

Advanced Schedule (2017-2018) – Manoeuvre Descriptions

Triangle loop

From upright, pull through a $\frac{3}{8}$ loop into a 45° upline, pull through $\frac{1}{4}$ loop into a 45° downline, pull through a $\frac{3}{8}$ loop, exit upright.

Figure Et with $\frac{1}{2}$ roll down

From upright, pull through a $\frac{1}{8}$ loop into a 45° upline, pull through a $\frac{5}{8}$ loop into a vertical downline, perform $\frac{1}{2}$ roll, pull through a $\frac{1}{4}$ loop, exit upright.

Cuban 8 with $\frac{1}{2}$ roll, $\frac{1}{2}$ roll

From upright, pull through a $\frac{5}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{3}{4}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop, exit upright.

Half square loop with $\frac{1}{2}$ roll

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, perform a $\frac{1}{2}$ roll, push through a $\frac{1}{4}$ loop, exit upright.

Reverse Cobra Roll with roll

From upright, push through a $\frac{1}{8}$ loop into a 45° downline, pull through a $\frac{1}{4}$ loop into a 45° upline, perform a roll, push through a $\frac{1}{8}$ loop, exit upright.

Spin with two and a $\frac{1}{2}$ turns

From upright, perform a spin with two and a $\frac{1}{2}$ turns, perform a vertical downline, pull through a $\frac{1}{4}$ loop, exit upright.

Figure 9

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, pull through a $\frac{3}{4}$ loop, exit upright.

Pull-Pull-Pull Humpy-Bump with $\frac{1}{2}$ roll down (Option: with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll)

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, pull through a $\frac{1}{2}$ loop into a vertical downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{4}$ loop, exit upright.

Option: From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, perform a $\frac{1}{4}$ roll, pull through a $\frac{1}{2}$ loop into a vertical downline, perform a $\frac{1}{4}$ roll, pull through a $\frac{1}{4}$ loop, exit upright.

Stall Turn with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, perform a $\frac{1}{4}$ roll, perform a stall turn into a vertical downline, perform a $\frac{1}{4}$ roll, pull through a $\frac{1}{4}$ loop, exit upright.

Half Reverse Cuban 8 with $\frac{1}{2}$ roll

From upright, pull through a $\frac{1}{8}$ loop into a 45° upline, perform a $\frac{1}{2}$ roll, pull through a $\frac{5}{8}$ loop, exit upright.

Knife-Edge flight with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll

From upright, perform a $\frac{1}{4}$ roll, perform a knife-edge flight, perform a $\frac{1}{4}$ roll exit upright.

Immelman Turn with $\frac{1}{2}$ roll

From upright, pull through a $\frac{1}{2}$ loop, perform a $\frac{1}{2}$ roll, exit upright.

Outside Loop

From upright, push through a loop, exit upright.

Split S

From upright, perform a $\frac{1}{2}$ roll, then immediately pull through a $\frac{1}{2}$ loop, exit upright.

Double Key

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, pull through a $\frac{5}{8}$ loop into a 45° downline, pull through a $\frac{1}{4}$ loop into a 45° upline, pull through a $\frac{5}{8}$ loop into a vertical downline, pull through a $\frac{1}{4}$ loop, exit upright.

Half Cuban 8 with $\frac{1}{2}$ roll

From upright pull through a $\frac{5}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop, exit upright.

Square Loop

From upright, perform a square loop.