

Aerobatic Flight Syllabus & Log

(With page numbers from "Loop, Roll, and Keep Control")

Student _____ Instructor _____

Lesson 1 – Orientation Maneuvers

Date	Maneuver	Page	Notes
	45° Up/Down Lines	41	
	Chandelle	43	
	Lazy 8	46	
	Dutch Rolls	48	
	Competition Turns	50	

Lesson 2 – Flying Upside Down

	Aileron Roll	54	
	Loop	57	

Lesson 3 – Essential Recovery Skills

	Slow Flight (MCA)	63	
	Stall	64	
	Spin	65	

Lesson 4 – Expanding What You've Learned

	Cloverleaf	72	
	Inverted Flight	74	
	Full Turn Spin	77	

Lesson 5 – Combining Maneuvers

	Barrel Roll	81	
	Inverted Maneuvers	83	

Lesson 6 – Increasing Spatial Orientation

	Immelmann	87	
	Sustained Stall	90	
	Humpty Bump	91	
	1½-Turn Spin	92	

Lesson 7 – Recovering from Pinched Maneuvers

	Cuban 8	96	
	Outside Stall & Spin	98, 99	
	Split-S	102	

Lesson 8 – Fine Tuning Stick-and-Rudder Skills

	Slow Roll	103	
	Reverse Cuban 8	107	
	2-Turn Spin	108	

Lesson 9 – Airshow Favorites

	Hammerhead Turn	112	
	4-Point Slow Roll	116	

Lesson 10 – Quick Action Maneuvers

	Snap Roll	118	
	Hammerhead +½ Rolls	121	

Lesson 11 – Advanced Spin Recovery

	Avalanche	124	
	2½ Turn Spin	125	

Lesson 12 – Putting it All Together

	Combos, Sequences	131-133	
--	-------------------	---------	--

~ 5-Hour Extreme Attitude and Upset Recovery Syllabus & Log
 (Numbers within parenthesis reference description in "Loop, Roll, and Keep Control")

Student _____ Instructor _____

Lesson 1 – Basic Stick and Rudder Skills Review

Date	Maneuver	Notes
	Dutch Rolls	
	Minimum Controllable Airspeed	
	Sustained Stall	
	60° Banked Turns (R & L)	

Lesson 2 – Primary Aerobatic Maneuvers

	Aileron Roll	
	Loop	
	2-Point Aileron Roll	

Lesson 3 – Combination Maneuver and Spin Intro

	Loop + Aileron Roll at the End	
	½ Turn Spins (both directions)	

Lesson 4 – Developed Spin Upset Recoveries

	Full Turn Spins (R & L)	
	Normal Ops Upset Recoveries	(Part 3, Setups 1-3)

Lesson 5 – Inverted Dive and Upsets Continued

	Inverted Dive Recovery	
	Normal Ops Upset Recoveries	(Part 3, Setups 4-6)

~ 3-Hour Upset-Only Recovery Syllabus & Log

(Numbers within parenthesis reference description in "Loop, Roll, and Keep Control")

Student _____ Instructor _____

Lesson 1 – Basic stick and Rudder Skills Review

Date	Maneuver	Notes
	Dutch Rolls	
	Minimum Controllable Airspeed	
	Sustained Stall	
	60° Banked T (both directions)	

Lesson 2 – Phase 1 Upset Recoveries

	½ Turn Spins (both directions)	
	Normal Ops Upset Recoveries	(Part 3, Setups 1-3)

Lesson 3 – Phase 2 Upset Recoveries

	Full Turn Spins (L & R)	
	Normal Ops Upset Recoveries	(Part 3, Setups 4-6)