



**“The Landing Doctor”.com**  
**SPORT PILOT TRAINING SYLLABUS R5 9/15**

**LESSON 6: GPA, Ground Proximity Awareness Training, the crosswind landing set up process.**

**TIME:** 1 hour ground instruction and 1-3 hours flight instruction

**OBJECTIVE:** To introduce the student to flying close to the ground with a crosswind until their finger nails pink up and they relax. To give the student added confidence by learning how to fly without reference to the airspeed indicator.

**HOME STUDY:** Pilot’s Handbook of Aeronautical Knowledge (**PHAK**)  
Chapters 15 &16 AFH Chapters 6 & 7

**Review lesson items:** Traffic pattern, slips, S-turns, mushing, and GPA Training by flying very low down the runway.

**New lesson items:** The student will make a normal power on final approach descent with 20 degrees of flap and 3400 RPM and level out at ten feet, followed with the normal go-around. The next approach will be identical except the airspeed will be covered. The next approach, with the airspeed covered, will continue down to the eye transition point of 5 feet followed by a runway fly down and go-around. Repeated for a third time with the airspeed indicator covered so the student learns to fly by feel, sounds and a fixed power setting of about 3400 RPM. When the student can consistently hold the five foot altitude standard, the next approach will include the 5 foot level out with eye transition and then a continued descent to 1 foot above the ground with the CFI having control of the throttle. It is acceptable for the main tires to graze the runway on occasion. The nose must track directly down the runway centerline with no crab and never touch the runway. Go-around with 2000 feet remaining. If the student has difficulty, the CFI may choose to operate more of the controls to assist the student.

**COMPLETION STANDARDS:** The lesson is completed when the student can fly relaxed at 5 feet over the runway with the airspeed covered and can fly at 1 foot above the runway with the CFI’s assistance.