# 2022 USIS Championships

VFS 2-Way Open



## Round 1

**BB-J** © AXIS Flight School
grip on same leg
Back Cat

**BB-H** © AXIS Flight School
same side of the body
Mixed Side Body

**BB-L** © AXIS Flight School
grip on opposite leg
Back Stair Step

**BB-A** © AXIS Flight School
grip on opposite arm
Belly Star

**BB-F** © AXIS Flight School
grip on opposite arm
Mixed Open Accordion

## Round 2

**BB-E** © AXIS Flight School
grip on same arm
Back Open Accordion

**BB-B** © AXIS Flight School
grip on opposite arm
Back Star

**BB-D** © AXIS Flight School
grip on opposite leg
Mixed Closed Accordion

**BB-G** © AXIS Flight School
same side of the body
Back Side Body

**BB-K** © AXIS Flight School
grip on opposite leg
Mixed Cat

## Round 3

**HD-E** © AXIS Flight School
double-handed grip on head
Mind Warp

**HD-D** © AXIS Flight School
grip on opposite arm
grip on opposite arm
Out-Facing Double Grip

**HD-6** © AXIS Flight School
grip on same arm
Grip

half (180°) back-loop over
half (180°) back-loop under
Half-Cradle

repeat original grip in new orientation
Grip

**HU-G** © AXIS Flight School
feet dock on top of same shoulders (between neck and rm)
Totem

## Round 4

**HU-2** © AXIS Flight School
grip on same arm
Grip

360°
INTER

repeat original grip
Grip

**HU-J** © AXIS Flight School
Double Spock

**HD-4** © AXIS Flight School
grip on same arm
Grip

360°
360°
INTER

repeat original grip
Grip

## Round 5

**HD-F** © AXIS Flight School
head grips: any hand
Double Spock

**HU-1** © AXIS Flight School
grip on same arm
Grip

360°
360°
INTER

repeat original grip
Grip

**HD-J** © AXIS Flight School
grip on same leg
Vertical Closed Accordion

**HD-5** © AXIS Flight School
grip on same arm
Grip

half (180°) front-loop over
half (180°) front-loop under
Half-Eagle

repeat original grip in new orientation
Grip

## Round 6

**HD-A** © AXIS Flight School
grip on opposite arm
Joker

**HU-3** © AXIS Flight School
grip on same arm
Grip

360°
360°
360°
INTER

repeat original grip
Grip

**HD-H** © AXIS Flight School
grip on opposite leg
Stair Step

**HU-B** © AXIS Flight School
grip on opposite arm
In-Facing Double Grip

## Round 7

**HU-E** © AXIS Flight School
grip on opposite foot
Hands-to-Feet

**HU-H** © AXIS Flight School
foot dock on same foot
Foot-to-Foot

**HD-C** © AXIS Flight School
grip on same arm
Mixed In-Facing Double Grip

**HU-4** © AXIS Flight School
grip on same arm
Grip

1
INTER

repeat original grip
Grip

## Round 8

**HD-K** © AXIS Flight School
foot grip on same foot
Sixty-Nine

**HD-1** © AXIS Flight School
foot grip on same foot
Sixty-Nine

HU HD HU HD
INTER

foot grip on same foot
Sixty-Nine

**HD-2** © AXIS Flight School
grip on same arm
Grip

360°
360°
INTER

repeat original grip
Grip

## Round 9

**HU-C** © AXIS Flight School
grip on opposite arm
grip on opposite arm
Out-Facing Double Grip

**HU-D** © AXIS Flight School
grip on opposite foot
Hand-to-Foot

**HD-B** © AXIS Flight School
grip on opposite arm
In-Facing Double Grip

**HD-G** © AXIS Flight School
foot dock on same sole
Sole-to-Sole

**HU-A** © AXIS Flight School
grip on opposite arm
Single Grip

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

## «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.

Photo by Niklas Daniel

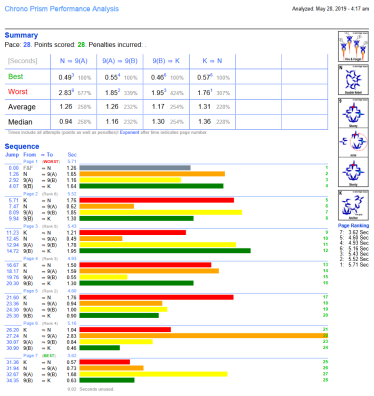
## «Competition Coaching» — Team Coaching Level 3

### 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.

## ChronoPrism™

### The AXIS Flight School Training Tool for Formation Skydiving Teams

Try our specially designed stopwatch for use on movilde 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.