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The following list is a training aid to help you progress in wingsuit formation flying. Each level has a specific set of tasks listed, which you can practice and work on to improve your flying skills. This items on this list are not mandatory tasks, and are only provided for reference and learning purposes.

Check the pilot database on [www.flylikebrick.com](http://www.flylikebrick.com) and contact one of our evaluators for a free listing.

## level A: basic safety skills

Wingsuit pilot

- meets the basic wingsuit requirements
- is capable of controlled exit, flight, navigation and pull
- is cleared for solo flying and maximum 3 ways

task	date
completed First Flight Course (training and jump)	
able to connect wingsuit to rig without instruction	
properly plan and execute flight path	
demonstrate proper communication with pilot	
demonstrate consistent, clean and stable exit from a side-door aircraft	
demonstrate consistent, clean and stable exit from a tailgate aircraft	
demonstrate altitude awareness, proper wave off using feet, and correct pull technique	

**level B: basic formation flying, basic acrobatics**

Wingsuit pilot is capable of

- controlled front loops
- controlled barrel-rolls
- flying safely in formations of up to 9 people, including aspects such as exit, approach, and separation.

task	date
demonstrate ability to move forward and (relative) backward (controlled speed up, slow down)	
demonstrate ability to side slide	
demonstrate ability to go up and down (relative)	
barrel Rolls (belly to belly) while maintaining heading (right and left)	
front-loops (belly to belly) while maintaining heading	
back-loops (belly to belly) while maintaining heading	
demonstrate ability to float/hang (slow flight)	
demonstrate ability to do a controlled acceleration towards another person or group	
demonstrate ability to do a controlled hard (relative) stop	
demonstrate ability to dive, flare and use momentum to generate forward speed and stay level	
demonstrate a hard dive and aborting flare (quickly bleeding of speed)	
stay relative to another wingsuiter in both up/down/forward/backward movements	
docking with other wingsuit pilot (multiple docks/releases in a jump)	
exit from an outside front floater position	
exit from an outside rear floater position	
exit from an inside position in the door	
exit running from an inside position	
exit unstable and recover quickly, locate and find heading again (using sun as a reference)	
perform consistent, fast and stable group exits	
follow a formation in a spectator slot, staying on level and keeping the same heading	
exit 3 seconds after the base and cleanly dive and fly to a slot 3 ft alongside	
exit 3 seconds before the base and fly to a slot 3 ft alongside	
approach and line up for a sector behind the formation, with a clean and on level approach to slot	

fly in front of a base, and fly back into slot 3 ft alongside by flying out to the side (not backwards)	
demonstrate ability to accelerate on a predetermined heading (Break-off)	

**level C: slotted formations, multi-point formations**

Wingsuit pilot is capable of

- safe and disciplined flying of a specific designated slot in formations.
- participating in multi-point formations.

task	date
reference of other flyer(s) to maintain symmetry in the formation	
reference a base or secondary base for keyed points	
switch slots within a formation in a clean and controlled manner	
demonstrate discipline and spatial awareness during (staged) breakoff	
quick recovery and heading correction after instability in exit	

**level D: docking & basic back-flying skills, advanced formations, advanced acrobatics**

Wingsuit pilot is capable of

- smooth and controlled docks for sustained periods of time.
- safely flying a stacked slot in a vertical formation.
- exiting stable on their back.
- flying stable on their back.

task	date
fly relative to another wingsuit pilot, and briefly touch the hand (set up for a dock)	
fly a controlled hand-dock for a duration of 3 seconds, without tension on the grip	
fly a controlled hand-dock for a duration of 10 seconds, without tension on the grip	
exit straight into backfly, maintaining heading	
during flight, half a barrelroll to backfly, maintaining heading	
backfly, half a barrelroll to belly, maintaining heading	
backfly for a full jump at a constant fallrate	
maintain heading and navigate while backflying using sun or other external reference	
fly vertically stacked above another wingsuiter, with correct forward spacing	
approach a (vertically stacked) slot with correct awareness of burbles	

pass over another jumper with correct awareness/avoiding of the burble (staying ahead)	
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**level E: advanced docks & back-flying**

Wingsuit pilot is capable of

- advanced docking techniques
- capable of slot flying and actively taking docks while back-flying.
- actively adjusting forward speed, fall-rate while back-flying.
- navigating while back-flying.
- transitioning from belly to back in any orientation

task	date
exit straight into backfly, and fly to a predetermined slot in a formation	
demonstrate full control over up/down level and directional control while backflying	
make a hand dock on a static base, while backflying	
fly a hand dock for 10 seconds while backflying	
backfly underneath the base, and follow the base through a slow 90 degree turn staying in slot	
backfly and perform a full barrelroll back into backfly	
from belly, 1,5 barrelroll into backfly, while maintaining heading	
360 degree turn on the back, ending up on the same heading	

**Version 1.0 - 03/12/2011**

This list was created by Douglas Spotted Eagle, Jarno Cordia & Costyn van Dongen  
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