

**Advanced Schedule AA-19 (2018-2019)**

AA-19.01	Square Loop with $\frac{1}{2}$ roll, $\frac{1}{2}$ roll	K 4
AA-19.02	Half Reverse Cuban Eight with $\frac{1}{2}$ roll	K 2
AA.19.03	Horizontal Eye Catcher	K 4
AA.19.04	Humpty Bump with torque roll	K 4
AA-19.05	Knife-Edge Flight	K 3
AA-19.06	Half Square Loop with $\frac{1}{2}$ roll	K 2
AA-19.07	Eye Catcher	K 5
AA-19.08	Stall Turn	K 3
AA-19.09	Horizontal Square with $\frac{1}{4}$ roll, $\frac{1}{2}$ roll, , $\frac{1}{4}$ roll	K 5
AA-19.10	Corner Combination with $\frac{1}{4}$ roll	K 3
AA-19.11	Triangle Loop with $\frac{1}{2}$ roll, $\frac{1}{2}$ roll	K 4

Total K = 39

## **Advanced Manoeuvres – Schedule F3P-AA-19 (2018-2019)**

### **AA-19.01 Square Loop with $\frac{1}{2}$ roll, $\frac{1}{2}$ roll**

From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, pull through a  $\frac{1}{4}$  loop into a horizontal line, perform a  $\frac{1}{2}$  roll, push through a  $\frac{1}{4}$  loop into a vertical downline, push through a  $\frac{1}{4}$  loop, perform a  $\frac{1}{2}$  roll, exit upright

### **AA-19.02 Half Reverse Cuban Eight with $\frac{1}{2}$ roll**

From upright, pull through a  $\frac{1}{8}$  loop into a  $45^\circ$  upline, perform a  $\frac{1}{2}$  roll, pull through a  $\frac{5}{8}$  loop, exit upright.

### **AA-19.03 Horizontal Eye Catcher**

From upright, perform two consecutive  $\frac{3}{4}$  circles, exit upright.

### **AA-19.04 Humpty Bump with torque roll**

From upright, perform a  $\frac{1}{4}$  loop into a vertical upline, perform a torque roll, perform a  $\frac{1}{2}$  knife-edge loop into a vertical downline, pull through a  $\frac{1}{4}$  loop, exit upright.

### **AA-19.05 Knife-Edge Flight**

From upright, perform a  $\frac{1}{4}$  roll into sustained knife-edge flight, perform a  $\frac{1}{4}$  roll, exit upright.

### **AA-19.06 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.

### **AA-19.07 Eye Catcher**

From upright, push through a  $\frac{3}{4}$  loop, pull through a second  $\frac{3}{4}$  loop exit upright.

### **AA-19.08 Stall Turn**

From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform a stall turn into a vertical downline. pull through a  $\frac{1}{4}$  loop, exit upright.

### **AA-19.09 Horizontal Square with $\frac{1}{4}$ roll, $\frac{1}{2}$ roll, $\frac{1}{4}$ roll**

From upright, perform a  $\frac{1}{4}$  roll in the centre, perform a  $\frac{1}{4}$  knife edge circle, perform a  $\frac{1}{4}$  knife edge circle, perform a  $\frac{1}{2}$  roll, perform a  $\frac{1}{4}$  knife edge circle, perform a  $\frac{1}{4}$  knife edge circle, perform a  $\frac{1}{4}$  roll, exit upright.

