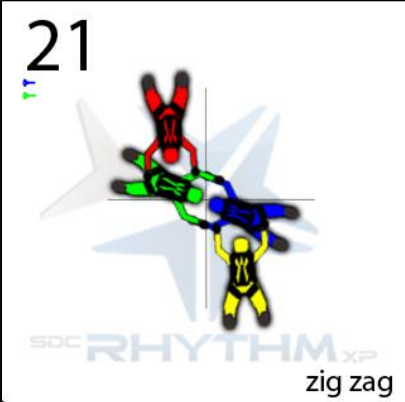
Block 20: Piver-Viper (On Level)



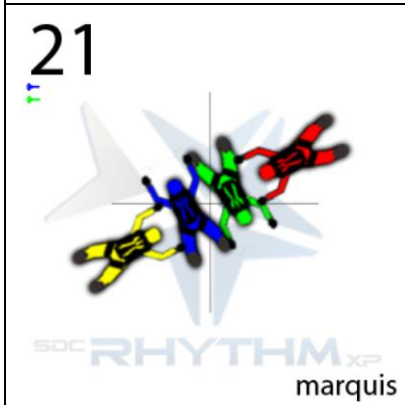
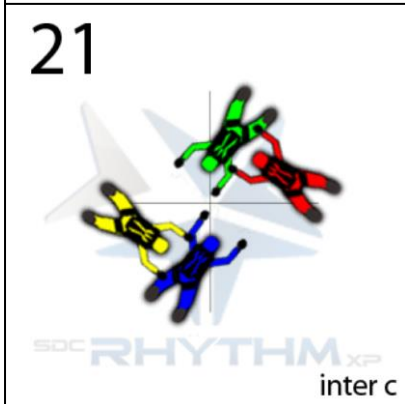
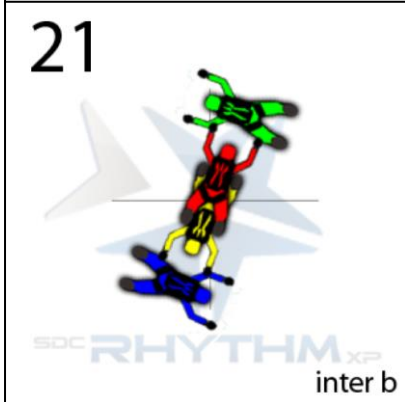
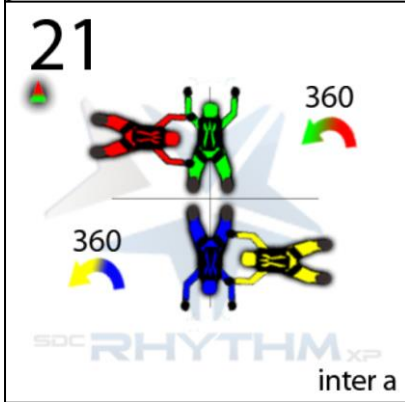
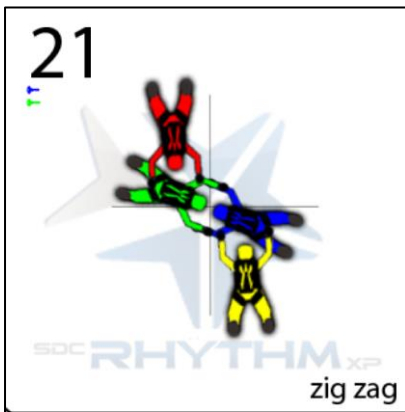
Block 20: Piver-Viper (Vertical)



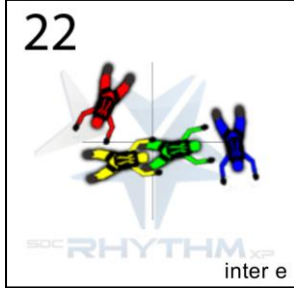
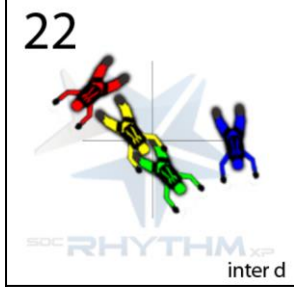
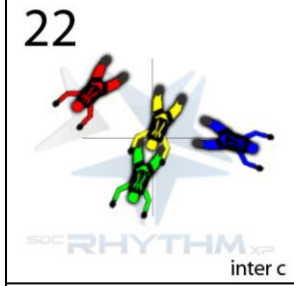
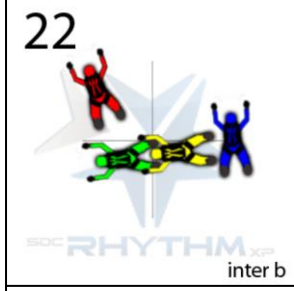
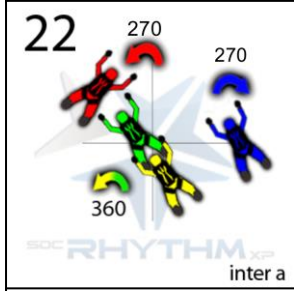
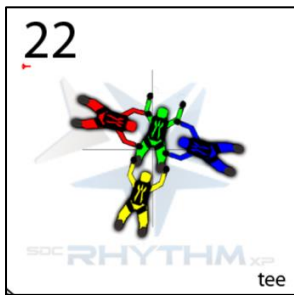
Block 21: Zig Zag-Marquis (On Level)



Block 21: Zig Zag-Marquis (Vertical)



Block 22: Tee-Chinese Tee (On Level)



Block 22: Tee-Chinese Tee (Vertical)

