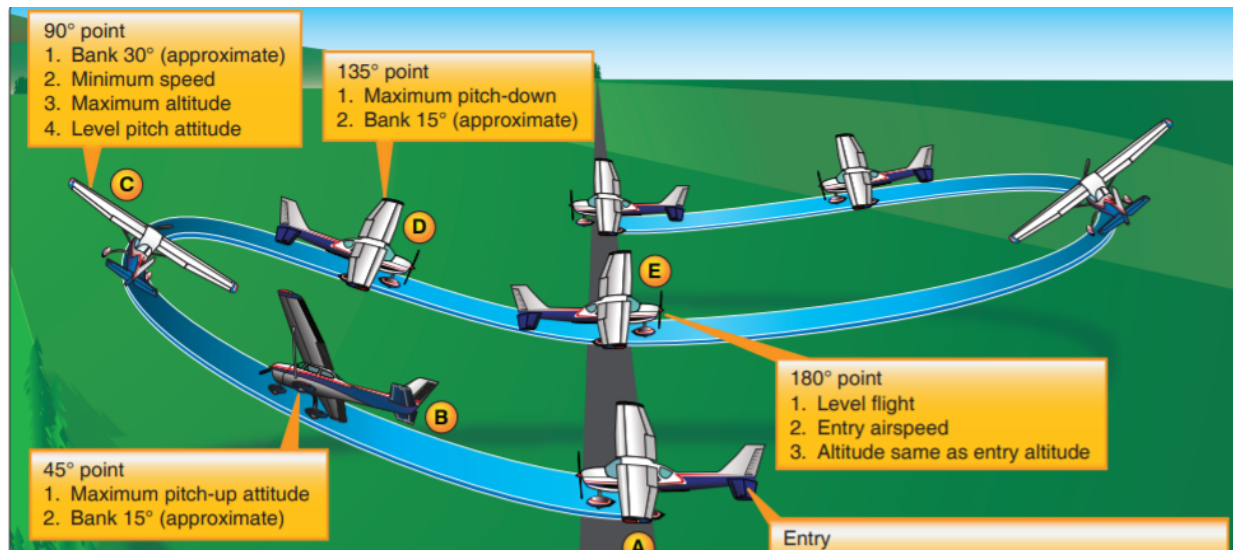




## The Lazy Eight

### Purpose

Two 180 degree turns used to develop proper coordination of flight controls.



The airplane completes two 180 degree turns in opposite directions ending on the same altitude

### Procedure

1. Clear the area begin no lower than 1,500' AGL
2. Establish wings-level cruise at 1,850 RPM and 28" MP
3. Identify the following landmarks:
  - a. Current heading - note altitude
  - b. 90° Landmark - in distance, aligned to wing on side of first turn
  - c. 45° High - between current heading and landmark
  - d. 135° Low - between landmark and 180° point
  - e. 180° point from current heading
4. **Lazilly:** Roll into 45° landmark pitching up, note altitude gain, look ahead!
5. Continue roll through 90° landmark and slice down through, aiming to next point
6. Slice down to 135° point, lose altitude gained in step #4
7. **Constantly:** Roll out on 180° point, tapping wing on 90° point
  - a.  $\pm 100'$  from altitude in 3.a.
  - b.  $\pm 10'$  from 180° from starting point  $\pm 10$  kts from entry airspeed
8. Repeat in opposite direction using:
  - a. A new 'high' 45° point
  - b. The same 90° point
  - c. A new 'low' 135° point