

01. Top Hat with one roll on top

From upright, pull through a quarter loop into a vertical upline, push through a quarter loop, perform a full roll, push through a quarter loop into a vertical downline, pull through a quarter loop, exit upright.

02. Half Square Loop with half roll

From upright, pull through a quarter loop into a vertical upline, perform a half roll, push through a quarter loop, exit upright.

03. Push-Push-Pull Humpty-Bump with half roll

From upright, fly past centre, push through a quarter loop into vertical downline, push through a half loop into a vertical upline, perform a half roll, pull through a quarter loop, exit inverted.

04. Half Square Loop on Corner

From inverted, pull through a one eighth loop into a forty five degree downline, pull through a quarter loop into a forty five degree downline, pull through an eighth loop, exit upright.

05. Forty Five degree Upline with two half rolls in opposite

From upright, pull through a one eighth loop into a forty five degree upline, perform two half rolls in opposite direction, push through a one eighth loop, exit upright.

06. Reverse Split S with half roll

From upright, push through a half loop, immediately perform a half roll, exit upright.

07. Roll Combination with four one quarter rolls

From upright, perform consecutively four one quarter rolls, exit upright.

08. Immelman Turn with half roll

From upright, pull through a half loop, immediately perform a half roll, exit upright.

09. Spins with two turns

From upright, perform spins with two turns to a vertical downline, pull through a quarter loop, exit upright.

10. Pull-Push-Pull Humpty-Bump with half roll. Option: (quarter roll, quarter roll)

From upright, pull through a quarter loop into a vertical upline, push through a half loop into a vertical downline, perform a half roll, pull through a quarter loop, exit upright.

Option: From upright pull through a quarter loop into a vertical upline, perform a quarter roll, push through a half loop into a vertical downline, perform a quarter roll, pull through a quarter loop, exit upright.

11. Reverse Figure ET

From upright, pull through a one eighth loop into a forty five degree upline, push through a seven eighths loop into a vertical upline, push through a quarter loop , exit upright.

(Note: The vertical line must be in the centre)

12. Half Square Loop with half roll

From upright, push through a quarter loop into a vertical downline, perform a half roll, pull through a quarter loop, exit upright.

13. Stall Turn

From upright, pull through a quarter loop into a vertical upline, perform a quarter roll, perform a stall turn to a vertical downline, perform a quarter roll, pull through a quarter loop, exit upright.

14. Trombone with half roll

From upright, pull through a one eighth loop into a forty five degree upline, perform a half roll, pull through a half loop into a forty five degree downline, pull through a one eighth loop, exit upright.

15. Triangle with one roll

From upright, pull through a three eighths loop into a forty five degree upline, perform a full roll, pull through a quarter loop into a forty five degree downline, pull through a three eighths loop, exit upright.

16. Shark Fin with half roll

From upright, pull through a quarter loop into a vertical upline, pull through a three eighth loop into a forty five degree downline, perform a half roll, pull through a one eighth loop, exit upright.

17. Loop with one roll

From upright, pull through a loop, perform a roll over the top 30 degrees, exit upright.