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Randomi

prevod po tekstu Jack-a Jefferies-a

Zaporedja randomov nam ponujajo priložnost da močno izboljšamo naš rezultat. Zgleda, kot da hitrost in učinkovitost s katero jih lahko izvajamo nima meja. Učinkovitost je tisti dejavnik, ki zahteva največ pozornosti. Večina izmed nas nima težav s hitrostjo, so pa učinkoviti gibi tisti, ki prinašajo točke. Razumeti moramo koncept, da premik pomeni čas in da čas prinaša točke.

Minimiziranje premikov je najpomembnejši princip izvajanja randomov. Zasnujte svoj skok tako, da se bo vsak čim manj premikal in če je le možno bodite čim bolj pri miru. Kakršnikoli je vaš premik, vedno izvajajte sredinske obrate¹ in naj se vaša sredinska točka premika v ravnih linijah. Izvajajte le potrebne premike in si zapomnite, da karkoli začnete morate tudi končati. Najboljše je, če je vsaka formacija pri miru, torej v stanju ko se vse gibanje za trenutek ustavi.

Usklajenost v ekipi ustvari stanje samozavesti in enostavnosti, ki utiša zavest in dopušča, da vsak pokaže najboljše kar zna. Če vsako točko zaključimo skupaj, prijemamo in izpuščamo prijeme simultano, potem je vse jasno nam in sodnikom. Občutek samozavesti in lahkote, ki gre z ekipo, ki dela skupaj vas bo potisnilo dlje kot ste si lahko predstavljali.

Večina formacij ima obliko, kjer sta centra skupaj ob straneh pa rep in glava. Centra sta najbolj odgovorna za natančnost in občutek skoka. Centra morata biti natančna in se držati centralne točke in smeri. Majhna napaka kateregakoli centra bo povzročila da bosta rep in glava letela vse povsod. Centra se morata premikati s ciljem, namerno in samozavestno. Občutek celotnega skoka se širi iz centrov. Ko sta centra dobra in samozavestna je tudi skok dober in samozavesten. Ko ste na poziciji centrov je le redko potrebno popravljati napake zunanjih članov. Vsak popravek proti enemu izmed zunanjih članov ekipe bo verjetno povzročila škodo drugemu. Naredite svoj premik, se ustavite, padajte naravnost navzdol in to naredite s samozavestjo.

Ko ste na mestu repa ali glave formacije, predvidevajte položaj naslednje formacije in se takoj začnite premikate na to mesto, pri tem zaupajte svoji ekipi. Imejte svoje oči na centrih in spremljajte možne napake. Zunanja člana morata biti hitra in popravljati napake, ker centra lahko le redko hodita k njima. Pomagati morata pri tem, da sta centra čim bolj pri miru. Rep in glava morata previdno prijemata prijeme.

Kritično je videti "celotno sliko" kaj dela ekipa. Imeti te informacije omogoča, da ohranjamo nivoje, vidimo kdaj smo na pravi poziciji in vemo kdaj se dogajajo napake, tako da jih lahko popravljamo. Da vidimo "celotno sliko" se moramo osredotočiti na centralno točko formacije in videti vse do nasprotne strani. To imenujemo "določanje pozicije"² pri kateri nam naš vid omogoča da vidimo vse. Ko načrtujemo skok, določimo kaj je naloga vsakega člana v ekipi. Ko vizualiziramo skok, si zagotovite, da "vidite" celotno ekipo, ko se premika čez sekvence.

¹ sredinski obrat (centered turn) – obrat v katerem je naša sredinska točka pri miru op.p.

² določanje pozicije – cross referencing op.p.



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Ko se premikamo od ene formacije k drugi so tri osnovne reference, ki jih uporabljamo, da določamo, kje bi radi bili. Prvi dve določimo s pričakovanjem, to pomeni preden izpustimo prijem originalne formacije. Vizualizacija - vidimo naslednjo formacijo, ki se postavi preko tiste v kateri smo trenutno. Premik na svoje mesto je potem enostaven, saj se le poravnamo s sliko v naši glavi. Mišični spomin – omogoča, da občutimo premik preden ga izvedemo in obnovimo občutek, ko ga resnično izvajamo. Tretja referenca, popravljanje med premikom, se izvaja med premikom. Med izvajanjem premika spoznavamo napake, ki se dogajajo. Da to dosežemo, moramo videti napake, določati pozicijo in vedeti kaj mora ekipa delati. Ko vidimo napako moramo sprejeti odločitev o pravilnem odgovoru (zmožnost tega pridobimo v večini primerov z izkušnjami). Nato enostavno naredimo popravek. Ko ekipe to znajo se nikoli ne vidi, da je napaka sploh bila.

Nujno je, da imamo dober nivo čez celoten skok. Če nivoji v formaciji niso usklajeni se moramo premikati tako v vertikali kot horizontali in porabimo dvakrat več časa kot bi bilo potrebno. Različni nivoji povzročajo napetosti v formaciji in gibanje, ki ga je potrebno ustaviti. Dobri nivoji se dosežejo z konstantnimi podzavestnimi popravki. Z dobrim določanjem pozicije in zavedanjem situacije bomo opazili tudi majhne razlike v nivojih. Avtomatski majhni popravki dosežejo, da skok zglada kot da so nivoji optimalni. Razliko v višini moramo prepoznati ko je majhna, popravek razlike mora pomeniti popravek polovice razlike in popravek se mora zgoditi takoj. Dobri nivoji so posledica dobrega zavedanja skoka.

