

# Progressive Freefall (PFF) Progression

## **LEVEL 1**

Jump with Two instructors:

- Deploy your own parachute (under supervision)
- Learn basic body positioning – the “arch”

## **LEVEL 6**

Jump with One instructor:

- Solo exit, back loop and recovery
- Canopy work
- Some forward movement

## **LEVEL 2**

Jump with Two instructors:

- Refine body positioning
- Learn to turn and stop

## **LEVEL 7**

Solo skydive without instructor assistance

- Getting comfortable with jumping alone
- Canopy work

## **LEVEL 3**

Jump with Two instructors:

- Perfect body position
- Prepare for single instructor flight

## **LEVEL 8**

Solo Skydive

- Demonstrating your safe skydiving ability
- Canopy work

## **LEVEL 4**

Jump with One instructor:

- 90° and 180° turns
- Canopy work

## **LEVEL 9**

Solo Jump

- Low altitude emergency exit (5000')

## **LEVEL 5**

Jump with One instructor:

- 180° and 360° turns
- First Solo Freefall – your instructor lets go!
- Canopy work

## **LEVEL 10**

Graduation Jump

- Video jump
- Final checkout jump
- Receive media production of your jump!

***You are now a Solo  
Certified Skydiver.***