Appendix A

FREEFALL HAND SIGNALS

pelvis forward (arch)  
circle of awareness  
(altitude check)  
O.K.

arch  
deploy the parachute (pull)  
legs in (retract legs slightly)

extend legs six inches and hold  
open hand  
(release pilot chute)  
check arm position

knees together slightly  
—or— toe taps  
perform the practice deployment  
sequence  
relax (breathe)