



# iFLY B-REL DEVELOPMENT

## Core skills and muscle memory for b-rels

The iFLY B-Rel Development package is the ultimate custom tailored program that will get you smashing through your b-rels and beyond! If you flew in the tunnel as part of your AFF program, or at any other time, then you will already know how beneficial it is as a training tool. The rate of progression is simply unmatched when compared to learning or developing new skills in the sky.

### **Benefits of the iFLY B-Rel Development Package**

The B-Rel Development Package aims to help reduce your chances of repeating outdoor jumps, increase your flying skills and set you up for success through your skydiving qualifications. We see major changes in students after tunnel flying including:

- Vertical Docking
- Side Docking
- Back-ins
- Maintaining levels with movement
- Taking docks lightly
- Keeping eye contact throughout movements
- Flying through burbles



## **Inclusions**

Train and fly in a relaxed indoor environment. Progression Packages include 2 x 10 min blocks of flight time, with one-on-one coaching (The progression equivalent to doing 20 skydive freefalls)!

- Pre-flying classroom briefing B-rels focused drills.
- 2 x 10min flight sessions with 30 min break in between. Each 10 min flight session is broken down into smaller flight times between 1 – 2 minutes. So your 10 min flight session is flown over a 30 minute period, giving you plenty of time to rest between flights.
- One on one coaching for all flights with B-rels specific drills to develop and improve muscle memory for passing B-rels stages when back at the DZ.
- Review video footage immediately after a flight on our delayed video play back. Bring a USB a take a copy of your footage home or back to the DZ.
- Full de-briefing between sessions and after last session.

## **Core drills and focus:**

Each student's progression is catered to their specific goals in their AFF stages with the main focus being on:



- Forward movement and docking
- Fast and slow fall / level control
- Vertical docking
- Side Docks
- Drills relevant to building solid flying skills
- Range of motion drills
- Burble drills