

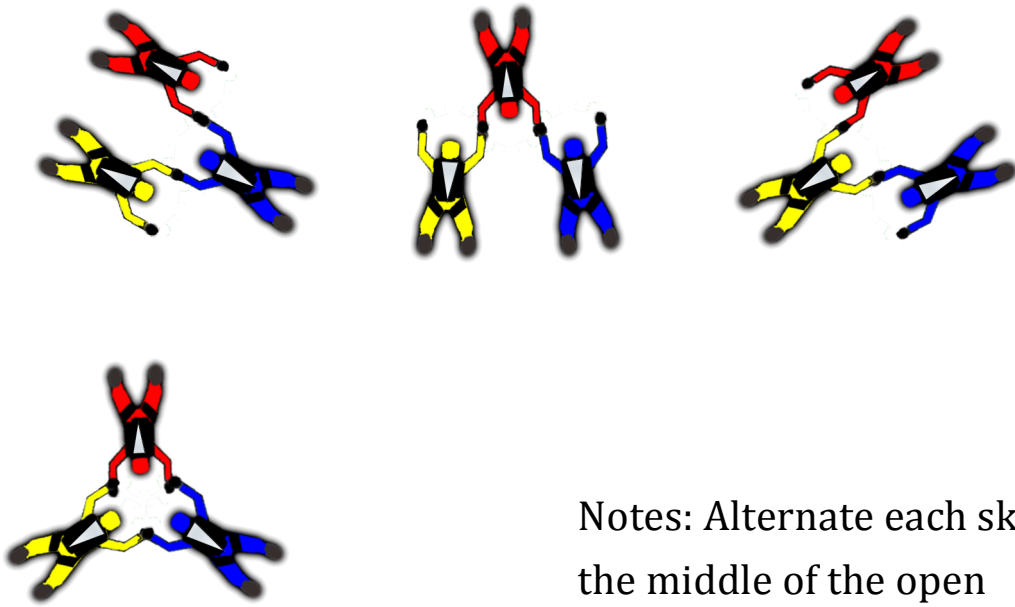


Rhythm Instructional Series

3ways

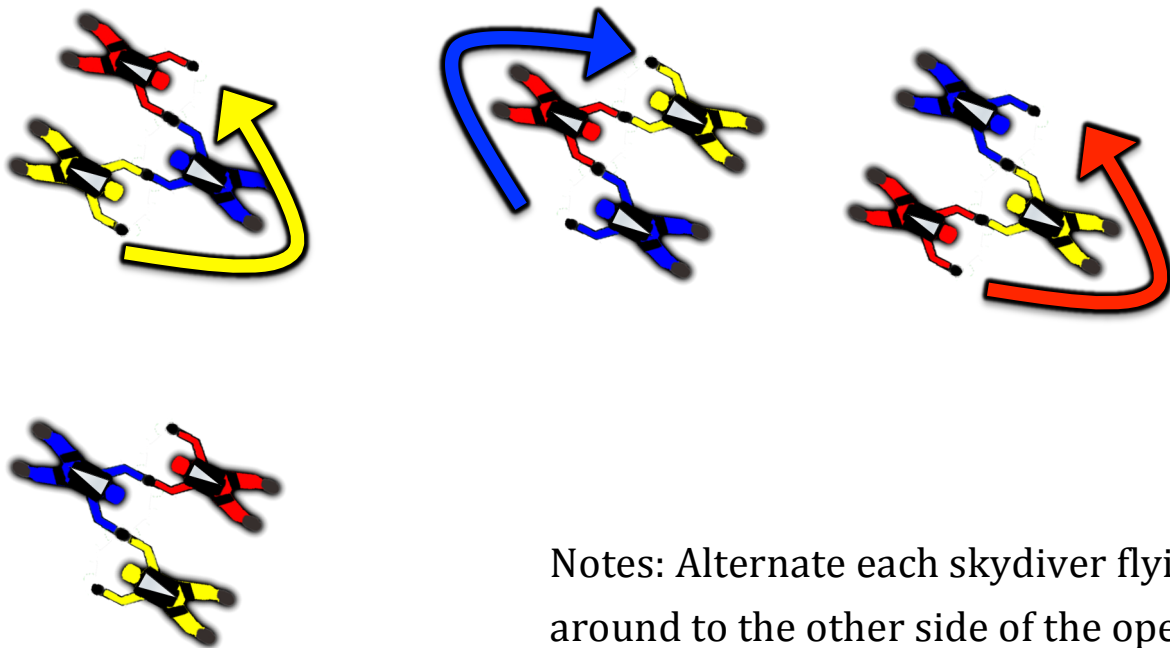


Jump 1: Open, Open, Open, Round



Notes: Alternate each skydiver in the middle of the open

