



SPORTSMAN

| | | | K-Factor |
|----|---|-------------------------------------|-------------|
| 1 | U | Take Off | |
| 2 | U | DOUBLE IMMELMAN, half rolls | 2 |
| 3 | D | SLOW ROLL | 3 |
| 4 | U | TWO CONSECUTIVE LOOPS | 3 |
| 5 | D | TWO CONSECUTIVE ROLLS | 3 |
| 6 | U | TOP HAT with half roll up and down | 3 |
| 7 | D | TWO OUTSIDE LOOPS | 4 |
| 8 | U | SQUARE LOOP ON CORNER | 3 |
| 9 | D | INVERTED FLIGHT | 2 |
| 10 | U | STALL TURN, 1/4 roll up and down | 2 |
| 11 | D | CUBAN 8 with half rolls in the 45°s | 3 |
| 12 | U | TWO TURN SPIN | 2 |
| | | | Total K: 30 |
| 13 | U | Landing | |

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ADVANCED

| | | | K-Factor |
|----|--|--|-------------|
| | | Take Off | |
| 1 | | FIGURE M with two stall turns. ¼ rolls up and down, half 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, Half roll in the exit line, exit inverted | 2 |
| 9 | | REVERSE CUBAN 8 with half 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 |

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