

# FLIGHT-1

## CANOPY COURSES MODULE 200



**“Developing Speed” (201)** introduces the fundamental principles of high performance landings and speed-building approaches using pitch. The course also includes essential slow approach skills, and rear riser emergency landings.

**Requirement:**  
200 jumps OR Attended  
Flight 101 & 102



**“High Performance Turns” (202)** will offer you a structured framework to building your high performance approach. It provides deeper information on building airspeed on approaches using rotation, and offers the chance to learn rules and altitudes associated with more challenging approaches. It also offers flight planning and future training considerations.

**Requirement:** 200 jumps  
**Recommendation:**  
Flight 201 & 500 jumps

For more info or to register, visit

**WWW.FLIGHT-1.COM/SPORT**