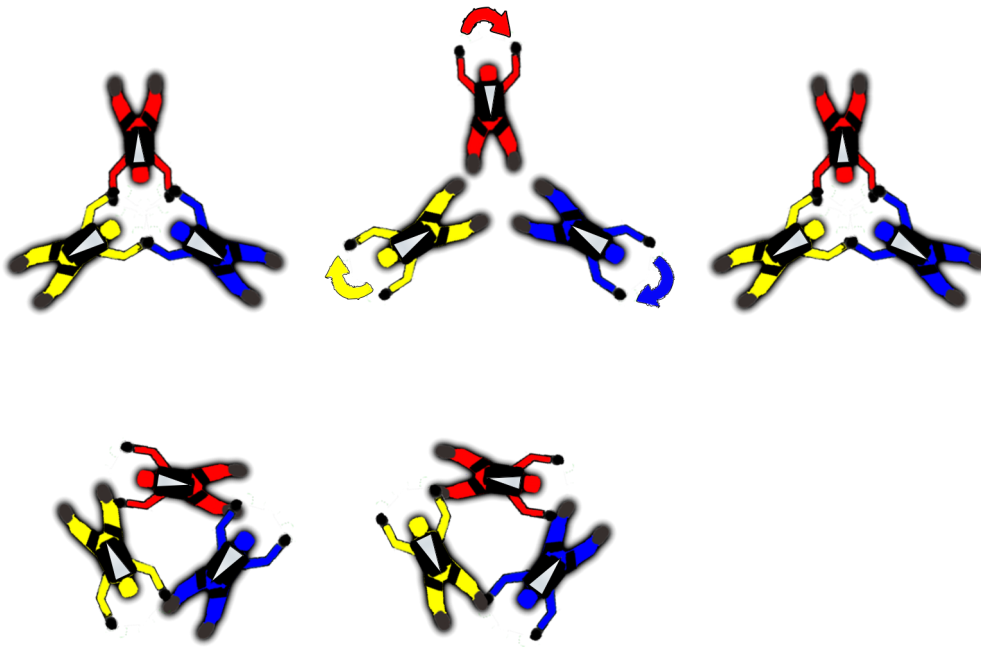
Jump 2: Flying Open



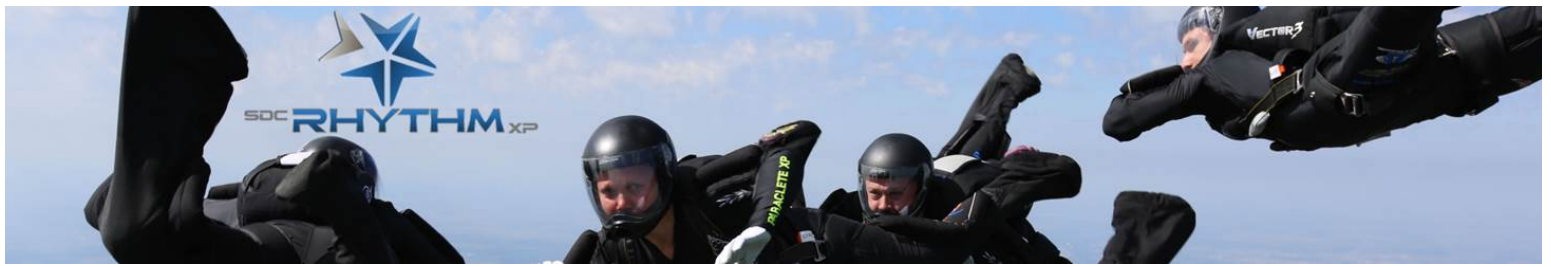
Notes: Alternate each skydiver flying around to the other side of the open as the remaining two keep their grip