Disciplina pri dajanju in izvajanju ključev ter njihovo pričakovanje so glavni dejavniki dobrih ekip. Vsako točko moramo zaključiti preden je ključ za naslednjo. Ključ hočemo imeti takoj in spuščanje prijemov mora biti sočasno. Prijeme moramo videti ko se dogajajo in se osredotočati na prostor kjer se bo zgodil zadnji prijem. V trenutku, ko je zaključen zadnji prijem, damo ključ za naslednjo formacijo. Čutiti moramo tudi ali je ekipa pripravljena na naslednjo formacijo ali ne. Ko ni vaš ključ morate vedeti od koga je ključ. Razumeti je treba kaj oseba, ki daje ključ pričakuje. Kar najboljšje je potrebno predvidevati njegov ključ, pri čemer se osredotočamo in čakamo na ključ.

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Random Work

By **Jack Jefferies**

Random sequences offer us an opportunity to make great gains in our scores. It seems that the speed and efficiency that we can move through randoms, has no bounds. Efficiency seems to be the subject that needs the most attention. Most of us have no problem moving fast, but it is the efficient moves that score the points. The concept that movement is time, and time is points, must be understood.

Conservation of motion is the most important concept with random work. Be sure to engineer your dive so that everyone has the smallest possible move; if at all possible, sit still. Whatever your move is, always make centered turns and have your center point move in straight lines. Do only the necessary move and remember that, whatever you start, you must stop it. It is best if each formation is still, with all movement momentarily stopped.

Synchronicity within the team will create a sense of confidence and ease that will quiet your mind and allow you to perform at your best. Arriving at each point together, picking up and dropping grips simultaneously, keeps everything looking clear to you and to the judges. The feeling of confidence and ease that goes with a team moving together will push you beyond anything you have imagined.

Most formations have a definite center-flaker construction. The centers are most responsible for the precision and feel of the skydive. The center must be precise with the center point and heading. A small mistake with either of these and the flakers will be flying all over the place. The centers must move deliberately and with confidence. The feel of the entire skydive radiates from the center. When the centers are crisp and confident, the skydive is crisp and confident. When you are working the center, you will seldom want to correct for the outside's mistakes. Any correction toward one flaker will commonly "hurt" the other. Make your move, stop, fall straight down, and do it with confidence.

When working the outside of these formations, anticipate the position of the next formation and immediately begin moving there, trusting your team. Keep your eye on the centers, watching for any mistakes. A flaker must be quick to correct for mistakes, because the centers should rarely come to them. You need to help the center in his job of sitting still by being delicate when picking up grips.

Seeing the "whole picture", what the team is doing, is critical. Having this information allows you to keep levels, recognize when you are in the correct slot, and know when mistakes occur, enabling you to compensate. To ensure that we see the "whole picture", we must keep our focal point through the center point of the formation and see all the way to the opposite side. This is called "cross referencing" and with our peripheral vision open we can see everything. When you brief a dive, recognize what your teammate's jobs are. As you visualize the dive, be sure to "see" the entire team moving through the sequence.



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When moving from one formation to another, there are three basic references that we use to determine where we want to be. The first two are done with anticipation, meaning before the break of the original formation. Visualization, see the next formation superimposed on the one you are in. The move is as simple as filling the picture. Kinesthetic memory, understand how the move will feel before you make it, then recreate the feeling as you move. The third reference, ad-libbing, or correcting as you go, is done during the transition. As you set out to make your move, recognize mistakes as they happen. To do this, you must be able to see the mistake, cross reference, and know what the team is supposed to be doing. After seeing the mistake, you must make a judgment on the correct response (the ability to do this well, comes mostly with experience). Then simply take action to correct. When teams are good with this, it never appears that there was a mistake.

Having good levels throughout the skydive, is imperative. If our levels are off, we have to move on the vertical plane as well as on the horizontal one, taking twice as much time as necessary. Bad levels will also cause the completed formations to move about creating tension and momentum's that must be stopped. Good levels come from constant, subconscious correction. With good cross-referencing and awareness of the situation, we will see a level difference when it is quite small. Automatically make a tiny correction and the skydive appears to have perfect levels. The level difference must be recognized when it is small, the subsequent correction must be half the difference, and the correction must come immediately. Having good levels is a simple matter of having good awareness.

Good key discipline and anticipation, are the hallmarks of consistently fast and clean teams. We must build each point before it is keyed. We want to key instantaneously and we need to break simultaneously. Know whether or not it is your key, if it is anyone's assume that it is yours. When it is your key, understand what grips must happen for you to key. See the grips as they happen bringing your focus to the place where the last one will occur. The instant that last grip happens key the formation. Have the presence of mind to know whether or not your teammates are ready to move on. When it is not your key, know who's key it is. Understand what they are looking for and do your best to anticipate their key, while strictly focusing on and waiting for them.

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