

Solo Checklist

- Pre-flight the airplane.
- Survey the flying environment and determine the extended centerline references.
- With consideration for wind, choose a base leg turn target, and
- anticipate how close the plane will have to be flown in reference to me to overfly the runway.

Takeoff. I plan to:

- Fly the airplane no matter what and never hold in the aileron.
- Smoothly neutralize the elevator and level the wings after lifting off.
- Maintain or reestablish the centerline climbing out.
- Reduce power and glance at the throttle before turning.
- Trust “1-2-3,” and then adjust the elevator to keep the turn level.
- Consider safeguarding the first turn(s) and initially using a smaller bank input.
- Fully correct the turn and establish my downwind leg in comfortable view before attempting anything else.
- Trim only when there is the opportunity to do so.

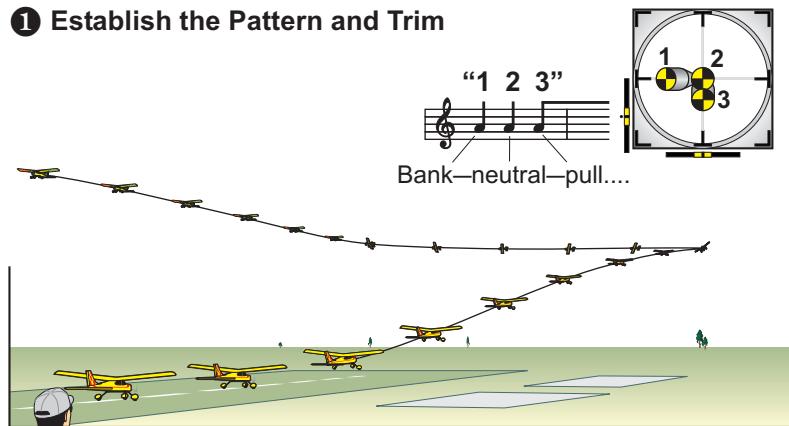
Stage I: Establish the Landing Pattern. I plan to:

- Keep the downwind legs in closer to make the target easier to get to.
- Fly to the base leg turn target.
- Compliment my later landing by lining up in reference to myself and overflying the runway right away.
- Fly to the extended runway centerline reference.
- Start my turns “1-2-3,” and adjust the elevator to keep each and every one of my turns level.
- Anticipate the direction to correct the turns before it’s time to correct.
- Fully correct the turns.
- Adjust my base leg turn target to effect better lineups.

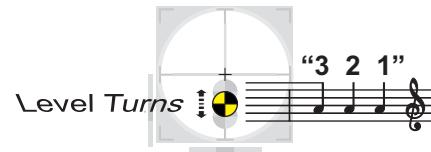
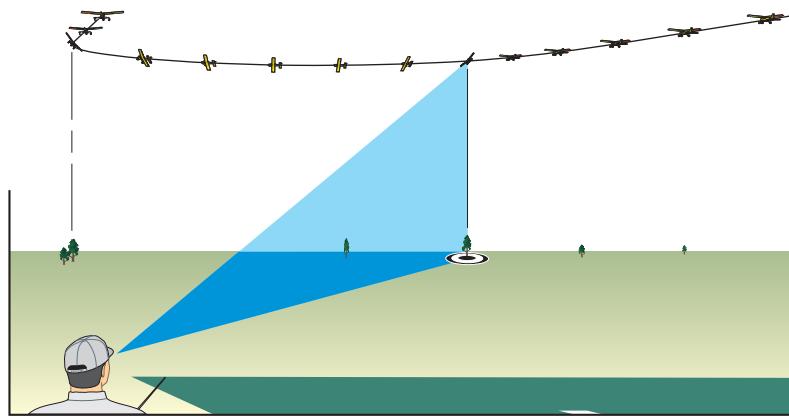
Stage II: Lower the Landing Pattern. I plan to:

- Initiate gradual descents when there are opportunities to do so.
- Practice low pass lineups and go arounds.
- Consider safeguarding and using a smaller bank input to start low level turns.
- Make smaller less frequent aileron bumps lower to the ground.
- Idle the engine only after establishing a great lineup.
- Go around if not satisfied with the approach.
- Avert the pressure to land after an overshoot by only planning to set up another low pass, not to land!

