

## **F3S**

Maneuver:

- 1 Loop with roll integrated over top 90 degrees
- 2 Half reverse Cuban 8 with consecutive two  $\frac{1}{4}$  rolls (2 of 4)
- 3 Opposite knife-edge Flight
- 4 Immelmann with roll
- 5 Reverse Cuban 8 with two consecutive two  $\frac{1}{4}$  rolls
- 6 Half square loop on corner
- 7 Figure 9 with roll up
- 8 Pull-push-pull Humpty Bump with half roll down
- 9 45° Upline with four consecutive  $\frac{1}{8}$  (4 of 8)
- 10 Half Loop
- 11 Roll Combination with consecutive half slow roll and in opposite direction two  $\frac{1}{4}$  rolls (2 of 4)
- 12 Pull-pull-pull Humpty Bump with half roll down
- 13 Triangle with roll

## **EDF**

- 1 Loop with roll integrated over top 90 degrees
- 2 Half reverse Cuban 8 with consecutive two  $\frac{1}{4}$  rolls (2 of 4)
- 3 Opposite knife-edge Flight
- 4 Immelmann with roll
- 5 Square Loop from the Top
- 6 Half Loop
- 7 Roll Combination with consecutive half slow roll and in opposite direction two  $\frac{1}{4}$  rolls (2 of 4)

## **Basic and Scale**

- 1 45° Upline with two  $\frac{1}{4}$  rolls (2 of 4)
- 2 Knife Edge Flight
- 3 Loop
- 4 Teardrop (5/8 vertical loop) with full roll up
- 5 Roll Combination with consecutive half slow roll and in opposite direction two  $\frac{1}{4}$  rolls (2 of 4)
- 6 Triangle Loop
- 7 Slow Roll
- 8 Reverse Cuban 8 with  $\frac{1}{2}$  rolls
- 9 Square Loop on Corner

K-Factor

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