

PRELIMINARY SCHEDULE P-19 (2018-2019)

P-19.01 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.

P-19.02 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.

P-19.03 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.

P-19.04 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.

P-19.05 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.

P-19.06 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.

P-19.07 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.

P-19.08 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.

P-19.09 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.

P-19.10 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.

P.19.11 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.

P-19.12 Immelman Turn with $\frac{1}{2}$ roll

From upright, pull through a $\frac{1}{2}$ loop, perform a $\frac{1}{2}$ roll, exit upright

P-19.13 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.

P-19.14 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.

P-19.15 Double Key with roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, roll

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

P-19.16 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.