

ADVANCED SCHEDULE A-18 (2017-2018) K-Factor

A-18.01 Triangle loop with $\frac{1}{2}$ roll, $\frac{1}{2}$ roll	K3
A-18.02 Figure Et with consecutive two $\frac{1}{2}$ rolls in opposite directions, $\frac{1}{2}$ roll	K3
A-18.03 Cuban 8 with roll, roll	K5
A-18.04 Half square loop with $\frac{1}{2}$ roll	K2
A-18.05 Reverse Cobra Roll with consecutive two $\frac{1}{4}$ rolls	K4
A-18.06 Spin with two turns	K3
A-18.07 Figure 9 with $\frac{1}{2}$ roll	K3
A-18.08 Push-Pull-Push Humpy-Bump with, consecutive two $\frac{1}{4}$ rolls (Opt: $\frac{1}{4}$ roll, $\frac{1}{4}$ roll)	K4
A-18.09 Stall Turn with $\frac{3}{4}$ roll, $\frac{1}{4}$ roll	K5
A-18.10 Half Reverse Cuban 8	K3
A-18.11 Knife-Edge flight with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll	K4
A-18.12 Immelman Turn with $\frac{1}{2}$ roll	K2
A-18.13 Loop with $\frac{1}{2}$ roll integrated	K5
A-18.14 Half Square Loop on Corner	K2
A-18.15 Double Key	K5
A-18.16 Half Cuban 8 with $\frac{1}{2}$ roll	K3
A-18.17 Square Loop with, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll	K4
	Total K = 60

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A-18.01 Triangle loop with $\frac{1}{2}$ 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, push through $\frac{1}{4}$ loop into a 45° downline, push through a $\frac{3}{8}$ loop, perform a $\frac{1}{2}$ roll in the centre, exit upright.

A-18.02 Figure Et with consecutive two $\frac{1}{2}$ rolls in opposite directions, $\frac{1}{2}$ roll 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 $\frac{1}{2}$ roll, pull through a $\frac{1}{4}$ loop, exit upright.

A-18.03 Cuban 8 with roll, roll from upright, pull through a $\frac{5}{8}$ loop into a 45° downline, perform a roll, push through a $\frac{3}{4}$ loop into a 45° downline, perform a roll, pull through a $\frac{1}{8}$ loop, exit upright.

A-18.04 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.

A-18.05 Reverse Cobra Roll with consecutive two $\frac{1}{4}$ rolls from upright, push through a $\frac{1}{8}$ loop into a 45° downline, 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.

A-18.06 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.

A-18.07 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.

A-18.08 Push-Pull-Push Humpy-Bump with, consecutive two $\frac{1}{4}$ rolls (Option: with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll) from inverted, push through a $\frac{1}{4}$ loop into a vertical upline, pull through a $\frac{1}{2}$ loop into a vertical downline, perform consecutively two $\frac{1}{4}$ rolls, 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, pull through a $\frac{1}{2}$ loop into a vertical downline, perform a $\frac{1}{4}$ roll, push through a $\frac{1}{4}$ loop, exit inverted.

A-18.09 Stall Turn with $\frac{3}{4}$ roll, $\frac{1}{4}$ roll from Inverted, push through a $\frac{1}{4}$ loop into a vertical upline, perform a $\frac{3}{4}$ roll, perform a stall turn into a vertical downline, perform a $\frac{1}{4}$ roll, push through a $\frac{1}{4}$ loop, exit inverted.

A-18.10 Half Reverse Cuban 8 from inverted, push through a $\frac{1}{8}$ loop into a 45° upline, pull through a $\frac{5}{8}$ loop, exit upright.

A-18.11 Knife-Edge flight with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll from upright, perform a $\frac{1}{4}$ roll, perform a knife-edge flight, perform a $\frac{1}{4}$ roll exit upright.

A-18.12 Immelman Turn with $\frac{1}{2}$ roll from upright, pull through a $\frac{1}{2}$ loop, perform a $\frac{1}{2}$ roll, exit upright

A-18.13 Loop with $\frac{1}{2}$ roll integrated from upright, push through a loop while integrating a $\frac{1}{2}$ roll in the last 90° , exit inverted.

A-18.14 Half Square Loop on Corner from inverted, pull through a $\frac{1}{8}$ loop into a 45° downline, pull through a $\frac{1}{4}$ loop into a 45° downline, pull through a $\frac{1}{8}$ loop, exit upright.

A-18.15 Double Key from upright, pull through a $\frac{1}{4}$ loop into a vertical upline, pull through a $\frac{5}{8}$ loop into a 45° downline, pull through a $\frac{1}{4}$ loop into a 45° upline, pull through a $\frac{5}{8}$ loop into a vertical downline, pull through a $\frac{1}{4}$ loop, exit upright.

A-18.16 Half Cuban 8 with $\frac{1}{2}$ roll from upright pull through a $\frac{5}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop, exit upright.

A-18.17 Square Loop with, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll from upright perform a square loop while performing a $\frac{1}{2}$ roll in the up leg and a $\frac{1}{2}$ roll in the down leg, exit upright.