A-18.01 <u>Triangle loop</u> with ½ roll, ½ roll
From upright, pull trough a 3/8 loop into a 45° upline, perform a ½ roll in the centre, push through ¼ loop into a 45° downline, perform a ½ roll in the centre, pull through a 3/8 loop, exit upright.

A-18.02 <u>Figure Et</u> with consecutive two ½ rolls in opposite directions, ½ roll
From upright, pull through a 1/8 loop into a 45° upline, perform consecutively two ½ rolls in opposite directions, pull through a 5/8 loop into a vertical downline, perform ½ roll, pull through a ¼ loop, exit upright.

A-18.03 <u>Cuban 8</u> with roll, roll
From upright, pull through a 5/8 loop into a 45° downline, perform a roll, push through a ¾ loop into a 45° downline, perform a roll, pull through a 1/8 loop, exit upright.

A-18.04 <u>Half square loop</u> with ½ roll
From upright, pull through a ¼ loop into a vertical upline, perform a ½ roll, push through a ¼ loop, exit upright.

A-18.05 <u>Reverse Cobra Roll</u> with consecutive two ¼ rolls
From upright, push through a 1/8 loop into a 45° downline, pull through a ¼ loop into a 45° upline, perform consecutively two ¼ rolls, pull through a 1/8 loop, exit inverted.

A-18.06 <u>Spin</u> with two turns
From inverted, perform an inverted spin with two turns, perform a vertical dowline, pull through a ¼ loop, exit upright.

A-18.07 <u>Figure 9</u> with ½ roll
From upright, pull through a ¼ loop into a vertical upline, perform a ½ roll, push through a ¾ loop, exit inverted.

A-18.08 <u>Push-Pull-Pull Humpty-Bump</u> (Option: with ¼ roll, ¼ roll)
From inverted, push trough a ¼ loop into a vertical upline, pull through a ½ loop into a vertical downline, pull through a ¼ loop, exit upright.
Option: From inverted, push trough a ¼ loop into a vertical upline, perform a ¼ roll, pull through a ½ loop into a vertical downline, perform a ¼ roll, pull through a ¼ loop, exit upright.

A-18.09 <u>Stall Turn</u> with ¾ roll, ¼ roll
From upright, pull through a ¼ loop into a vertical upline, perform a ¾ roll, perform a stall turn into a vertical downline, perform a ¼ roll, pull through a ¼ loop, exit upright.

A-18.10 <u>Half Reverse Cuban 8</u>
From upright, pull through a 1/8 loop into a 45° upline, perform a ½ roll, pull through a 5/8 loop, exit upright.

A.18.11 <u>Knife-Edge flight</u> with ¼ roll, ¼ roll
From upright, perform a ¼ roll, perform a knife-edge flight, perform a ¼ roll exit upright.

A-18.12 <u>Immelman Turn</u> with ½ roll
From upright, pull through a ½ loop, perform a ½ roll, exit upright

A-18.13 <u>Loop with ½ roll integrated</u>
From upright, push through a loop while integrating a ½ roll in the last 90°, exit inverted.

A-18.14 <u>Half Square Loop on Corner</u>
From inverted, pull trough a 1/8 loop into a 45° downline, pull through a ¼ loop into a 45° downline, pull through a 1/8 loop, exit upright.

A-18.15 <u>Double Key</u>
From upright, pull through a ¼ loop into a vertical upline, pull through a 5/8 loop into a 45° downline, pull through a 1/4 loop into a 45° upline, pull through a 5/8 loop into a vertical downline, pull through a ¼ loop, exit upright.

A-18.16 <u>Half Cuban 8</u> with ½ roll
From upright, pull through a 5/8 loop into a 45° downline, perform a ½ roll, exit upright.

A-18.17 <u>Square Loop</u> with ½ roll, ½ roll
From upright perform a square loop while performing a ½ roll in the up leg and a ½ roll in the down leg, exit upright.