

DISCUS, LAUNCHED GLIDERS - SO EASY A CAVEMAN COULD DO IT

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DLGs seem a near perfect match up with physically able flyers that can avoid tripping over their own feet.

I think that the coming season will be a very exciting one with the appearance of numerous Discus glider designs. I for one will be out there spinning around like a whirling dervish. It would be helpful if we had a couple of locations that were tailored for pig pen usage. Clumps of grass and such can really trip/dump one on their butt when trying to do the light fantastic. A voiding sprained ankles shouldn't be a part of the challenge.

For those interested in the discus launch I would suggest doing some level of pre-training. It is a fact that the best Olympic discus throwers are in their thirties...the reason given is the difficulty of mastering the technique.

There is a big difference in that the discus weighs some four Lbs. The heavy weight means that the turn must be powered all the way around ...no leaping into the air like a ballerina. Our much lighter gliders offer a different athletic challenge with a little more leeway since we are not confined to an eight foot circle so and can utilize forward travel without fouling out.

Without going into the footwork involved one can prepare by doing a simple exercise. Stand with your feet about shoulder distance with knees bent in a quarter squat. Clasp your hands in front of your chest. With your upper body like an upright column ~ your hips and torso right and left in a twisting fashion. The aspect to work on is in powering the movement of the hips with a scissors like pressure from your legs. Without this bit of kinetics becoming a learned habit you won't have the essential body's core strength coming on line when needed. Without your body knowing what is required to do the arm will try to take over...and it ain't strong enough to do the job.

I would suggest that one stop several times a day to do this deceptively simple twist once that is down then it will be time to add on the special footwork that incorporates the spin. Incidentally, one can do a standing toss without the spin, but that sacrifices about 20% of the available power.

One of the hardest skills to learn is in letting the throwing arm lag behind to remain a mere extension. In between the start and finish there is a tendency to swing the arm forward during the turn which means it will then lag behind causing a jerk.

Another point is that the left arm starts out being extended, but at the very end it is then best retracted back into the torso with the elbow jammed into the left side of the abdomen. This maneuver is called "blocking" and adds more thrust to

the throw. (DeLoach is permitted to ignore this banging into the gut technique until his scrambled innards are fully healed, again)

DL for FFHLG is tough, but I think it can be handled. You want an unusually long tail arm for good yaw damping and spiral dive resistance. The kite carbon booms will probably be essential to take the stress. The pitch trim conflicts between launch, climb out, rollout, and glide might be solved with a suitable combination of tail tilt, aeroelastics, and maybe a hinged elevator actuated by high airspeed.

If this works, the 2 minute max may need to be increased. An RCHLG with a good launch can easily exceed 2:00 in dead air.