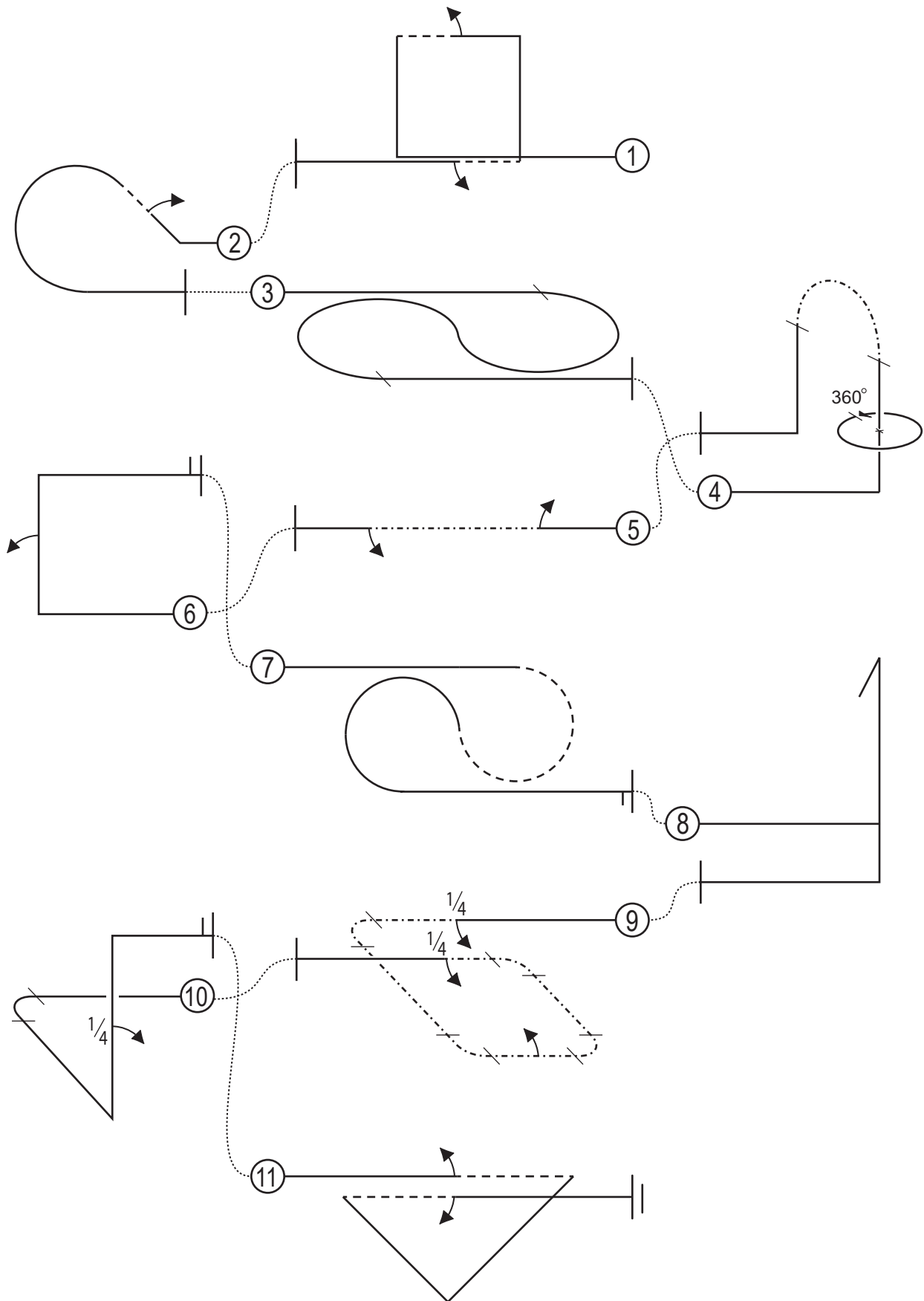
### **AA-19.10 Corner Combination with $\frac{1}{4}$ roll**

From upright perform a  $\frac{1}{4}$  circle with wing level into a cross box line, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform a  $\frac{1}{4}$  roll, push through a  $\frac{1}{4}$  loop exit upright.

