

Contents



Advanced Aerobatics

Introduction.....	i
Outline of Instruction.....	ii
Training Notes.....	iii

Preliminary

<input type="checkbox"/> Advanced Visualization.....	iv
--	----

Advanced Airplane Guidelines.....A

Tapered Wing Tip Stall.....	A-1
<input type="checkbox"/> Wing Incidence Pitch Stability.....	A-2
<input type="checkbox"/> Balancing for Neutral Stability.....	A-3
<input type="checkbox"/> Propwash, P-factor, Engine Thrust.....	A-4
Stall Strips Taming the Stall.....	A-5

Inverted.....B-6

<input type="checkbox"/> Initiation to Inverted.....	B-7
<input type="checkbox"/> Inverted Turn.....	B-8
<input type="checkbox"/> Outside Loop.....	B-8
<input type="checkbox"/> Inverted Roll.....	B-9
<input type="checkbox"/> Outside Immelmann.....	B-9

Knife-edge and Slow Rolls.....C-10

<input type="checkbox"/> Knife-edge Warmup.....	C-11
<input type="checkbox"/> Sustained Knife-edge.....	C-12
Gyroscopic Precession.....	C-13
<input type="checkbox"/> 4-point Roll.....	C-14
<input type="checkbox"/> Blending 4-point Roll.....	C-15
<input type="checkbox"/> Slow Roll.....	C-16
<input type="checkbox"/> Half Roll from Inverted.....	C-17

Inside Snap Rolls and Spins.....D-18

<input type="checkbox"/> Inside Snap Roll.....	D-19
<input type="checkbox"/> Single Snap Avalanche.....	D-20
<input type="checkbox"/> Double Snap Avalanche.....	D-20
<input type="checkbox"/> Accelerating Snap Rolls.....	D-21
<input type="checkbox"/> Opposite Rudder Correction.....	D-22
<input type="checkbox"/> Upright Spin.....	D-23
<input type="checkbox"/> 2-turn Spin Timing.....	D-24
<input type="checkbox"/> Upright Flat Spin.....	D-25

Outside Snap Rolls and Spins.....E-26

<input type="checkbox"/> Outside Snap Roll.....	E-27
<input type="checkbox"/> Outside Avalanche.....	E-28
<input type="checkbox"/> 1½ Snap Avalanche.....	E-29
<input type="checkbox"/> Inverted Spin.....	E-30
<input type="checkbox"/> Inverted Flat Spin.....	E-30
<input type="checkbox"/> Cross-over Spins.....	E-31

Hammerhead and Vertical Rolls.....F-32

<input type="checkbox"/> Hammerhead Priorities.....	F-33
<input type="checkbox"/> Trimming the Rudder.....	F-34
<input type="checkbox"/> Vertical Upline.....	F-35
<input type="checkbox"/> Hammerhead Pivot.....	F-36
<input type="checkbox"/> Vertical Downline.....	F-37
<input type="checkbox"/> Hammerhead Summary.....	F-38
<input type="checkbox"/> Vertical Roll.....	F-39
<input type="checkbox"/> Vertical Snap Roll.....	F-40
<input type="checkbox"/> Vertical Upline After Snap.....	F-41
<input type="checkbox"/> Roll on Downline.....	F-42
<input type="checkbox"/> Snap Roll on Downline.....	F-42
<input type="checkbox"/> Hammerhead into Upright Spin.....	F-43
<input type="checkbox"/> Hammerhead into Inverted Spin.....	F-43

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



Contents

Humpty Bump and Bridge.....G-44

- Basic Humpty Bumps.....G-45
- P-factor Influence.....G-46
- Balanced Humpty Turnaround.....G-47
- Humpty Bump Wind Corrector.....G-48
- Humpty Wind Corrector Summary.....G-49
- Cross-box Bridge Inverted.....G-50
- Cross-box Bridge Upright.....G-51

Cross-box Combinations.....H-52

- Performance Zone.....H-53
- Humpty to Hammerhead.....H-54
- Hammerhead to Humpty.....H-55
- Pull Humpty to Push Humpty.....H-56
- Half Square Loop.....H-57
- Upright Spin to Hammerhead.....H-58
- Bridge to Upright Spin.....H-59
- P Loop Turnarounds.....H-60
- P Loop to Humpty Bump.....H-61

Rolling Turns.....I-62

- Rolling Turns Introduction.....I-63
- Outside Rolling 90 Turn Prep.....I-64
- Rolling 90 Turn Elements.....I-65
- Managing Degree of Turn.....I-66
- Level Rolling Turns.....I-67
- Rolling Circle.....I-68
- Rudder in Rolling Turns.....I-69

Lomcevak.....J-70

- Lomcevak Introduction.....J-71
- Lomcevak Tumble.....J-72
- Knife-edge Spin.....J-73

Aerobic Sequence Design.....K-74

- Sequence Practice.....K-75
- Trading Airspeed and Altitude.....K-76
- Matching Speed Requirements.....K-77
- General Sequence Design.....K-78
- Considering Wind.....K-79
- Self Talk.....K-80
- Sequence Flimsy Notes.....K-81

Training Sequences: Each includes a slow roll, 4-point roll, single and double avalanche, hammerhead, humpty bump, P loop, some with upright spins. Progressive sequences add outside loops, outside snaps, vertical rolls and snap rolls, various roll combinations, rolling turns, some with inverted spins.

- Training Sequence 82 (Cubans, spin)
- Progressive Sequence 83

- Training Sequence 84 (cross-box spin to hammerhead, rolling turn option)
- Progressive Sequence 85

- Training Sequence 86 (cross-box bridge, rolling turn)
- Progressive Sequence 87

- Training Sequence 88 (cross-box P loop to hammerhead, lomcevak finale) Progressive Sequence 89

- Training Sequence 90 (rolling 270 to hammerhead, cross-box bridge)
- Progressive Sequence 91

Sequence Texts.....K-92 & 93

Conclusion.....K-94

Flimsy Blank.....K-95