

# Small wingovers with «weightshift»

## - Induced Yaw - (Green level)

### “Small weigh-shift roll”

Back to normal  
of rolling pendulum

...bouncing  
feeling, pilot  
is thrown  
outside  
the turn

#### **SAFETY**

Exercise should be done with no more than 90° to 120° heading changes in order to avoid the risk of collapse that increases with amplitude.

Outside controlled environment, the only learning of «limited» wingover permits to handle basics mistakes

(120° maximum amplitude from one side to the other considering a CEN A or B, or LTF 1, or 1-2 labelled glider).

With the help of his hands that have grab the risers, **without brake control** ; ... weight-shift ;...

... unbalanced glider which begins to turn ;...

... instantly, opposite side straight-forward weight-shift ;...

... glider reacts and enters the turn ;...

... weight still in the inside of turn, speed increases ;...

... the pilot follows and wait the glider back to horizontal ;...  
... speed is at it's maximum.

While the glider get back to horizontal, with hands help, the pilot uses the back to normal inertia of the pendulum to weightshift straight-forwardly on the opposite side. Pulling on his arm and moving shoulders behind the risers...

Shift

Push

Pull and  
apply weight

45° / 60°

### Goals

Learning of «hands free» piloting ; getting timing and body coordination useful to turn. Working on the body symetry useful to turn. Acquire body easyness to enter the turns, bothside.

### Training

Realise «small» wingovers (rythmed heading changes), without using the brake handles and only with repeated weigh-shifts in the harness.

### Success checks

Being able to maintain a 45 to 60° symetry both sides of the initial axis. A bouncing feeling from one side to the other confirms the good coordination of gesture.

### Advices

The adjustment of the waist strap should be individually done for each harness to give it a certain instability. The initial axis of the exercise should be visualised by ground marks. The pilot has to hold the risers with full hand. He keeps in mind to hold them high enough not to have any brake handle action and should check this prior to beginning the exercise.