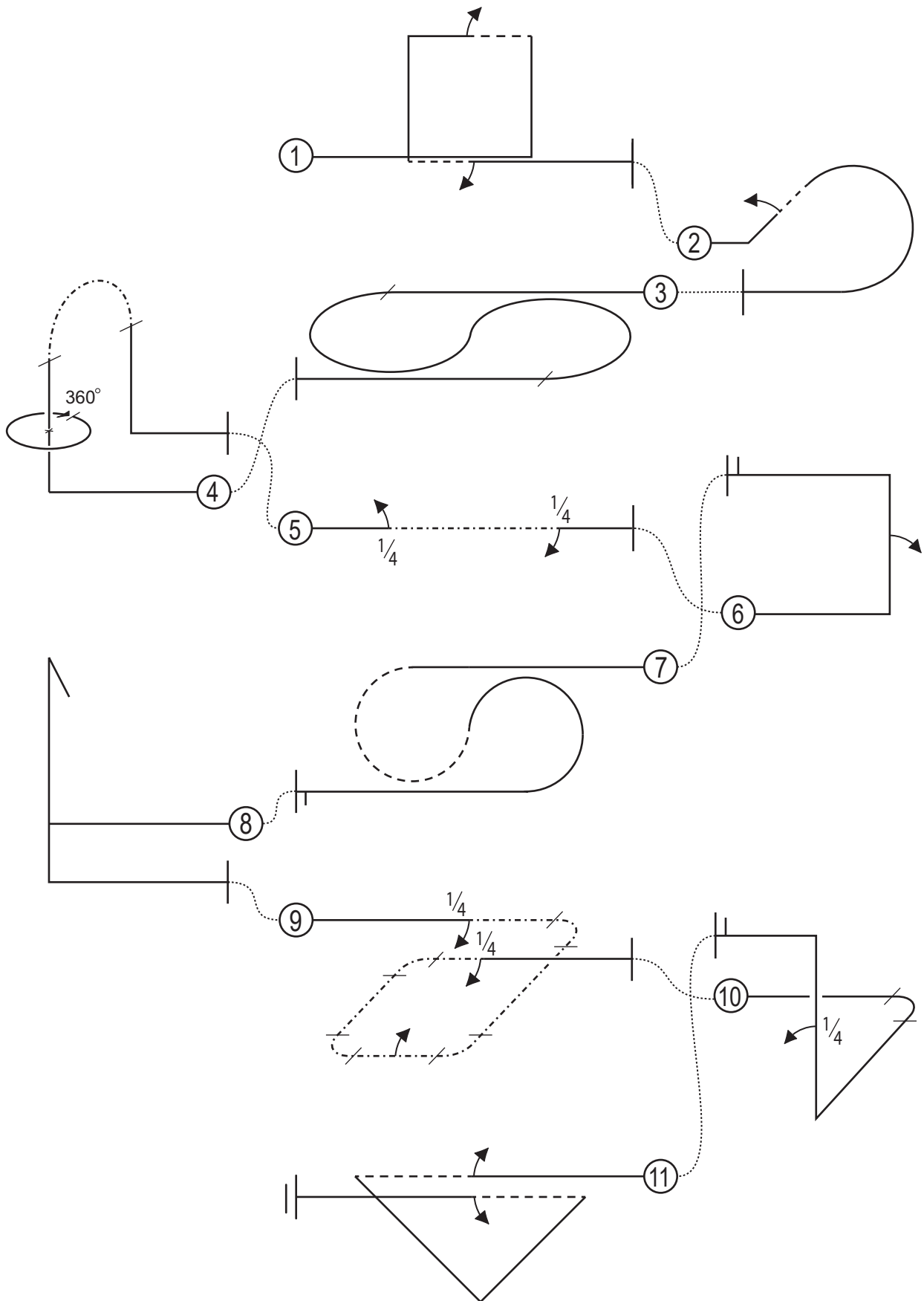
### **AA-19.11 Triangle Loop with $\frac{1}{2}$ roll, $\frac{1}{2}$ roll**

From upright, perform a  $\frac{1}{2}$  roll in the centre, pull through a  $\frac{3}{8}$  loop into a  $45^\circ$  downline, pull through a  $\frac{1}{4}$  loop into a  $45^\circ$  upline, pull through a  $\frac{3}{8}$  loop, perform a  $\frac{1}{2}$  roll in the centre, exit upright.

# ADVANCED SCHEDULE AA-19 (2018-2019)



# ADVANCED SCHEDULE AA-19 (2018-2019)



Preliminary Schedule AP-19 (2018-2019)

AP-19.01	Square Loop with $\frac{1}{4}$ roll, $\frac{1}{2}$ roll, $\frac{1}{4}$ roll	K 4
AP-19.02	Half Reverse Knife-Edge Cuban Eight	K 3
AP-19.03	Horizontal Eye Catcher with $\frac{3}{4}$ rolls integrated	K 5
AP-19.04	Double Humpty Bumps with $\frac{3}{4}$ torque rolls	K 5
AP-19.05	Knife-Edge Roll Combination with $\frac{1}{4}$ roll, four consecutive $\frac{1}{8}$ rolls, $\frac{1}{4}$ roll	K 4
AP-19.06	Half Square Loop with two consecutive opposite $\frac{1}{2}$ rolls	K 2
AP-19.07	Eye Catcher with $\frac{1}{2}$ rolls integrated	K 5
AP-19.08	Figure M with $\frac{1}{2}$ rolls	K 3
AP-19.09	Horizontal Square with $\frac{3}{4}$ roll, two consecutive $\frac{1}{4}$ rolls, $\frac{1}{2}$ roll, two consecutive $\frac{1}{4}$ rolls, $\frac{1}{4}$ roll	K 4
AP-19.10	Corner Combination with $\frac{3}{4}$ roll	K 3
AP-19.11	Triangle Loop with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll	K 4

Total K = 42

## **Preliminary Manoeuvres – Schedule F3P-AP-19 (2018-2019)**

### **AP-19.01 Square Loop with $\frac{1}{4}$ roll, $\frac{1}{2}$ roll, $\frac{1}{4}$ roll**

From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform a  $\frac{1}{4}$  roll. perform a  $\frac{1}{4}$  knife-edge loop into a knife-edge horizontal line, perform a  $\frac{1}{2}$  roll, perform a  $\frac{1}{4}$  knife-edge loop into a vertical downline, perform a  $\frac{1}{4}$  roll, pull through a  $\frac{1}{4}$  loop, exit upright.

### **AP-19.02 Half Reverse Knife-Edge Cuban Eight**

From upright, pull through a  $\frac{1}{8}$  loop into a  $45^\circ$  upline, perform a  $\frac{1}{4}$  roll, perform  $\frac{5}{8}$  knife-edge loop perform a  $\frac{1}{4}$  roll, exit upright.

