## Ascend and Descend

Ascend by generating more lift than weight and vice-versa.

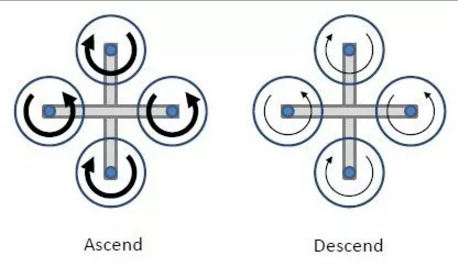
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Figure 3.e: Ascend and descend (Bold arrow represents higher RPM)