Each numbered bold heading below represents one lesson. The duration of each lesson will vary. Lessons may be repeated as necessary. The lessons below will correspond to instructor recommended home study course lessons, chapters, or videos.

1) **Dual Flight Instruction**
   a) Helicopter, Cockpit and Control Familiarization
   b) Introduction to Checklists
      (a) Preflight
      (b) Before Start
      (c) After Start
      (d) Before Takeoff
      (e) Climb
      (f) Cruise
      (g) Descent
      (h) Before Landing
      (i) After Landing
      (j) Shutdown
      (k) Post-Flight
      (l) Lift Off and Hovering Procedures
   c) Take Off, and Introduction to the Basic 4, Climbs, Turns, Straight and Level, and Descents.
   d) Hover Taxiing to Touchdown, Shutdown and Securing

2) **Dual Flight Instruction**
   a) Thorough Preflight and Checklist Usage
   b) Review Lesson 1
   c) Discuss Certificates and Documents required aboard
   d) Instructor led Turbine Startup and Management
   e) Hovering and Ground Operations
   f) General Awareness of Environment
      i) Intro to Radio Communication
      ii) Intro to Traffic Pattern
      iii) Intro to Situational awareness to geographic landmarks
      iv) Intro to Airport Signs and Markings / Light Signals
   g) Discuss and begin to practice Special Emphasis Areas
      i) Positive aircraft control
      ii) Positive exchange of flight controls
      iii) Collision avoidance
      iv) Wake turbulence avoidance
      v) Runway incursion avoidance
      vi) Controlled Flight into Terrain
      vii) Wire Strike Avoidance
      viii) Aeronautical Decision Making
      ix) Checklist Usage
h) More detail instruction and proper usage of the Cyclic, Anti-Torque Pedals and Collective.
   i) Hover Taxing to Touchdown, Shutdown and Securing

3) **Dual Flight Instruction**
   a) Review of Lesson 2
   b) Student Turbine Startup and Management / Instructor close supervision.
   c) Discuss Torque, TOT and N1 Limitations and Management
   d) Continued practice of Basic 4 and Special Emphasis Areas
   e) Instrumentation and Visual Cues and Cross Referencing. (Inside/Outside)
   f) Normal and Crosswind Takeoff and Normal Climbs
   g) Varying Climb Speeds - introduce best climb speed
   h) Varying Straight and Level Speeds – introduce cruise speed
   i) Varying Descent Speeds – introduce best glide speed
   j) Discuss and demonstrate straight in autorotation, Discuss and demonstrate autorotation airspeeds
   k) Hover Taxing to Touchdown, Shutdown and Securing

4) **Dual Flight Instruction**
   a) Review Lesson 3
   b) Normal and Steep banked turns
   c) Constant speed climbs and descents
   d) Constant rate climbs and descents
   e) Normal, Crosswind, and Steep approaches
   f) Maximum Performance Takeoff.
   g) Rejected Landing
   h) Rejected Takeoff
   i) Practice Straight in Autorotation, Discuss airspeeds and Rotor RPM management

5) **Dual Flight Instruction**
   a) Review Lesson 4
   b) Ground and Hovering Operations
      i) Running Landing
      ii) Running Takeoff
      iii) Surface Taxi, Hover Taxi, Air Taxi
   c) Discuss obtaining a Medical Certificate / Student Pilot Certificate
   d) Slope Operations
   e) Introduction to Hovering Autorotation
   f) Introduction to Anti-Torque Failure in a Hover

6) **Dual Flight Instruction**
   a) Review Lesson 5
   b) Practice Proficiency in Basic 4
   c) Practice Proficiency in Normal and Steep Approach's
7) **Dual Flight Instruction – EMERGENCY PROCEDURES**
   a) Emergency Procedures Introduction and Practice
      i) Power Failure in flight and in hover
      ii) Systems and other equipment failure
         (1) Fuel
         (2) Electrical
         (3) Mechanical
         (4) Hydraulic
         (5) Pitot Static
         (6) Other
      iii) Low/High Rotor RPM
      iv) Anti-Torque Failure in flight and hover
     v) Dynamic Rollover Awareness
    vi) Ground Resonance Awareness
    vii) Low G Conditions and Avoidance
   b) Aerodynamic Factors and Awareness
      i) $V_{ne}$
      ii) Retreating Blade Stall
      iii) Mast Bumping
   c) Emergency Equipment and Survival Gear

8) **Dual Flight Instruction**
   a) Practice Normal Procedures
   b) Practice Emergency Procedures
   c) Perform Radio Communications and Traffic Pattern Flights
   d) Practice Steep and Normal Approaches, and Rejected Landings
   e) Practice Normal Takeoffs, Rejected Takeoff
   f) Discuss and Prep for First Solo
   g) Correct any deficiencies
   h) Discuss and Review the FAA Practical Test Standards
   i) Review and Practice Special Emphasis Areas
      i) Positive aircraft control
      ii) Positive exchange of flight controls
      iii) Collision avoidance
      iv) Wake turbulence avoidance
      v) Runway incursion avoidance
vi) Controlled Flight into Terrain
vii) Wire Strike Avoidance
viii) Aeronautical Decision Making
ix) Checklist Usage

9) Dual Flight Instruction / Solo Flight
   a) Complete Pre-Solo written Exam and Discuss
   b) 2-5 Proficient Traffic Patterns DUAL
   c) Straight in and 180 Autorotation DUAL
   d) SOLO FLIGHT, supervised w/radio contact, at uncontrolled, low volume airport.
   e) SOLO Normal Takeoff, Normal Traffic Pattern and Landings

10) Dual Flight Instruction / Solo Flight
    a) Dual Review
    b) SOLO Normal Takeoff, Normal and Steep Landings
    c) SOLO Hover Practice
    d) SOLO Hover Taxing to Touchdown, Shutdown and Securing
    e) Discuss and Schedule FAA Knowledge Exam

11) Dual Flight Instruction Night Flight
    a) Introduction to Night Flying
    b) Normal Procedures
    c) Emergency Procedures
    d) Simulated IMC Conditions
    e) Discuss Human Factors
       i) Night Vision, Off Center Viewing, Reduced Depth Perception
       ii) Hypoxia
         (1) Altitude
         (2) Smoking and Drugs
         (3) Excess nitrogen from scuba diving
       iii) Hyperventilation
       iv) Spatial disorientation
       v) Motion sickness
       vi) Carbon monoxide poisoning
       vii) Stress, Fatigue, dehydration
    f) Perform Landings to full stop and touchdown (at least 10)

12) Dual Cross Country Flight
    a) Pilotage and Dead Reckoning
    b) Use of Charts, publications, performance charts
    c) Review National Airspace System
    d) Weather, NOTAM and other data collection
    e) Lost Procedures, Adverse weather and Diversions

13) Dual Cross Country Flight
a) Review Lesson 12
b) Radio Navigation
c) Radar Services and Flight Following
d) GPS Navigation
e) Sectional Charts

14) Solo Cross Country

15) Solo Cross Country

16) Dual Flight Instruction
   a) Discuss and Review all Previous Lessons
   b) Normal and Emergency Procedures Review
   c) Discuss and Correct any deficiencies
   d) Prep for FAA Practical Exam
   e) Discuss Scheduling Practical Exam

17) Dual Flight Instruction – Simulated Practical Exam
   a) Simulated Examiner by following FAA published Practical Test Standards book (PTS)
   b) Discuss and Correct any deficiencies
   c) Prepare IACRA or 8710 Form

18) Repeat any Lessons as needed / Allow student SOLO

19) FAA Practical Exam