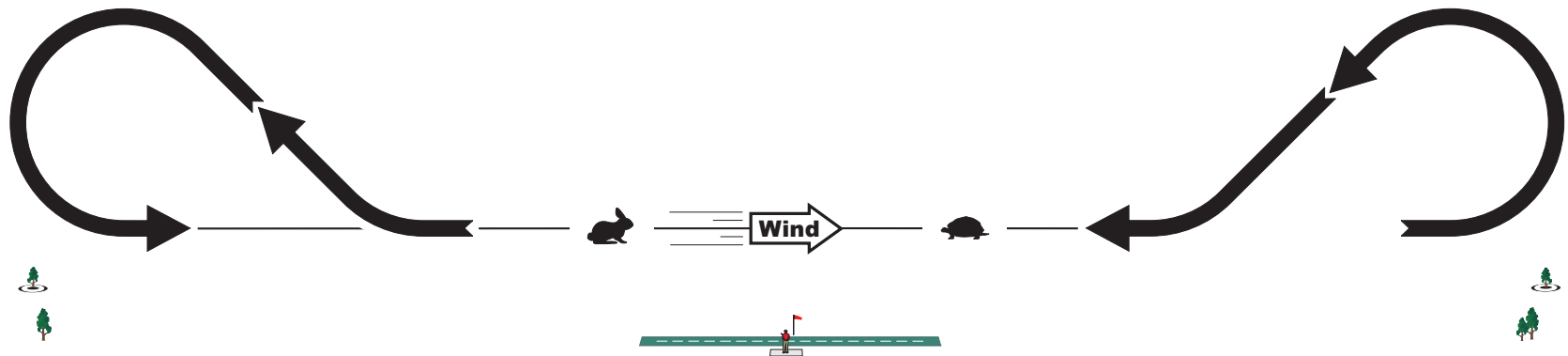
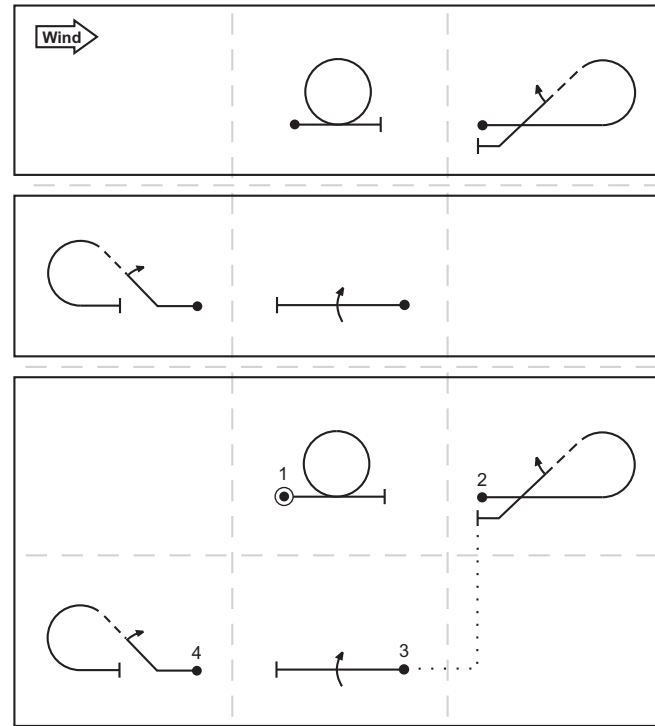