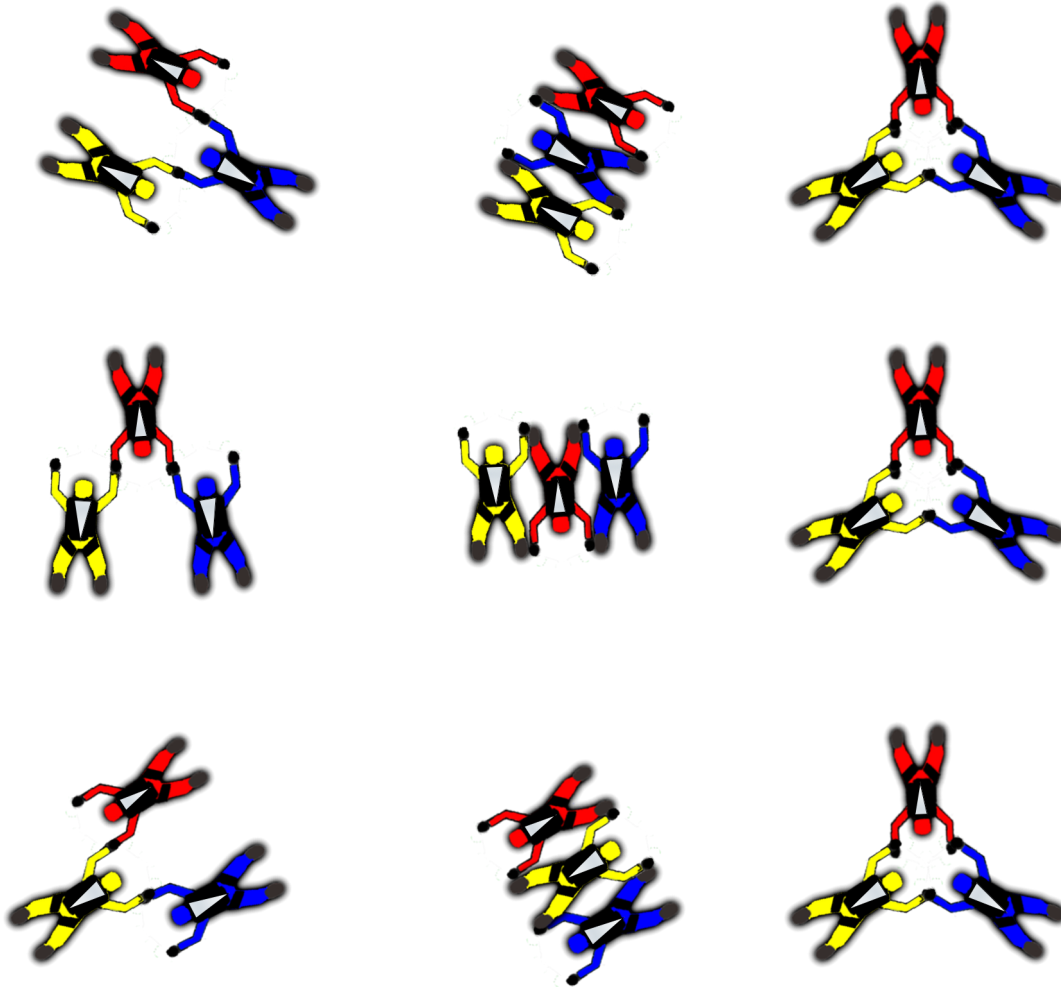
Jump 3: Star 360 Star, Left Donut, Right Donut



