



EXPERT

	K-Factor
Take off	
1 FIGURE M. 3 of 4-point roll up, ¼ roll down half outside loop, ¼ roll up, ¾ roll down	5
2 Half Reverse Cuban 8, 2 of 4-point in the 45°	2
3 TWO SLOW ROLLS in opposite direction	4
4 Half Square Loop, full roll up, exit inverted	2
5 45° DOWNLINE, 4-POINT roll, exit inverted	4
6 Humpty Bump, ½ roll up, push out, 2 of 4-point down	3
7 LOOP, integrated 4-point over the top 90°	5
8 Half Square Loop on corner, 2 of 4-pt each 45° exit inv	3
9 REVERSE CUBAN 8, 4 of 8-point & 2 of 4-point in the 45° downlines, exit inverted	4
10 Half Loop, half roll at the bottom, exit inverted	2
11 2 of 4-POINT ROLLS in opposite, exit invert	4
12 Stall Turn, 2 of 4-point roll up, full roll down	2
13 DOUBLE IMMELMANN, 2 of 4 point roll, then full roll, exit inverted	4
14 Figure 9, full roll up	2
15 KNIFE EDGES in opposite	5
16 Figure 8, outside loop bottom, ½ on top, exit inverted	2
17 2 & 1/4 turn INVERTED SPINS in opposite direction, half-roll in the exit line	4
Landing	Total K: 57

1 / 2010

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ADVANCED

	K-Factor
Take Off	
1 FIGURE M with two stall turns. ¼ rolls up and down, ½ outside loop at centre	5
2 Half Reverse Cuban 8, half roll in the 45° upline	2
3 SLOW ROLL	3
4 Half Square Loop, with half roll up	2
5 45° DOWNLINE, 1 & ½ SNAP ROLL exit inv	3
6 Humpty Bump, ½ rolls up & down, push out on top	3
7 LOOP with ½ roll at the top, exit inverted	4
8 Half square loop on corner, ½ roll in the exit line, exit inverted	2
9 REVERSE CUBAN 8 with ½ rolls in the 45° downlines, exit inverted	3
10 Half Loop	1
11 KNIFE EDGE	4
12 Stall Turn	2
13 DOUBLE IMMELMANN, full roll at the top half roll at the bottom, exit inverted	4
14 Half Outside Loop	1
15 45° DOWNLINE with 2 of 4-POINT, exit inv	4
16 Half Square Loop	1
17 2 TURN SPIN, full roll in the exit line	3
Landing	Total K: 47

1 / 2010

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