# Aerobatic Sequence Practice Outlines





## Increasing Your Initial Practice Effectiveness

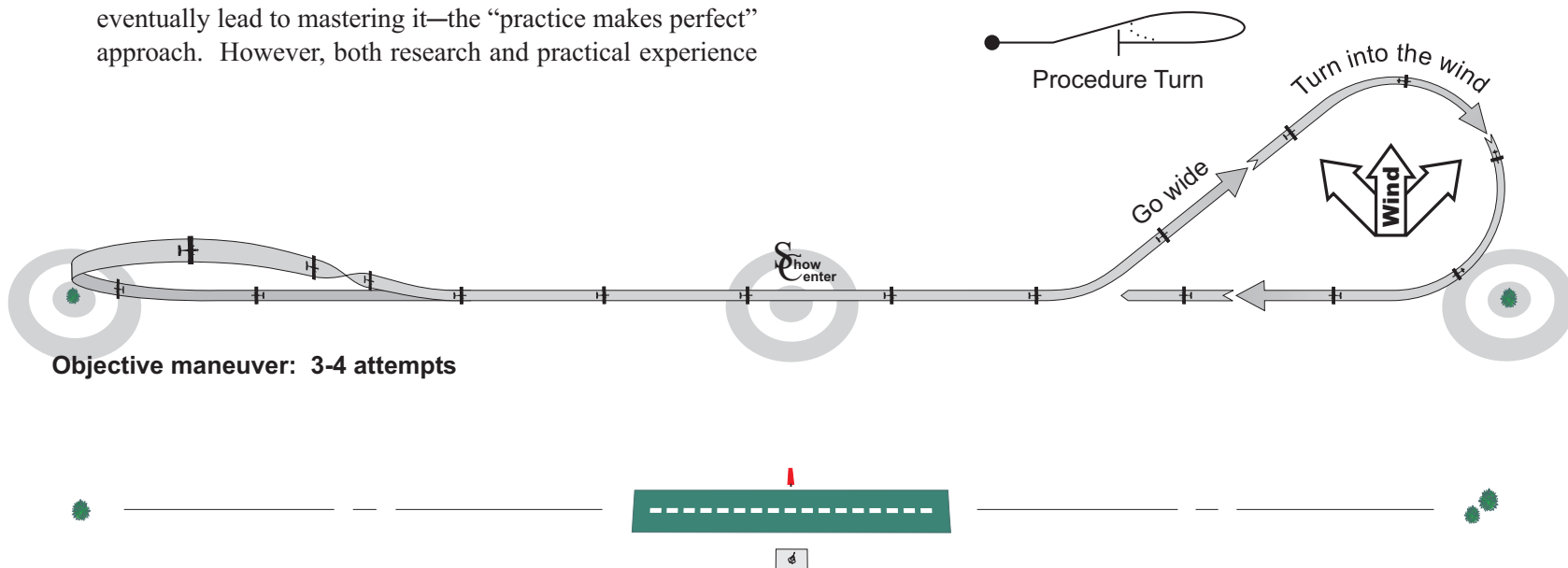
There are 4 primary ways to ensure, and in most cases, accelerate the success of all pilots. In order of importance:

1. Planning.
2. Crawl-walk-run (progressive building-block objectives).
3. Concentrated practice time.
4. Pushing one's skill envelope (occasionally to make previous areas of practice seem easier when returned to).

Planned practice flights establish explicit goals that, in the process of pursuing, make flying more interesting and fun (while preventing the leisure practice of mistakes that can lead to bad habits). While it is normal for individuals to feel that the way they approach practice is the “best” or “right” approach, the fact is that some practice methods prove better than others. For example, a commonly held belief is that the repeated practice of any one thing will eventually lead to mastering it—the “practice makes perfect” approach. However, both research and practical experience

have shown that during the initial learning phase of any new flight skill, optimal learning occurs when the skill is practiced generally no more than 3 to 4 attempts in a row. After the initial learning phase, *change* needs to be introduced or the pilot begins to suffer either staleness and a lack of focus, or “paralysis by analysis” and a decline in performance and enjoyment.

Practice note: When practicing a skill such as rudder at one end of the flying field, the most efficient way to turn around for each attempt is to go wide of the turnaround ground target and turn into the wind. Turning around into the wind results in a smaller diameter turn that is therefore easier to position, less time consuming, and less demanding.



Objective maneuver: 3-4 attempts