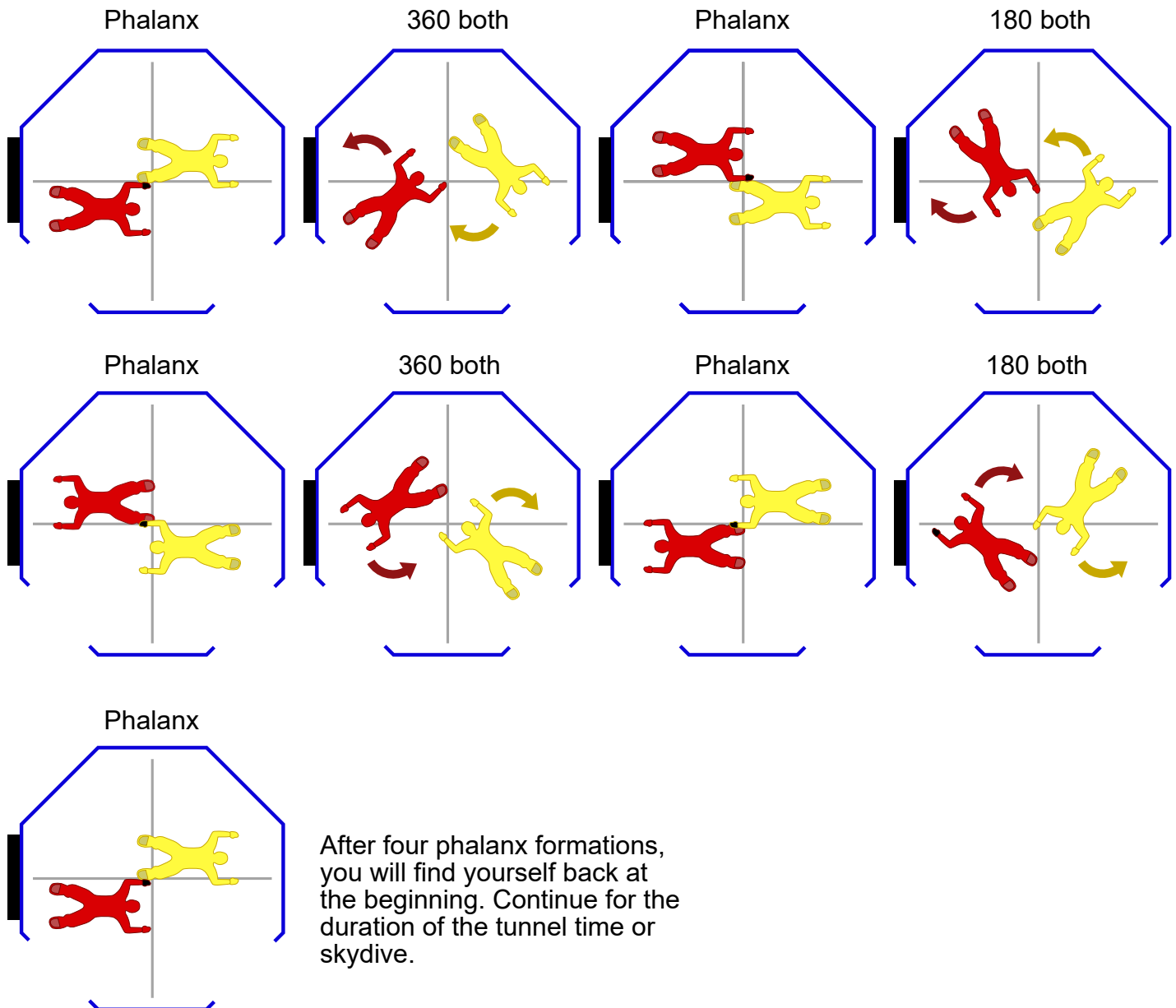




Phalanx 360s & 180s

This is a two person drill that uses just one formation, the Phalanx. Both fliers will alternately turn 360 and 180 degrees. It's important to note that on the 360 degree turns, the rear flier switches their grip (the formation is mirrored). When flown in the tunnel, try to keep the formation centered; the grip should happen in the middle of a line bisecting the tunnel. If you can envision that line on every formation, you'll always know which way to turn: towards the bisecting line.



After four phalanx formations, you will find yourself back at the beginning. Continue for the duration of the tunnel time or skydive.