



1  
00:00:12,230 --> 00:00:10,070  
a lot of people don't realize how

2  
00:00:14,310 --> 00:00:12,240  
squished it is inside the soyuz and then

3  
00:00:16,470 --> 00:00:14,320  
when you those seats it's really

4  
00:00:18,390 --> 00:00:16,480  
tight what was it like describe for

5  
00:00:20,550 --> 00:00:18,400  
people that haven't really

6  
00:00:22,150 --> 00:00:20,560  
seen it before how the logistics of

7  
00:00:24,230 --> 00:00:22,160  
opening the hatch and getting a person

8  
00:00:26,070 --> 00:00:24,240  
out and other people out so when we say

9  
00:00:28,470 --> 00:00:26,080  
cocking the seats the seats actually put

10  
00:00:30,230 --> 00:00:28,480  
push up in it so it provides it's

11  
00:00:31,990 --> 00:00:30,240  
essentially kind of a piston situation

12  
00:00:34,150 --> 00:00:32,000  
so that when we land there's the seats

13  
00:00:35,590 --> 00:00:34,160

can kind of displace downward to absorb

14

00:00:37,830 --> 00:00:35,600

some of that shock

15

00:00:40,229 --> 00:00:37,840

and and we get to experience that in the

16

00:00:42,069 --> 00:00:40,239

fit check prior to launch so we actually

17

00:00:43,990 --> 00:00:42,079

get all strapped into the seat and they

18

00:00:45,910 --> 00:00:44,000

the seats up and so you get to kind

19

00:00:47,510 --> 00:00:45,920

of feel what that what it feels like to

20

00:00:49,910 --> 00:00:47,520

be in that constrained

21

00:00:52,069 --> 00:00:49,920

position and the soyuz is pretty tight

22

00:00:54,709 --> 00:00:52,079

as it is i mean i guess i like to

23

00:00:57,110 --> 00:00:54,719

compare it to fitting three people

24

00:00:58,630 --> 00:00:57,120

into the front of a volkswagen beetle

25

00:01:00,310 --> 00:00:58,640

and actually it's tighter than that i

26

00:01:01,830 --> 00:01:00,320

think and then when you the seats

27

00:01:03,670 --> 00:01:01,840

you kind of i mean it's really kind of

28

00:01:05,189 --> 00:01:03,680

being pushed up into the dashboard and

29

00:01:07,350 --> 00:01:05,199

it's a pretty tight fit and when we did

30

00:01:09,750 --> 00:01:07,360

that for the fit check before launch

31

00:01:11,590 --> 00:01:09,760

they didn't the commander's seat up

32

00:01:12,789 --> 00:01:11,600

so it was still pretty easy to get out

33

00:01:14,789 --> 00:01:12,799

you could slide over and there's more

34

00:01:16,789 --> 00:01:14,799

room there for dissent when we actually

35

00:01:18,550 --> 00:01:16,799

went through the the real situation

36

00:01:20,789 --> 00:01:18,560

you've been sitting in that seat now for

37

00:01:22,950 --> 00:01:20,799

probably three hours strapped in you've

38

00:01:24,950 --> 00:01:22,960

just gone through high gs where you

39

00:01:26,230 --> 00:01:24,960

really get sucked down into the seat

40

00:01:28,710 --> 00:01:26,240

so you're trying to tighten your straps

41

00:01:30,069 --> 00:01:28,720

so that you're ready for for landing and

42

00:01:31,749 --> 00:01:30,079

parachute opening and landing and when

43

00:01:33,109 --> 00:01:31,759

the seat up it happens much

44

00:01:34,550 --> 00:01:33,119

quicker than it happens on the ground i

45

00:01:35,990 --> 00:01:34,560

think on the ground they use some kind

46

00:01:37,670 --> 00:01:36,000

of a pneumatic system that kind of

47

00:01:39,429 --> 00:01:37,680

slowly pushes you up and when it really

48

00:01:40,469 --> 00:01:39,439

happens it's pretty brisk so that if

49

