

Expert Schedule A-18 (2017-2018) – Manoeuvre Descriptions

Triangle loop with $\frac{1}{2}$ roll, $\frac{1}{2}$ roll

From upright, perform a $\frac{1}{2}$ roll in the centre, push through a $\frac{3}{8}$ loop into a 45° upline, push through a $\frac{1}{4}$ loop into a 45° downline, push through a $\frac{3}{8}$ loop, perform a $\frac{1}{2}$ roll in the centre, exit upright.

Figure Et with consecutive two $\frac{1}{2}$ rolls in opposite directions, $\frac{1}{2}$ roll

From upright, pull through a $\frac{1}{8}$ loop into a 45° upline, perform consecutively two $\frac{1}{2}$ rolls in opposite directions, 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 roll, roll

From upright, pull through a $\frac{5}{8}$ loop into a 45° downline, perform a roll, push through a $\frac{3}{4}$ loop into a 45° downline, perform a 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 consecutive two $\frac{1}{4}$ rolls

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 consecutively two $\frac{1}{4}$ rolls, pull through a $\frac{1}{8}$ loop, exit inverted.

Spin with two turns

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

Figure 9 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 $\frac{3}{4}$ loop, exit inverted.

Push-Pull-Push Humpy-Bump with, consecutive two $\frac{1}{4}$ rolls (Option: with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll)

From inverted, push through a $\frac{1}{4}$ loop into a vertical upline, pull through a $\frac{1}{2}$ loop into a vertical downline, perform consecutively two $\frac{1}{4}$ rolls, push through a $\frac{1}{4}$ loop, exit inverted.

Option: From inverted, push 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, push through a $\frac{1}{4}$ loop, exit inverted.

Stall Turn with $\frac{3}{4}$ roll, $\frac{1}{4}$ roll

From Inverted, push through a $\frac{1}{4}$ loop into a vertical upline, perform a $\frac{3}{4}$ roll, perform a stall turn into a vertical downline, perform a $\frac{1}{4}$ roll, push through a $\frac{1}{4}$ loop, exit inverted.

Half Reverse Cuban 8

From inverted, push through a $\frac{1}{8}$ loop into a 45° upline, 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.

Loop with $\frac{1}{2}$ roll integrated

From upright, push through a loop while integrating a $\frac{1}{2}$ roll in the last 90° , exit inverted.

Half Square Loop on Corner

From inverted, pull through a $\frac{1}{8}$ loop into a 45° downline, pull through a $\frac{1}{4}$ loop into a 45° downline, pull through a $\frac{1}{8}$ 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 with, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll

From upright perform a square loop while performing a $\frac{1}{2}$ roll in the up leg and a $\frac{1}{2}$ roll in the down leg, exit upright.