



# APEX BASE COURSES: ADVANCED BASE COURSE LEVEL 1

## Advanced BASE Course Level 1 (ABJC1)

**\$450/person**

**THE ADVANCED BASE JUMP COURSE(ABJC) LEVEL 1 IS DESIGNED FOR ALL JUMPERS, REGARDLESS OF YOUR EXPERIENCE.**

We evaluate each student and decide how to advance their personal skill set to make them a safer and more well-rounded jumper. We reinforce emergency procedures with an emphasis on practical application, as well as augmenting the object avoidance and canopy control learned in the FBJC. The result is that ABJC will get you ready for the more advanced objects in BASE—specifically cliffs and buildings.

### **THE ABJC IS A GREAT WAY TO:**

- Step back into currency if you have become uncurrent
- Thoroughly develop your canopy skills with many live drills
- Augment your knowledge of exit methods

We focus on helping a novice BASE Jumper to progress as safely as possible into to a more experienced, stronger, safer jumper, ready and confident to progress to more technical objects (such as buildings and cliffs). We offer our ABJ course to any jumper who wants to improve their skills, regardless of the number of BASE jumps he or she has logged or whether you've taken the Apex FBJC. During this course, your instructors will jump with you, showing you how each drill is correctly performed ("monkey see, monkey do"). Your instructors will also film all of your jumps and video debrief each drill.

We cater each course to the needs, goals and observed weaknesses of each individual jumper in a fun and positive environment. We have over 20 years of doing these drills and we are still learning.

Every jumper will be challenged to the extent of his or her capability. Comfort levels will be pushed. At the end of the course, you will be a much stronger, more confident BASE jumper, well-prepared to extend the types of objects and jumps you approach going forward.

\* Some packing supervision is available, but you do need a minimum packing proficiency in order not to slow the pace of the course down for the other jumpers. In other words: If you still don't know how to pack, you are probably not ready for this course.

### **PREREQUISITES:**

In order to take the ABJC1, you must fit these criteria:

**BASE jumpers who have participated in a recognized First BASE Jumping Course** (whether or not the course was administered by Apex)

or

**BASE jumpers who have been mentored and have learned the basics** (malfunction response, PCA, hand held and canopy control)

No matter what your experience, you must be completely self-sufficient in packing to participate in the ABJC1. Of course we will help with any packing details that you may have questions on.

**We cheerfully open the ABJC1 to any jumper who wants to improve his/her canopy skills**, regardless of the number of BASE jumps he or she has logged. If you're not current, this is a great way to get back in the game.

Many of our students who take our First BASE Jump Course go directly into the advanced course on the following day. This gives you a small break in between the courses, but allows you to continue immediately after your course, building on the skills that you have acquired during your first jump course. In essence, turning your 4 day jump course into an extensive week long first jump course.



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## **COURSE COST INFORMATION:**

### **Course Costs**

The total cost of the Advanced BASE Jumping Course Level 1 is \$450.00 U.S. dollars (cash price) and includes a video/stills download of all of your jumps. **Lodging, food and travel expenses are not included.**

The full course fee is due at the beginning of the course, before jumping begins. You can pay for your course at the bridge, using Venmo, cash, personal checks drawn on a U.S. bank or Traveler's Checks. Regretfully, we do not accept credit cards.

### **Gear Rental**

If you don't have your own gear yet, you can rent the gear you used during the FBJC. If you are not in the FBJC prior to your advanced course and need gear, please let us know in advance and we'll make arrangements. The cost is \$20 per jump, plus a one-time inspection fee of \$70.

### **Recurrency Auditing**

Unlike our FBJC, each time you take the Advanced Course Level One or Two, the course fee applies, as we offer one on one coaching including video debrief for each jump, so it is different than joining another FBJC. We have had several students take one, two or even three advanced courses and then later turned around 180's at cliffs and said that what they learned during these courses absolutely saved them from injury or worse.

## **COURSE CONTENT:**

The Advanced Course Level 1 focuses on (but is not limited to) the following drills:

### **1. Accuracy Drills**

**You will no longer be intimidated by the idea of landing on the beach or in the boulder field.** For those of you who haven't jumped at the Perrine bridge, these are the more technical "B" landing areas there. During this course, the beach is our primary landing area. The boulder field is our secondary. (Forget about the big field. It's too easy.)

### **2. Deep-Brake Approaches**

**You will learn to use your toggles to sink your canopy in for a safe, soft landing in any wind conditions.** These skills will help to prevent you from stalling your canopy and making a hard (or even spine-first) landing. This is a crucial technique in BASE and should be one of the fundamental building blocks of any BASE jumper's skill set.

### **3. 180-Degree Off-Heading Opening Drills**

**We feel that it is absolutely critical to experience what an actual 180-degree off-heading opening is like before proceeding to cliffs or buildings.**

- We will do rear-facing exits (aka "floaters"), simulating having a 180-degree off-heading opening. The goal of the drill is to turning the canopy around quickly.
- We will then purposely pack some 180-degree off-heading openings and actually practice turning the canopy around quickly on risers.

The standard rear-riser drill—opening on-heading and then getting on rears, stalling the canopy and turning it around—is nothing like the experience of a 180. That drill is great, but it does not prepare you for the actual malfunction.

When you experience a 180-degree off-heading opening in real life, the risers are twisted behind your head and you are spun around to face the object. This position makes it very challenging to find the risers, stop the canopy, back up the canopy (if necessary) and then turn it around. Many jumpers never do the true drill, so when they experience their first 180 at a cliff or a building they are taken completely off guard. An incorrect reaction often results in an injurious wall strike.

After successfully completing these drills, **you will gain a deep respect for what an actual 180-degree off-heading opening is like.** This familiarity with the dynamics will help you to react correctly when you experience the malfunction at a building or cliff.



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## **SCHEDULING YOUR COURSE:**

To start, check out the course dates on this website.  
If one of the dates works for you, contact us to make sure there is a slot available for you.

## **ABJC1 ITINERARY:**

### **Opening Notes**

As you might imagine, we designed the ABJC1 to be more flexible in scheduling than the necessarily more rigid FBJC itinerary. Here's what you can, in general, expect.

### **Time Commitment**

The ABJC1 is 3 days long. It starts at 8 a.m. on Tuesday morning and ends at noon on Wednesday.

### **Jumping Schedule**

- Day 1: ±5 jumps
- Day 2: ±5 jumps
- Day 3: ±3 jumps

If the energy level is high and some of the group express the desire to make more jumps, we have the ability to do so. Each jump has a pre briefing, then a group debrief with video. All video and stills are available for free download during the course.

## **EMERGENCY INSURANCE:**

**We highly recommend getting an Air St. Lukes membership.** Air St. Lukes covers its members with emergency medical transport to the closest, most appropriate care facility. When you become an Air St. Luke's member, your annual membership fee waives any portion of the bill not covered by your insurance. **It is a very good idea to have this in place.**

## **WEATHER NOTES:**

We run our BASE courses from Spring until late Autumn, due to the danger of jumping over the river in the Winter months.



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