00:01:42,389 --> 00:01:40,479

you're not paying attention all of a

50

00:01:44,149 --> 00:01:42,399

sudden the dashboard is in your face

51  
00:01:46,069 --> 00:01:44,159  
it's a pretty tight fit because you you

52  
00:01:47,830 --> 00:01:46,079  
know there's instruments

53  
00:01:48,789 --> 00:01:47,840  
there's a hand controller you know is

54  
00:01:50,950 --> 00:01:48,799  
sitting on the right seat and there's a

55  
00:01:53,109 --> 00:01:50,960  
hand control over here so when when you

56  
00:01:54,789 --> 00:01:53,119  
get pushed up i mean that really kind of

57  
00:01:56,789 --> 00:01:54,799  
comes up against your knees and squeezes

58  
00:01:57,590 --> 00:01:56,799  
your knees knees together and your face

59  
00:02:02,230 --> 00:01:57,600  
is

60  
00:02:03,910 --> 00:02:02,240  
are not going anywhere in that situation

61  
00:02:05,910 --> 00:02:03,920  
and so after landing you're still

62  
00:02:07,429 --> 00:02:05,920  
sitting in that position and so it's

63  
00:02:10,070 --> 00:02:07,439

nice to finally get out of the seat so i

64

00:02:11,990 --> 00:02:10,080

waited for oleg and kimia to get out

65

00:02:14,150 --> 00:02:12,000

and like i said we were hanging kind of

66

00:02:15,350 --> 00:02:14,160

face down and the hatch opens kind of

67

00:02:17,030 --> 00:02:15,360

like this

68

00:02:17,990 --> 00:02:17,040

so

69

00:02:19,670 --> 00:02:18,000

when they release you out of your

70

00:02:21,270 --> 00:02:19,680

seatbelt you kind of just kind of fall

71

00:02:23,350 --> 00:02:21,280

down they control you know control you

72

00:02:24,949 --> 00:02:23,360

and let you down easy and it's funny

73

00:02:26,550 --> 00:02:24,959

because my brain was telling me oh this

74

00:02:28,630 --> 00:02:26,560

is this is actually not going to be too

75

00:02:30,630 --> 00:02:28,640

bad i'll just get on all fours on the

76

00:02:32,150 --> 00:02:30,640

hatch and just kind of crawl out yeah

77

00:02:33,750 --> 00:02:32,160

sure you will and uh

78

00:02:35,350 --> 00:02:33,760

my brain and

79

00:02:37,030 --> 00:02:35,360

like my body just had like this

80

00:02:38,790 --> 00:02:37,040

immediate dissociation because as soon

81

00:02:40,070 --> 00:02:38,800

as i got let down on the hatch i just

82

00:02:41,670 --> 00:02:40,080

kind of went

83

00:02:48,309 --> 00:02:41,680

i couldn't even lift my head up i was

84

00:02:52,150 --> 00:02:50,229

so thankfully there are people people

85

00:02:54,470 --> 00:02:52,160

there that know what what's going on and

86

00:02:55,990 --> 00:02:54,480

know what i'm so i didn't totally place

87

00:02:56,790 --> 00:02:56,000

face plant and break my nose on the

88

00:02:58,710 --> 00:02:56,800

hatch

89

00:03:02,390 --> 00:02:58,720

and they pulled me out and you know

90

00:03:04,470 --> 00:03:02,400

after even minutes to an hour your

91

00:03:06,309 --> 00:03:04,480

body starts to go through this

92

00:03:08,470 --> 00:03:06,319

adaptation process and recognizes

93

00:03:09,830 --> 00:03:08,480

gravity again and your muscles you know

94

00:03:11,350 --> 00:03:09,840

don't want to work but you know even

95

00:03:13,830 --> 00:03:11,360

after an hour you're able to stand up

96

00:03:16,390 --> 00:03:13,840

and walk with with some support and you

97

00:03:18,149 --> 00:03:16,400

know it's amazing just within days

98

00:03:19,509 --> 00:03:18,159

you're walking unassisted and then

99

00:03:21,430 --> 00:03:19,519

within weeks