

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 & Ragtop

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

- Final checkout jump

This chart is for “quick reference” only. For detailed information please consult an STI team member

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