

1._ PRESENTATION OF THE NEW SERIES 2021

Welcome to this new set of videos!

Since I got quite a lot of questions about how to watch the previous videos and how to improve the learning curve to become safer in flight, I decided to launch this new set.

Here is an outline of what you will find in this new series.



In the third video I explain the best way to watch the whole previous video set, either for [Academy Of Aerobatics](#) or [Aero-Safety First](#).

These were made with a specific aim:

- ↳ **to prepare the brain to react the right way at the right time.** And this is possible only if you create new neural connections using your brain plasticity.

This new set will give you the keys to develop these connections through and for the best use of AOA and ASF videos since you will use a lot of visualizations and mental repetitions.

**Then, I will focus on
“ MENTAL PREPARATION ”**

OUR BRAIN

To simplify, we will use the triune brain model that schematizes the brain by dividing it into three parts:

- THE REPTILIAN PART
It controls the body's vital functions and instinctual behaviours: to breathe, to eat, to sleep and so on. It can be considered to be responsible for survival.
- THE RATIONAL PART
It confers the ability for language, abstraction, planning and perception, and is responsible for management, organization, and taking decisions
- and finally, THE EMOTIONAL PART
It is responsible on feel emotions such as desire, joy, sadness, fear, anger and so on.

FOR PILOTS

- THE RATIONAL BRAIN follows the procedures, adapts to the conditions, takes decisions and gives order to the muscles of the arms and legs to make proper inputs.

This is in a normal situation; the plane obeys to these inputs and the flight runs smoothly.

If something goes wrong,

- THE REPTILIAN BRAIN keeps ensuring survival but the emotional part of the brain comes a lot into play.
- THE EMOTIONAL PART of the brain is the third actor and this new set, will focus the most on it.

I will give you tools to improve the learning curve of general flying or aerobatics and thus, to fly safer.

It will also be very helpful to better understand what comes into play when:

- Facing learning obstacles.
- During pilot's exams and competitions.
- When confronted to emergency situations.

This is the wide area that's called "MENTAL PREPARATION"

*In your syllabus, you can only find a few words about this part of the pilot success and survival.
This is the main reason of this new video set : to fill a gap.*

This video is also part of [Academy Of Aerobatics](#) and [Aero-Safety First](#) Apps, links in the description!

✈ Leave a **LIKE** and **SHARE** it if you enjoyed it.

✈ **COMMENT** if needed and, remember to **SUBSCRIBE** and hit the **BELL BUTTON**.

In the description you will also find a link to the [Academy Of Aerobatics](#) website where you can download free content about aerobatics in the chapter « Materials ».

Fly safe and Happy landings !



Patrick PARIS – Academy Of Aerobatics – Aero-Safety First