

Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8	Round 9
BB-L © AXIS Flight School grip on opposite leg Back Stair Step	BB-2 © AXIS Flight School Back Open Accordion	HD-A © AXIS Flight School grip on opposite arm Joker	HU-1 © AXIS Flight School grip on same arm Grip	HU-B © AXIS Flight School grip on opposite arm In-Facing Double Grip	HD-D © AXIS Flight School grip on opposite arm Out-Facing Double Grip	HD-4 © AXIS Flight School grip on same arm Grip	HU-F © AXIS Flight School foot dock on opposite upper leg Feet-to-Knees	HU-2 © AXIS Flight School grip on same arm Grip
BB-C © AXIS Flight School grip on same leg Belly Closed Accordion	 INTER	HU-H © AXIS Flight School foot dock on same foot Foot-to-Foot	 INTER	HD-1 © AXIS Flight School foot grip on same foot Sixty-Nine	HD-F © AXIS Flight School head grips: any hand Double Spock	 INTER	HU-E © AXIS Flight School grip on opposite foot Hands-to-Feet	 INTER
BB-E © AXIS Flight School grip on same arm Back Open Accordion	 INTER	HU-A © AXIS Flight School grip on opposite arm Single Grip	 repeat original grip Grip	 INTER	HD-6 © AXIS Flight School grip on same arm Grip	 repeat original grip Grip	HU-3 © AXIS Flight School grip on same arm Grip	 repeat original grip Grip
BB-1 © AXIS Flight School all 360° Back Open Accordion	BB-H © AXIS Flight School same side of the body Mixed Side Body	HD-H © AXIS Flight School grip on opposite leg Stair Step	HD-E © AXIS Flight School double-handed grip on head Mind Warp	 INTER	 half (180°) back-loop over Grip	HD-3 © AXIS Flight School grip on same arm Grip	 INTER	HU-D © AXIS Flight School grip on opposite foot Hand-to-Foot
 INTER	BB-F © AXIS Flight School grip on opposite arm Mixed Open Accordion	HD-B © AXIS Flight School grip on opposite arm In-Facing Double Grip	HD-2 © AXIS Flight School grip on same arm Grip	HU-4 © AXIS Flight School grip on same arm Grip	 half (180°) back-loop under Half-Cradle	 INTER	 repeat original grip Grip	HU-C © AXIS Flight School grip on opposite arm Out-Facing Double Grip
BB-D © AXIS Flight School grip on opposite leg Back Open Accordion	BB-D © AXIS Flight School grip on opposite leg Mixed Closed Accordion		 INTER	 INTER	 repeat original grip in new orientation Grip	 repeat original grip Grip	HU-G © AXIS Flight School feet dock on top of same shoulders (between neck and rim) Totem	HD-G © AXIS Flight School foot dock on same sole Sole-to-Sole
			 repeat original grip Grip	 repeat original grip Grip	HD-C © AXIS Flight School grip on same arm Mixed In-Facing Double Grip	 repeat original grip Grip	HD-K © AXIS Flight School foot grip on same foot Sixty-Nine	



Photo by Niklas Daniel

«X-pansion Projects» —
Team Coaching Level 1

Team Building

Would you like to find out if formation skydiving is for you? Then we invite you to take part in our AXIS X-pansion™ projects. AXIS Flight School has a large student body to draw from in order to form weekend

teams. Participants of similar skill levels are exposed to quality training that involves jumping as well as tunnel coaching with one or two AXIS coaches as part of the formation.

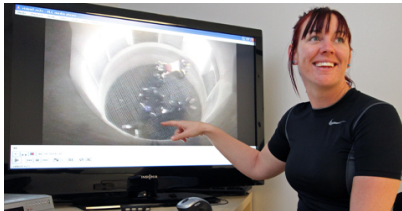


Photo by Niklas Daniel

«Competition Coaching» —
Team Coaching Level 3

Sharpen Your Edge

AXIS Coaches™ have been on the USA Parachute Team multiple times in various disciplines, and have proven through example how to achieve an elite level.

Our coaches can assist in your team's endeavors by passing on their knowledge and experience onto your team. On your pursuit to greatness, a coach can offset much of the burdens associated with high-level training as an external support element.

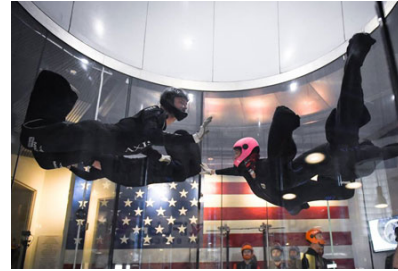


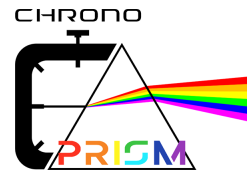
Photo by Niklas Daniel

«Player-Coaching Teams» —
Team Coaching Level 2

Feeding Your Passion

Those who are bit by the "4-way bug" are welcome to return and continue learning and training with AXIS coaches for a training season. Team and individual goals can be tailored to a group's level of ambition.

In many cases, X-pansion Project teams end up forming a player coach team to compete with an AXIS coach at the USPA Nationals in their first year. There are several divisions a team can enter based on skill level and experience. In order to compete and effectively train, a full time videographer needs to be incorporated in the season's training plan.



ChronoPrism™

The AXIS Flight School Training Tool
for Formation Skydiving Teams

Try our specially designed stopwatch for use on mobile devices and computers. This tool provides a new and creative way for formation skydiving, vertical formation

skydiving and mixed formation skydiving teams to visualize their performances and streamline the analysis of training and competition jumps. ChronoPrism generates a performance analysis that tracks data including a jump's pace; points scored; penalties incurred; and best, worst, average and median times per point transition.

