F3A - P19



Cuban 8 with Snap-Roll, Snap-Roll Half Square Loop with ½ Roll Severse Cobra Roll with Roll, Consecutive Two ¼ Rolls, Exit Inv Reverse Spin with Two Turns Figure 9 with ½ Roll, Exit Inv Rolls, Exit Inv Rolls Push-Push-Push Humpy-Bump with Consecutive Two ¼ Rolls, Consecutive Two ½ Rolls in Opposite Directions (Option: with ¼ Roll, Consecutive ½ roll, ¼ Roll in Opposite Directions), Exit Inv Rolls Stall Turn with Roll, Consecutive Three ¼ Rolls, ¾ Roll, Exit Inv Half Reverse Cuban 8 with Roll Knife-Edge Flight with 1 ¼ Roll, 1 ¼ Roll Inmelman Turn with ½ Roll Loop with Two 1/2 Rolls Integrated Half Square Loop on Corner with ½ Roll Double Key with Roll, ½ Roll, ½ Roll, Roll Half Cuban 8 with Consecutive Two ¼ Rolls	<u>01</u> Triangle Loop , with $\frac{1}{2}$ Roll, Consecutive Two $\frac{1}{4}$ Rolls, Consecutive Two $\frac{1}{4}$ Roll, $\frac{1}{2}$ Roll	ve 3
104 Half Square Loop with ½ Roll 105 Reverse Cobra Roll with Roll, Consecutive Two ¼ Rolls, Exit Inv 106 Inverted Spin with Two Turns 107 Figure 9 with ½ Roll, Exit Inv 108 Push-Push-Push Humpy-Bump with Consecutive Two ¼ Rolls, Consecutive Two ½ Rolls in Opposite Directions (Option: with ¼ Roll, Consecutive ½ roll, ¼ Roll in Opposite Directions), Exit Inv 109 Stall Turn with Roll, Consecutive Three ¼ Rolls, ¾ Roll, Exit Inv 10 Half Reverse Cuban 8 with Roll 11 Knife-Edge Flight with 1 ¼ Roll, 1 ¼ Roll 12 Immelman Turn with ½ Roll 13 Loop with Two 1/2 Rolls Integrated 14 Half Square Loop on Corner with ½ Roll 15 Double Key with Roll, ½ Roll, ½ Roll, Roll 16 Half Cuban 8 with Consecutive Two ¼ Rolls		3
05 Reverse Cobra Roll with Roll, Consecutive Two ¼ Rolls, Exit Inv 06 Inverted Spin with Two Turns 07 Figure 9 with ½ Roll, Exit Inv 08 Push-Push-Push Humpy-Bump with Consecutive Two ¼ Rolls, Consecutive Two ½ Rolls in Opposite Directions (Option: with ¼ Roll, Consecutive ½ roll, ¼ Roll in Opposite Directions), Exit Inv 09 Stall Turn with Roll, Consecutive Three ¼ Rolls, ¾ Roll, Exit Inv 10 Half Reverse Cuban 8 with Roll 11 Knife-Edge Flight with 1 ¼ Roll, 1 ¼ Roll 12 Immelman Turn with ½ Roll 13 Loop with Two 1/2 Rolls Integrated 14 Half Square Loop on Corner with ½ Roll 15 Double Key with Roll, ½ Roll, ½ Roll, Roll 16 Half Cuban 8 with Consecutive Two ¼ Rolls	03 Cuban 8 with Snap-Roll, Snap-Roll	5
106 Inverted Spin with Two Turns 107 Figure 9 with ½ Roll, Exit Inv 108 Push-Push-Push Humpy-Bump with Consecutive Two ¼ Rolls, Consecutive Two ½ Rolls in Opposite Directions (Option: with ¼ Roll, Consecutive ½ roll, ¼ Roll in Opposite Directions), Exit Inv 109 Stall Turn with Roll, Consecutive Three ¼ Rolls, ¾ Roll, Exit Inv 10 Half Reverse Cuban 8 with Roll 11 Knife-Edge Flight with 1 ¼ Roll, 1 ¼ Roll 12 Immelman Turn with ½ Roll 13 Loop with Two 1/2 Rolls Integrated 14 Half Square Loop on Corner with ½ Roll 15 Double Key with Roll, ½ Roll, ½ Roll, Roll 16 Half Cuban 8 with Consecutive Two ¼ Rolls	04 Half Square Loop with ½ Roll	2