### **AP-19.03 Horizontal Eye Catcher with $\frac{3}{4}$ rolls integrated**

From upright, perform two consecutive  $\frac{3}{4}$  circles while integrating a  $\frac{3}{4}$  roll into the first  $\frac{3}{4}$  circle and a second  $\frac{3}{4}$  roll in opposite direction into the second  $\frac{3}{4}$  circle, exit upright.

### **AP-19.04 Double Humpty Bumps with $\frac{3}{4}$ torque rolls**

From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform a  $\frac{3}{4}$  torque roll, pull through a  $\frac{1}{2}$  loop into a vertical downline, push through a  $\frac{1}{4}$  loop into inverted flight, push through a  $\frac{1}{4}$  loop into a vertical upline, perform a  $\frac{3}{4}$  torque roll, push through a  $\frac{1}{2}$  loop into a vertical downline, push through a  $\frac{1}{4}$  loop, exit inverted.

### **AP-19.05 Knife-Edge Roll Combination with $\frac{1}{4}$ roll, four consecutive $\frac{1}{8}$ rolls, $\frac{1}{4}$ roll**

From inverted, perform a  $\frac{1}{4}$  roll into sustained knife-edge flight, perform consecutively four  $\frac{1}{8}$  rolls in opposite direction, into sustained knife-edge flight, perform a  $\frac{1}{4}$  roll, exit inverted.

### **AP-19.06 Half Square Loop with two consecutive opposite $\frac{1}{2}$ rolls**

From inverted, push through a  $\frac{1}{4}$  loop into a vertical upline, perform consecutively two  $\frac{1}{2}$  rolls in opposite direction, push through a  $\frac{1}{4}$  loop, exit upright.

### **AP-19.07 Eye Catcher with $\frac{1}{2}$ rolls integrated**

From upright, push through a  $\frac{3}{4}$  loop while integrating a  $\frac{1}{2}$  roll into the first 180 degrees of the  $\frac{3}{4}$  loop, push through a second  $\frac{3}{4}$  loop while integrating a  $\frac{1}{2}$  roll into the last 180 degrees of the  $\frac{3}{4}$  loop, exit upright.

### **AP-19.08 Figure M with $\frac{1}{2}$ rolls**

From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform a  $\frac{1}{2}$  roll, perform a stall turn into a vertical downline, perform a  $\frac{1}{2}$  knife edge loop into a vertical upline, perform a  $\frac{1}{2}$  roll, perform a stall turn into a vertical downline, pull through a  $\frac{1}{4}$  loop, exit upright.

### **AP-19.09 Horizontal Square with $\frac{3}{4}$ roll, two consecutive $\frac{1}{4}$ rolls, $\frac{1}{2}$ roll, two consecutive $\frac{1}{4}$ rolls, $\frac{1}{4}$ roll**

From upright, perform a  $\frac{3}{4}$  roll in the centre, perform a  $\frac{1}{4}$  knife edge circle, perform consecutively two  $\frac{1}{4}$  rolls, perform a  $\frac{1}{4}$  knife edge circle, perform a  $\frac{1}{2}$  roll, perform a  $\frac{1}{4}$  knife edge circle, perform consecutively two  $\frac{1}{4}$  rolls, perform a  $\frac{1}{4}$  knife edge circle, perform a  $\frac{1}{4}$  roll, exit inverted.

