

FOUNDATIONS OF FLIGHT | MIXED FORMATION SKYDIVING EXIT FOR RANDOM G (T-SQUARED)

Brought to you by Niklas Daniel and Brianne Thompson of AXIS Flight School at Skydive Arizona in Eloy. Photos by David Cherry. Information about AXIS' coaching and instructional services is available at axisflightschool.com.



Reasons to perform the T-squared exit:

- To set up for a successful skydive
- To perfect a fundamental exit technique used extensively in mixed formation skydiving

Execution

Setting up in the door

Person 1—The Outside Jumper (Back Flyer)

The person in this position should perform a standard back-fly floater exit (see “Foundations of Flight—Back-Fly Floater Exit,” April 2015 *Parachutist*).

Person 2—The Inside Jumper (Belly Flyer)

The inside jumper is responsible for taking a sidebody grip on the back flyer. She picks up grips on the arm and leg of the back-flyer similar to the way she'd pick up sidebody grips on a belly flyer (see “Foundations of Flight—Launching a 2-Way Sidebody Piece,” August 2011 *Parachutist*).

The Exit

Once the outside jumper is in position, the inside jumper gives the exit count.

Person 1—The Outside Jumper (Back Flyer)

At the moment of the launch, the outside jumper should jump up and away from the aircraft. As soon as possible, he assumes a slow-fall-rate body position (see “Foundations of Flight—Back-Fly Fall-Rate Changes,” August 2015 *Parachutist*) to match the belly flyer's fall rate.

Person 2—The Inside Jumper (Belly Flyer)

The belly flyer should aggressively drive her hips down and through the door opening. Simultaneously, she presents her hips to the relative wind and maintains a strong sidebody grip and formation shape with her teammate.

Helpful Hint

The reason the back flyer jumps up and away from the plane and the belly flyer drives down is to ensure that both flyers are on the same level on the relative wind. Remember that just because the wind is coming from a different direction when you're on the hill, the laws of freefall don't change: Formation flyers must be on the same level in relation to the wind. The rules of launching a piece are the same as those for launching solo, and presentation is key. As long as both flyers present to the relative wind, holding onto grips will not hinder the exit in the slightest.

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The authors intend this article to be an educational guideline. It is not a substitute for professional instruction.