O7 Figure 9 with ½ Roll, Exit Inv O8 Push-Push Humpy-Bump with Consecutive Two ¼ Rolls, Consecutive Two ½ Rolls in Opposite Directions (Option: with ¼ Roll, Consecutive ½ roll, ¼ Roll in Opposite Directions), Exit Inv O9 Stall Turn with Roll, Consecutive Three ¼ Rolls, ¾ Roll, Exit Inv O9 Half Reverse Cuban 8 with Roll OHAIF Reverse Cuban 8 with Roll OHAIF Reverse Flight with 1 ¼ Roll, 1 ¼ Roll OHAIF Loop with Two 1/2 Rolls Integrated OHAIF Square Loop on Corner with ½ Roll OHAIF Square Loop on Corner with ½ Roll OHAIF Cuban 8 with Consecutive Two ¼ Rolls	05 Reverse Cobra Roll with Roll, Consecutive Two 1/4 Rolls, Exit Inv	4
OB Push-Push-Push Humpy-Bump with Consecutive Two ¼ Rolls, Consecutive Two ½ Rolls in Opposite Directions (Option: with ¼ Roll, Consecutive ½ roll, ¼ Roll in Opposite Directions), Exit Inv OB Stall Turn with Roll, Consecutive Three ¼ Rolls, ¾ Roll, Exit Inv Half Reverse Cuban 8 with Roll Knife-Edge Flight with 1 ¼ Roll, 1 ¼ Roll Immelman Turn with ½ Roll Loop with Two 1/2 Rolls Integrated Half Square Loop on Corner with ½ Roll Double Key with Roll, ½ Roll, ½ Roll, Roll Half Cuban 8 with Consecutive Two ¼ Rolls	06 Inverted Spin with Two Turns	3
Consecutive Two ½ Rolls in Opposite Directions (Option: with ¼ Roll, Consecutive ½ roll, ¼ Roll in Opposite Directions), Exit Inv O9 Stall Turn with Roll, Consecutive Three ¼ Rolls, ¾ Roll, Exit Inv Half Reverse Cuban 8 with Roll Knife-Edge Flight with 1 ¼ Roll, 1 ¼ Roll Immelman Turn with ½ Roll Loop with Two 1/2 Rolls Integrated Half Square Loop on Corner with ½ Roll Double Key with Roll, ½ Roll, ½ Roll, Roll Half Cuban 8 with Consecutive Two ¼ Rolls	07 Figure 9 with ½ Roll, Exit Inv	3
10 Half Reverse Cuban 8 with Roll 11 Knife-Edge Flight with 1 ¼ Roll, 1 ¼ Roll 12 Immelman Turn with ½ Roll 13 Loop with Two 1/2 Rolls Integrated 14 Half Square Loop on Corner with ½ Roll 15 Double Key with Roll, ½ Roll, ½ Roll, Roll 16 Half Cuban 8 with Consecutive Two ¼ Rolls	Consecutive Two ½ Rolls in Opposite Directions (Option: with ¼ Roll,	4
11 Knife-Edge Flight with 1 ¼ Roll, 1 ¼ Roll 12 Immelman Turn with ½ Roll 13 Loop with Two 1/2 Rolls Integrated 14 Half Square Loop on Corner with ½ Roll 15 Double Key with Roll, ½ Roll, ½ Roll, Roll 16 Half Cuban 8 with Consecutive Two ¼ Rolls	09 Stall Turn with Roll, Consecutive Three ¼ Rolls, ¾ Roll, Exit Inv	5
12 Immelman Turn with ½ Roll 13 Loop with Two 1/2 Rolls Integrated 14 Half Square Loop on Corner with ½ Roll 15 Double Key with Roll, ½ Roll, ½ Roll, Roll 16 Half Cuban 8 with Consecutive Two ¼ Rolls	10 Half Reverse Cuban 8 with Roll	3
Loop with Two 1/2 Rolls Integrated 14 Half Square Loop on Corner with ½ Roll Double Key with Roll, ½ Roll, ½ Roll, Roll Half Cuban 8 with Consecutive Two ¼ Rolls	11 Knife-Edge Flight with 1 ¼ Roll, 1 ¼ Roll	4
14 Half Square Loop on Corner with ½ Roll 15 Double Key with Roll, ½ Roll, ½ Roll, Roll 16 Half Cuban 8 with Consecutive Two ¼ Rolls	12 Immelman Turn with ½ Roll	2
15 Double Key with Roll, ½ Roll, ½ Roll, Roll 16 Half Cuban 8 with Consecutive Two ¼ Rolls	13 Loop with Two 1/2 Rolls Integrated	5
16 Half Cuban 8 with Consecutive Two 1/4 Rolls	14 Half Square Loop on Corner with ½ Roll	2
	15 Double Key with Roll, ½ Roll, ½ Roll, Roll	5
17 Carrens Leen with 1/ Dell 1/ Dell 1/ Dell 1/ Dell	16 Half Cuban 8 with Consecutive Two 1/4 Rolls	3
17 Square Loop with 1/2 Roll, 1/2 Roll, 1/2 Roll, 1/2 Roll	17 Square Loop with ½ Roll, ½ Roll, ½ Roll, ½ Roll	4