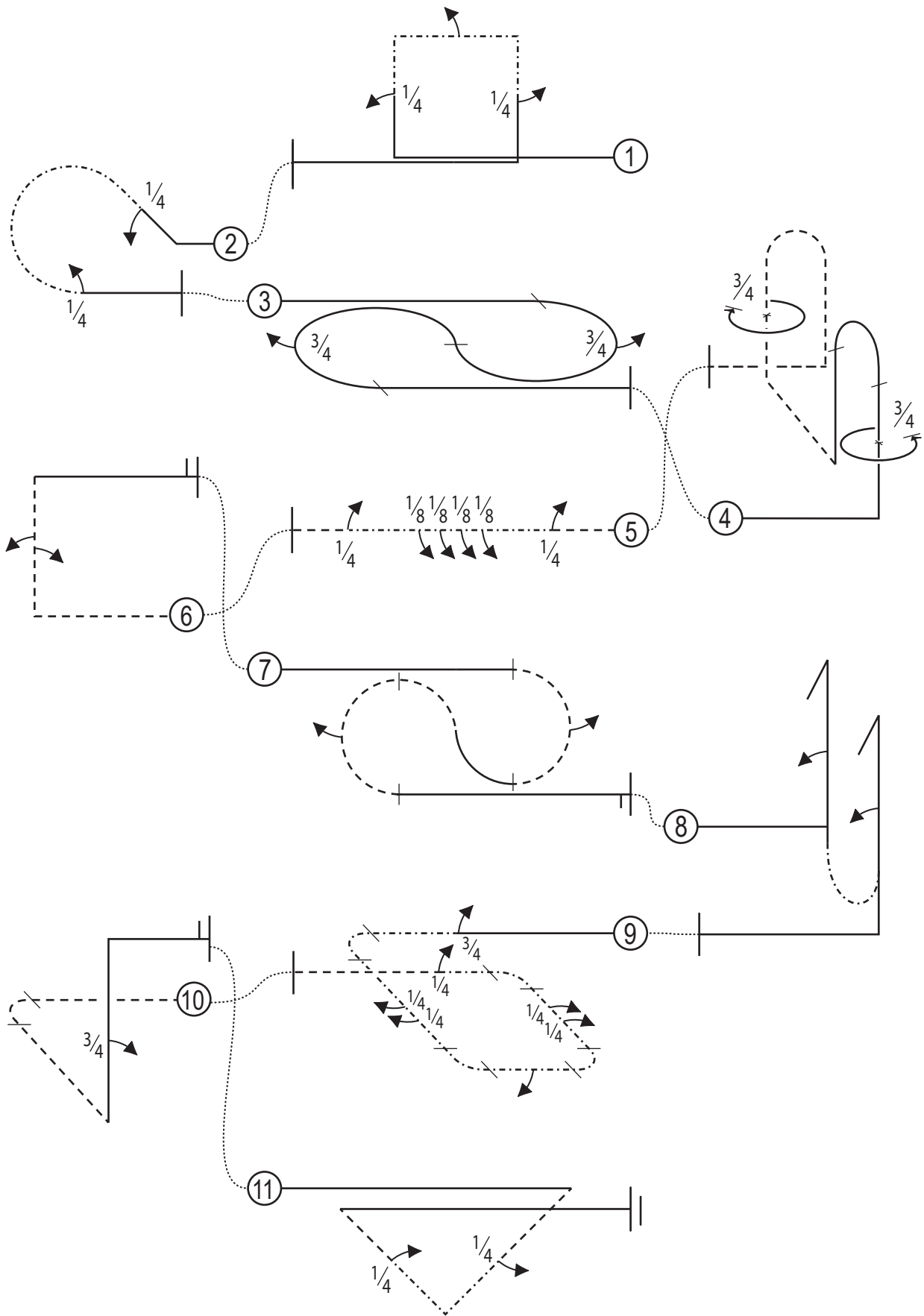
### **AP-19.10 Corner Combination with $\frac{3}{4}$ roll**

From inverted perform a  $\frac{1}{4}$  circle with wing level into a cross box line, push through a  $\frac{1}{4}$  loop into a vertical upline, perform a  $\frac{3}{4}$  roll, push through a  $\frac{1}{4}$  loop, exit upright.