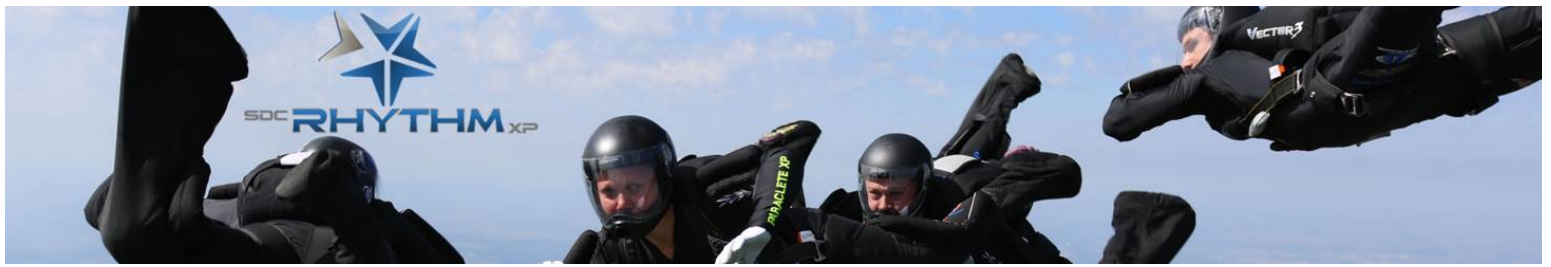
Notes: All three skydivers turn 360 at the same time. Direction of 360 is not important. Left donut means left hands takes the leg grips



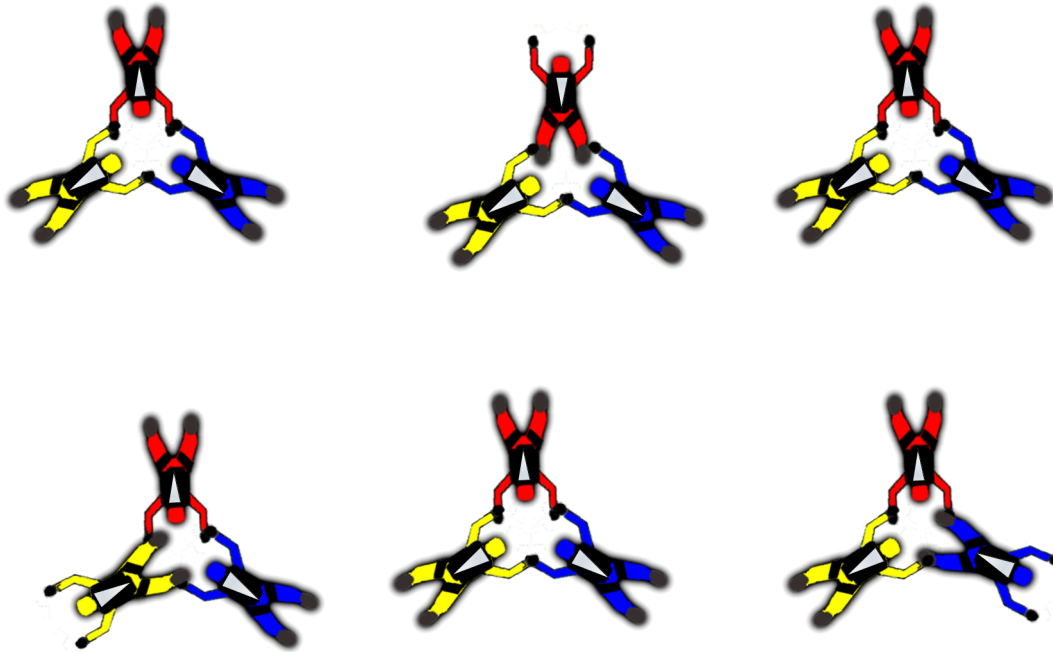
Jump 4: Open, Compressed, Star



Notes: Alternate each skydiver in the middle of the open and subsequent compressed



Jump 5: Star, Pod, Star



Notes: Alternate each skydiver
outfacing in the pod