F3A - F19



01 Square Loop, with ½ roll integrated in each corner	4
02 Figure 9 with two rolls, Exit Inv	3
03 Vertical 8 with roll integrated, Exit Inv	5
04 Stall Turn with consecutive ½ rolls in opposite directions, Exit Inv	3
05 Push-Knife-Edge-Push Humpty-Bump with 1 ¼ snap-roll, 1 ¼ snap-roll, Exit Inv	5
06 Shark Fin with four consecutive ¼ rolls, ½ roll, Exit Inv	2
07 Roll Combination with four 1/8 rolls, four 1/8 rolls in opp, Exit Inv	4
08 Top Hat with two consecutive 1/4 rolls, roll, Exit Inv	4
09 Two Horizontal Circles with ½ roll to the inside integrated, roll integrated in opp direction, ½ roll integrated in opposite, Exit Inv	6
10 Trombone with roll	4
11 Double Fighter Turn with ¾ roll, ¾ roll, Exit Inv	6
12 Inverted Figure Et with ½ roll, roll, Exit Inv	3
13 Inverted Spin with two turns, two consecutive 1/4 rolls	4
14 Pull-Push-Pull Humpty-Bump with snap-roll, ½ roll (Option: with 1 ¼ snap-roll, ¾ roll)	4
15 Roll Combination with consecutive two 1/8 rolls, roll in opposite	
direction, consecutive two 1/8 rolls in opposite direction, Exit Inv	5
16 Half Loop with two ½ rolls in opposite directions integrated	4
17 45° Downline with ½ roll, two snap-rolls in opposite, ½ roll	4

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Total K 70

Expert – A18



01 Triangle Loop with ½ Roll, ½ Roll	3
$\underline{02}$ Figure Et with Consecutive Two ½ Rolls in Opposite, ½ F	Roll 3
03 Cuban 8 with Roll, Roll	4
04 Half Square Loop with ½ Roll	2
05 Reverse Cobra Roll with Consecutive Two 1/4 Rolls, Exit	Inv 4
06 Inverted Spin with Two Turns	3
07 Figure 9 with ½ Roll, Exit Inv	3
08 Push-Pull-Push Humpy-Bump with Consecutive Two $1/4$ (Option: with $1/4$ Roll, $1/4$ Roll), Exit Inv	Rolls 4
09 Stall Turn with 3/4 Roll, 1/4 Roll, Exit Inv	4
10 Half Reverse Cuban 8	2
11 Knife-Edge Flight with ¼ Roll, ¼ Roll	3
12 Immelman Turn with ½ Roll	2
13 Loop with ½ Roll Integrated, Exit Inv	5
14 Half Square Loop on Corner	1
15 Double Key	5
16 Half Cuban 8 with ½ Roll	2
17 Square Loop with ½ Roll, ½ Roll	3
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Advanced



01 Triangle Loop	3
02 Figure Et with ½ Roll Down	3
03 Cuban 8 with ½ Roll, ½ Roll	3
04 Half Square Loop with ½ Roll	2
05 Reverse Cobra with Roll	4
06 Spin with 21/2 Turns	3
<u>07</u> Figure 9	2
08 Pull-Pull-Pull Humpy-Bump with ½ Roll Down (Option: with ¼ Roll, ¼ Roll)	3
09 Stall Turn with ¼ Roll, ¼ Roll	3
10 Half Reverse Cuban 8 with ½ Rolls	2
11 Knife-Edge Flight with 1/4 Roll, 1/4 Roll	3
12 Immelman Turn with 1/2 Roll	2
13 Outside Loop	3
14 Split S	1
15 Double Key	5
16 Half Cuban 8 with ½ Roll	2
17 Square Loop	3

Sportsman



For those new to F3A

01 Take Off (Into wind)		
02 Trim Pass (Downwind)		
<u>03</u> Double Immelmann, ⅓	Rolls	3
	Free turn	
04 Slow Roll		3
	Free turn	
<u>05</u> Loop		2
<u>06</u> Immelman Turn		2
07 Outside Loop		3
<u>08</u> Split S		2
09 Stall Turn, 1/4 Roll Up &	Down	3
	Free turn	
10 Inverted Flight		2
	Free turn	
11 Top Hat, with 1/2 Roll Up	& Down	4
	Free turn	
12 Cuban 8, with ½ Roll		3
	Free turn	
13 Two Turn Spin		3
<u>14</u> Land		
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