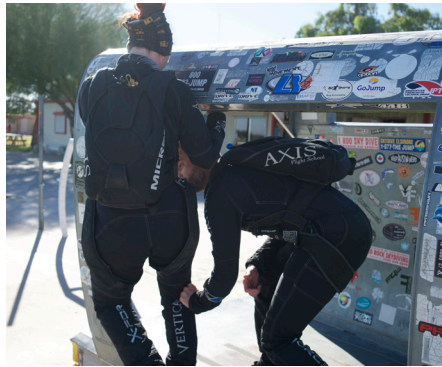


# FOUNDATIONS OF FLIGHT | 2-WAY PHALANX EXIT

Brought to you by Niklas Daniel and Brianne Thompson of AXIS Flight School at Skydive Arizona in Eloy. Photos by David Wybenga. Information about AXIS' coaching and instructional services is available at [axisflightschool.com](http://axisflightschool.com).



## Move Description

Both performers should orient themselves horizontally to the relative wind on their bellies. One performer grips the other's leg with the opposing arm, building the phalanx formation. Flyer A (the tail of the phalanx) grips outfacing Flyer B (the head of the phalanx) by the leg, right hand to left leg or left hand to right leg. In this example, the tail flyer takes a grip with his left hand.

If the jumpers are launching this exit in competition (it appears in mixed formation skydiving block 10), it is the team's responsibility to ensure that the video is scoreable by clearly presenting the correct formation and complete separation between points to the videographer. The formation does not need to be perfectly symmetrical, but the team must perform it in a controlled manner and close the formation with stationary contact. (For more information, refer to Chapter 9 of the USPA Skydiver's Competition Manual.)

The following is just one of many ways to launch a 2-way phalanx and may or may not play to your team's strengths.

## Execution

### Setting up in the door

#### Flyer A—The Inside Jumper

The inside flyer should have a solid leg grip and crouch low in the door. This flyer should prepare to move through the threshold of the door with his hips, so being as close to the edge of the door is best.

#### Flyer B—The Outside Jumper

The outside flyer sets up for a floater exit. Holding onto the bar, this flyer should have her hips and toes oriented toward the front of the aircraft while looking over her right shoulder at her partner.

### The Exit

Both flyers can easily communicate with one another, so either one can give the exit count.

#### Flyer A

At the moment of the launch, the inside flyer should think about getting his hips out the door first, almost like a cannonball exit. He should make a powerful move out and down so as not to hit the aircraft.

Once out the door, he immediately gets into a neutral position to show a good phalanx picture to the camera flyer.

#### Flyer B

The flyer should think about getting her hips up and away from the door by aggressively pushing off the plane with her right foot. Getting as high and as far away as possible ensures that she has enough room to get through the door without hitting the bulkhead.

## Helpful Hints

Maintaining eye contact with one another through the exit ensures good communication and helps with timing.

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