

DESCRIPTIONS - FAI PRELIMINARY SCHEDULE P-19 (2019)

- 1. Triangle loop with $\frac{1}{2}$ roll, consecutive two $\frac{1}{4}$ rolls, consecutive two $\frac{1}{4}$ 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, perform consecutively two $\frac{1}{4}$ rolls, pull through $\frac{1}{4}$ loop into a 45° downline, perform consecutively two $\frac{1}{4}$ rolls, push through a $\frac{3}{8}$ loop, perform a $\frac{1}{2}$ roll in the centre, exit upright.**
- 2. Figure Et with consecutive two $\frac{1}{2}$ rolls in opposite directions, consecutive four $\frac{1}{8}$ rolls 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 consecutively four $\frac{1}{8}$ rolls, pull through a $\frac{1}{4}$ loop, exit upright.**
- 3. Cuban 8 with snap-roll, snap-roll from upright, pull through a $\frac{5}{8}$ loop into a 45° downline, perform a snap-roll, push through a $\frac{3}{4}$ loop into a 45° downline, perform a snap-roll pull through a $\frac{1}{8}$ loop, exit upright.**
- 4. 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.**
- 5. Reverse Cobra Roll with roll, consecutive two $\frac{1}{4}$ rolls from upright, push through a $\frac{1}{8}$ loop into a 45° downline, perform a roll, 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.**
- 6. 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.**
- 7. 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.**
- 8. Push-Push-Push Humpy-Bump with consecutive two $\frac{1}{4}$ rolls, consecutive two $\frac{1}{2}$ rolls in opposite directions (Option: with $\frac{1}{4}$ roll, consecutive $\frac{1}{2}$ roll, $\frac{1}{4}$ roll in opposite directions) from inverted, push through a $\frac{1}{4}$ loop into a vertical upline, perform consecutively two $\frac{1}{4}$ rolls, push through a $\frac{1}{2}$ loop into a vertical downline, perform consecutively two $\frac{1}{2}$ rolls, in opposite directions, 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, push through a $\frac{1}{2}$ loop into a vertical downline, perform consecutively a $\frac{1}{2}$ roll, $\frac{1}{4}$ roll in opposite directions, push through a $\frac{1}{4}$ loop, exit inverted.**

- 9. Stall Turn with roll, consecutive three $\frac{1}{4}$ rolls, $\frac{3}{4}$ roll from Inverted, perform a roll, push through a $\frac{1}{4}$ loop into a vertical upline, perform consecutively three $\frac{1}{4}$ rolls, perform a stall turn into a vertical downline, perform a $\frac{3}{4}$ roll, push through a $\frac{1}{4}$ loop, exit inverted.**
- 10. Half Reverse Cuban 8 with roll from inverted, push through a $\frac{1}{8}$ loop into a 45° upline, perform a roll, pull through a $\frac{5}{8}$ loop, exit upright.**
- 11. Knife-Edge flight with $1\frac{1}{4}$ roll, $1\frac{1}{4}$ roll from upright, perform a $1\frac{1}{4}$ roll, perform a knife-edge flight, perform a $1\frac{1}{4}$ roll exit upright.**
- 12. Immelman Turn with $\frac{1}{2}$ roll from upright, pull through a $\frac{1}{2}$ loop, perform a $\frac{1}{2}$ roll, exit upright**
- 13. Loop with two $\frac{1}{2}$ rolls integrated from upright, push through a loop while integrating a $\frac{1}{2}$ roll in the first 90° and another $\frac{1}{2}$ roll in the last 90° , exit upright.**
- 14. Half Square Loop on Corner with $\frac{1}{2}$ roll from upright, push through a $\frac{1}{8}$ loop into a 45° downline, push through a $\frac{1}{4}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop, exit upright.**
- 15. Double Key with roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, roll from upright, pull through a $\frac{1}{4}$ loop into a centre vertical upline, perform a roll, pull through a $\frac{5}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, push through a $\frac{1}{4}$ loop into a 45° upline, perform a $\frac{1}{2}$ roll, pull through a $\frac{5}{8}$ loop into a centre vertical downline, perform a roll, pull through a $\frac{1}{4}$ loop, exit upright.**
- 16. Half Cuban 8 with consecutive two $\frac{1}{4}$ rolls from upright, pull through a $\frac{5}{8}$ loop into a 45° downline, perform consecutively two $\frac{1}{4}$ rolls, exit upright. P-19.17 Square Loop with, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll from upright perform a square loop while performing a $\frac{1}{2}$ roll in each one leg, exit upright...**