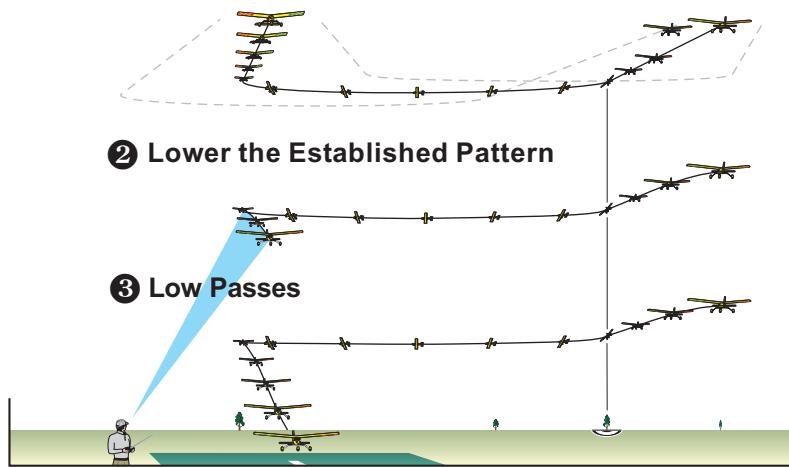
① Establish the Pattern and Trim



Determine Targets



② Lower the Established Pattern



③ Low Passes



Contents

Sport Airplane Guidelines.....	A
In this section.....	A-1
Flight Characteristics.....	A-2
Design Features.....	A-3
Improving Performance.....	A-4
In this section.....	A-5
Skin Friction Air Disturbance.....	A-6
Thicker Control Surfaces.....	A-7
Getting Airborne.....	B-8
In this section.....	B-9
<input type="checkbox"/> Positioning Targets.....	B-10
<input type="checkbox"/> Projecting Flight Paths, Wind, and	
<input type="checkbox"/> Object as a Whole.....	B-11 & 12
<input type="checkbox"/> Parallel Line and Setup Conclusion.....	B-13
Sport Aerobatics Introduction.....	C-14
Phase I Maneuver Components.....	C-15
Phase I Maneuvers Group.....	C-16
Aresti Symbol Basics.....	C-17 & 18
Sequencing Steps Defined.....	C-19
Building Maneuvers.....	C-20
<input type="checkbox"/> Practice Considerations.....	C-21
<input type="checkbox"/> Transmitter Handling.....	C-22
Aerobic Learning Curve.....	C-23
Loop.....	D-24
In this section.....	D-25
<input type="checkbox"/> Loop Sequence.....	D-26
<input type="checkbox"/> Loop Setup.....	D-27

<input type="checkbox"/> Initiating a Vertical Plane.....	D-28
<input type="checkbox"/> Where to Look.....	D-29
Aileron Roll.....	E-30
In this section.....	E-31
<input type="checkbox"/> Roll Sequence.....	E-32
<input type="checkbox"/> Roll Setup.....	E-33
<input type="checkbox"/> Sequencing the Steps.....	E-34
<input type="checkbox"/> Throttle/Speed Influence.....	E-35
<input type="checkbox"/> The Process of Reflection.....	E-36
<input type="checkbox"/> Roll Consistency.....	E-37
<input type="checkbox"/> Summary to this point.....	E-38
<input type="checkbox"/> When Results Count.....	E-39
Immelmann Turnaround.....	F-40
In this section.....	F-41
<input type="checkbox"/> Immelmann Sequence.....	F-42
<input type="checkbox"/> Positioning Considerations.....	F-43
<input type="checkbox"/> Pausing Between the Steps.....	F-44
<input type="checkbox"/> Reflection and Conclusion.....	F-45
Cuban 8.....	G-46
In this section.....	G-47
<input type="checkbox"/> Half Cuban 8 Sequence.....	G-48
<input type="checkbox"/> Looping Over the Top.....	G-49
<input type="checkbox"/> Establishing the Downline.....	G-50
<input type="checkbox"/> Corrections and Adjustments.....	G-51 & 52
<input type="checkbox"/> Turnarounds to this point.....	G-53 & 54
<input type="checkbox"/> Full Cuban 8 Warmup.....	G-55
<input type="checkbox"/> Cuban 8 Sequence.....	G-56
<input type="checkbox"/> Cuban Key Points.....	G-57

Contents



Reverse Cuban 8.....H-58

In this section.....	H-59
<input type="checkbox"/> Half Reverse Cuban 8 Sequence.....	H-60
<input type="checkbox"/> Pulling Up to the 45.....	H-61
<input type="checkbox"/> Establishing the 45.....	H-62
<input type="checkbox"/> Upline Finer Points.....	H-63
<input type="checkbox"/> Notable Advantages.....	H-64
<input type="checkbox"/> Summary to this point.....	H-65
<input type="checkbox"/> Full Reverse Cuban 8 Warmup.....	H-66
<input type="checkbox"/> Reverse Cuban 8 Sequence.....	H-67

Hesitation Rolls.....I-68

In this section.....	I-69
<input type="checkbox"/> 4-Point Roll Sequence.....	I-70
<input type="checkbox"/> Timing the Points.....	I-71
<input type="checkbox"/> 8-Point Roll Sequence.....	I-72
<input type="checkbox"/> Keeping Track of the Points.....	I-73

Assembling an Aerobatic Sequence.....J-74

In this final section.....	J-75
<input type="checkbox"/> Assembling a Sequence.....	J-76 & 77
<input type="checkbox"/> Starter Sequences and	
<input type="checkbox"/> Trouble Shooting.....	J-78–80
<input type="checkbox"/> Cuban Variations.....	J-81
<input type="checkbox"/> Double Roll and Split S.....	J-82
<input type="checkbox"/> Becoming Well Rounded.....	J-83
<input type="checkbox"/> ORT (Opposite Roll Turn).....	J-84
<input type="checkbox"/> Sport Aerobatic Conclusion.....	J-85
<input type="checkbox"/> Sample Practice Sequence.....	J-86
Blank Aresti Sheet.....	J-87

Utilize the Check boxes to keep track of your progress and current areas of practice.