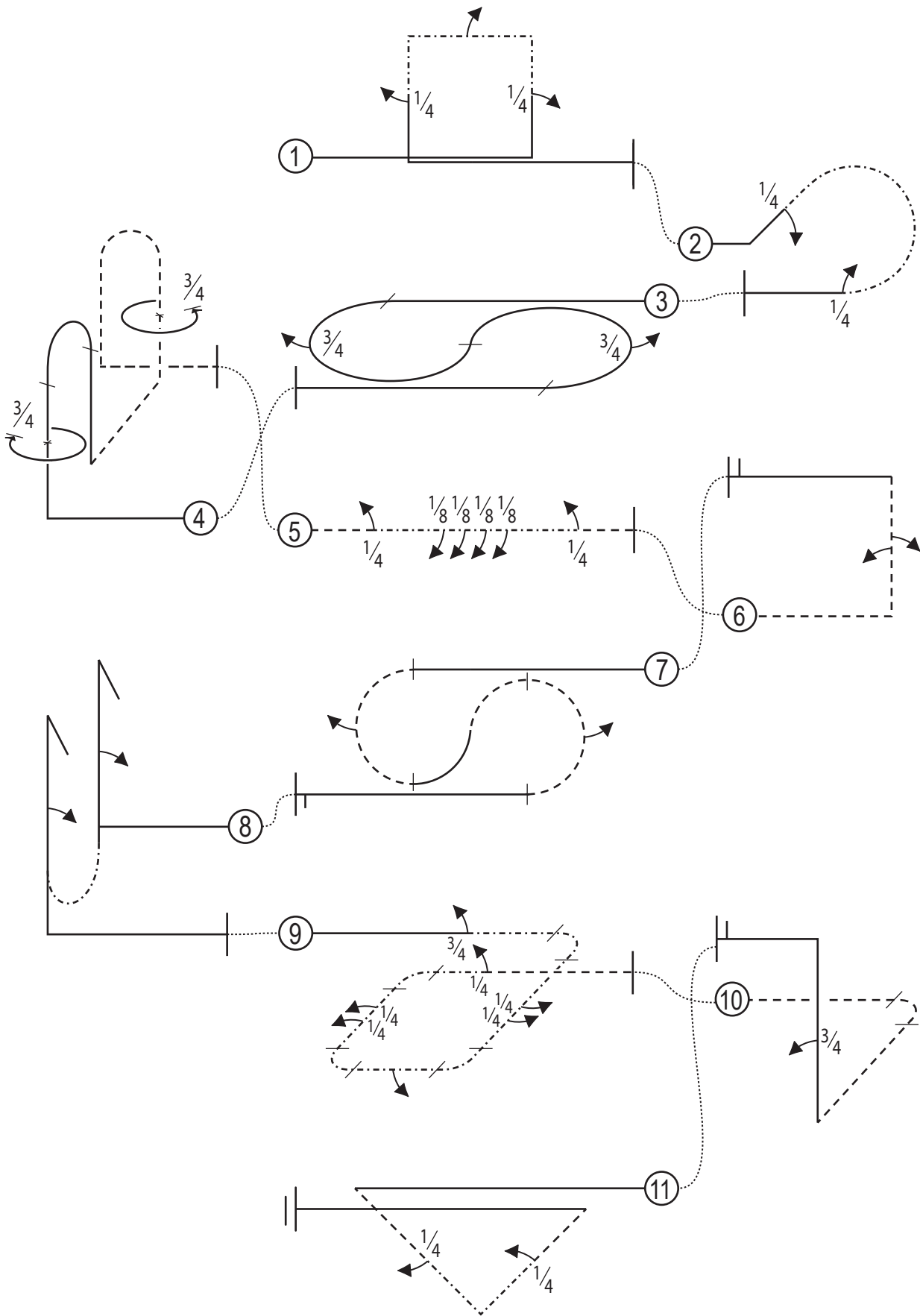
### **AP-19.11 Triangle Loop with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll**

From upright, push through a  $\frac{3}{8}$  loop into a  $45^\circ$  downline, perform a  $\frac{1}{4}$  roll into knife edge, perform a  $\frac{1}{4}$  knife edge loop into a  $45^\circ$  upline, perform a  $\frac{1}{4}$  roll push through a  $\frac{3}{8}$  loop, exit upright.

# ADVANCED SCHEDULE AP-19 (2018-2019)



# ADVANCED SCHEDULE AP-19 (2018-2019)





Final Schedule AF-19 (2018-2019)

AF-19.01	Double Key with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll, $\frac{1}{4}$ roll, $\frac{1}{4}$ roll	K 4
AF-19.02	Shark Fin with four consecutive $\frac{1}{8}$ rolls, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll	K 3
AF-19.03	Three consecutive opposite rolls	K 4
AF-19.04	Knife edge Humpty Bump with two consecutive opposite $\frac{1}{4}$ rolls, $\frac{1}{2}$ roll integrated, $\frac{1}{2}$ roll	K 4
AF-19.05	Two Loops with opposite rolls integrated	K 6
AF-19.06	Tail Slide with $\frac{1}{2}$ roll	K 3
AF-19.07	Figure N with $\frac{1}{4}$ roll, $\frac{1}{4}$ circle, two consecutive $\frac{1}{4}$ rolls, two $\frac{1}{2}$ rolls integrated in the corners, two consecutive $\frac{1}{4}$ rolls, $\frac{1}{4}$ circle, $\frac{1}{4}$ roll	K 5
AF-19.08	45° Knife Edge Humpty Bump with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll	K 3
AF-19.09	Square Eight with consecutive $\frac{1}{4}$ torque roll, opposite $\frac{1}{2}$ torque roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, consecutive $\frac{1}{2}$ torque roll, opposite $\frac{1}{4}$ torque roll	K 5
AF-19.10	Half Hourglass with consecutive two $\frac{1}{4}$ rolls, roll, consecutive two $\frac{1}{4}$ rolls	K 4
AF-19.11	Figure Z with consecutive two $\frac{1}{8}$ rolls, two consecutive $\frac{1}{4}$ rolls, two consecutive $\frac{1}{8}$ rolls	K 4

Total K = 45

## **Final Manoeuvres – Schedule F3P-AF-19 (2018-2019)**

### **AF-19.01 Double Key with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll, $\frac{1}{4}$ roll, $\frac{1}{4}$ roll**

From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform a  $\frac{1}{4}$  roll, perform a  $\frac{5}{8}$  knife-edge loop into a  $45^\circ$  downline, perform a  $\frac{1}{4}$  roll, push through a  $\frac{1}{4}$  loop into a  $45^\circ$  upline, perform a  $\frac{1}{4}$  roll, perform a  $\frac{5}{8}$  knife edge loop into a vertical downline, perform a  $\frac{1}{4}$  roll, pull through a  $\frac{1}{4}$  loop, exit upright.

