

GUE-FUNDIE SKILLS

1. Frogkick.
2. Modified frogkick.
3. Modified flutterkick.
4. Backkick.
5. Center of gravity drill.
6. Helicopter turn.
7. Basic 5 skills:
 - Regulator removal.
 - Regulator exchange.
 - Modified S-drill.
 - Mask clear.
 - Mask removal.
1. S-drill.
2. Valve drill.
3. 1 m/min ascent drill.
4. OOG horizontal ascent.
5. SMB/Liftbag deployment.