

IFR Muscle Building and Instrument Proficiency Check

Instrument skills and knowledge require constant exercise to stay sharp and effective. The FAA-mandated six approaches, et. al. every six months will keep you legal but not proficient and safe. Unlike the discretion provided for the flight review, an [Instrument Proficiency Check](#) is described precisely in the Instrument Rating ACS. Comprehensive training goes even further into many plausible failure modes and

An [FAA/Embry-Riddle technical study](#) of 42 pilots, revealed that for 27 tested pilot skills, *all of the tested skills deteriorated, some significantly, during the two years after the tested pilots earned their certificates*

Sunday, September 14th, 8 pm EDT - Info and registration [here!](#)

A message from the National FAASTeam Manager

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Event Details

Sun, Sep 14, 2025 at 20:00 EDT

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