### **AF-19.02 Shark Fin with four consecutive $\frac{1}{8}$ rolls, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll**

From upright, pull through a  $\frac{1}{8}$  loop into a  $45^\circ$  upline, perform consecutively four  $\frac{1}{8}$  rolls, pull through a  $\frac{3}{8}$  loop into a vertical downline, perform a  $\frac{1}{2}$  roll, push through a  $\frac{1}{4}$  loop, perform a  $\frac{1}{2}$  roll, exit upright.

### **AF-19.03 Three consecutive opposite rolls**

From upright, perform three consecutive rolls in opposite direction, exit upright.

### **AF-19.04 Knife Edge Humpty Bump with two consecutive opposite $\frac{1}{4}$ rolls, $\frac{1}{2}$ roll integrated, $\frac{1}{2}$ roll**

From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform consecutively two  $\frac{1}{4}$  rolls in opposite direction, perform a  $\frac{1}{2}$  knife-edge loop, while integrating a  $\frac{1}{2}$  roll, perform a  $\frac{1}{2}$  roll, pull through a  $\frac{1}{4}$  loop, exit upright.

### **AF-19.05 Two Loops with opposite rolls integrated**

From upright, pull through a loop while performing a roll integrated, pull through another loop, while performing a roll integrated in opposite direction, exit upright.

### **AF-19.06 Tail Slide with $\frac{1}{2}$ roll**

From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform a  $\frac{1}{2}$  roll, perform a tail slide (canopy up) into a vertical downline pull through a  $\frac{1}{4}$  loop, exit upright.

### **AF-19.07 Figure N with $\frac{1}{4}$ roll, $\frac{1}{4}$ circle, two consecutive $\frac{1}{4}$ rolls, two $\frac{1}{2}$ rolls integrated in the corners, two consecutive $\frac{1}{4}$ rolls, $\frac{1}{4}$ circle, $\frac{1}{4}$ roll**

From upright, perform a  $\frac{1}{4}$  roll in the centre, perform a sustained knife-edge flight, perform a  $\frac{1}{4}$  knife-edge circle into crossbox knife edge-flight, perform two consecutive  $\frac{1}{4}$  rolls, perform a  $\frac{3}{8}$  knife-edge circle while integrating a  $\frac{1}{2}$  roll outside into a knife edge-flight on  $45^\circ$ , perform a  $\frac{3}{8}$  knife-edge circle while integrating a  $\frac{1}{2}$  roll outside, into a crossbox knife edge-flight, perform two consecutive  $\frac{1}{4}$  rolls, perform a  $\frac{1}{4}$  knife-edge circle, perform a  $\frac{1}{4}$  roll, exit upright.

### **AF-19.08 $45^\circ$ Knife Edge Humpty Bump with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll**

From upright, pull through a  $\frac{3}{8}$  loop into a  $45^\circ$  upline, perform a  $\frac{1}{4}$  roll, perform a  $\frac{1}{2}$  knife-edge loop into a  $45^\circ$  downline, perform a  $\frac{1}{4}$  roll, pull through a  $\frac{3}{8}$  loop, exit upright.

### **AF-19.09 Square Eight with consecutive $\frac{1}{4}$ torque roll, opposite $\frac{1}{2}$ torque roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, consecutive $\frac{1}{2}$ torque roll, opposite $\frac{1}{4}$ torque roll**

From upright, fly past centre, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform consecutively a  $\frac{1}{4}$  torque roll and a  $\frac{1}{2}$  torque roll in opposite direction, perform a  $\frac{1}{4}$  knife loop, perform a  $\frac{1}{2}$  roll, perform a  $\frac{1}{4}$  knife-edge loop into a vertical downline, perform a  $\frac{1}{4}$  knife loop, perform a  $\frac{1}{2}$  roll, perform a  $\frac{1}{4}$  knife-edge loop into a vertical upline, perform consecutively a  $\frac{1}{2}$  torque roll and a  $\frac{1}{4}$  torque roll in opposite direction, push through a  $\frac{1}{4}$  loop, exit upright.

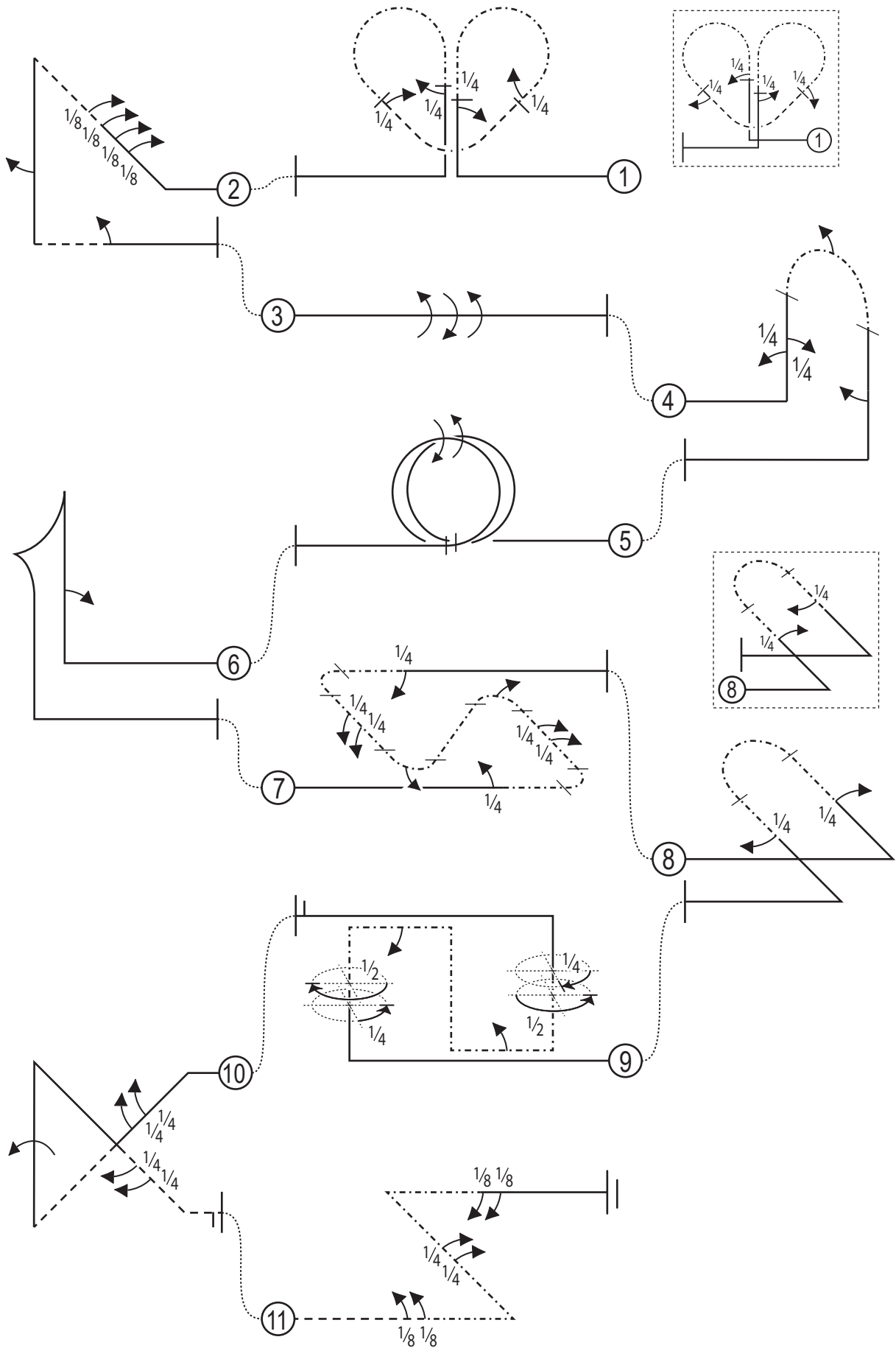
### **AF-19.10 Half Hourglass with two consecutive $\frac{1}{4}$ rolls, roll, two consecutive $\frac{1}{4}$ rolls**

From upright, push through a  $\frac{1}{8}$  loop into a  $45^\circ$  downline, perform consecutively two  $\frac{1}{4}$  rolls, push through a  $\frac{3}{8}$  loop into a vertical upline, perform a roll, push through a  $\frac{3}{8}$  loop into a  $45^\circ$  downline, perform consecutively two  $\frac{1}{4}$  rolls, push through a  $\frac{1}{8}$  loop, exit inverted.

### **AF-19.11 Figure Z with two consecutive $\frac{1}{8}$ rolls, two consecutive $\frac{1}{4}$ rolls, two consecutive $\frac{1}{8}$ rolls**

From inverted, perform consecutively two  $\frac{1}{8}$  rolls, perform a  $\frac{3}{8}$  knife-edge loop into a  $45^\circ$  upline, perform consecutively two  $\frac{1}{4}$  rolls, perform a  $\frac{3}{8}$  knife edge loop, perform consecutively two  $\frac{1}{8}$  rolls, exit upright.

# FINAL SCHEDULE AF-19 (2018-2019)



# FINAL SCHEDULE AF-19 (2018-2019)

