

図5D-F

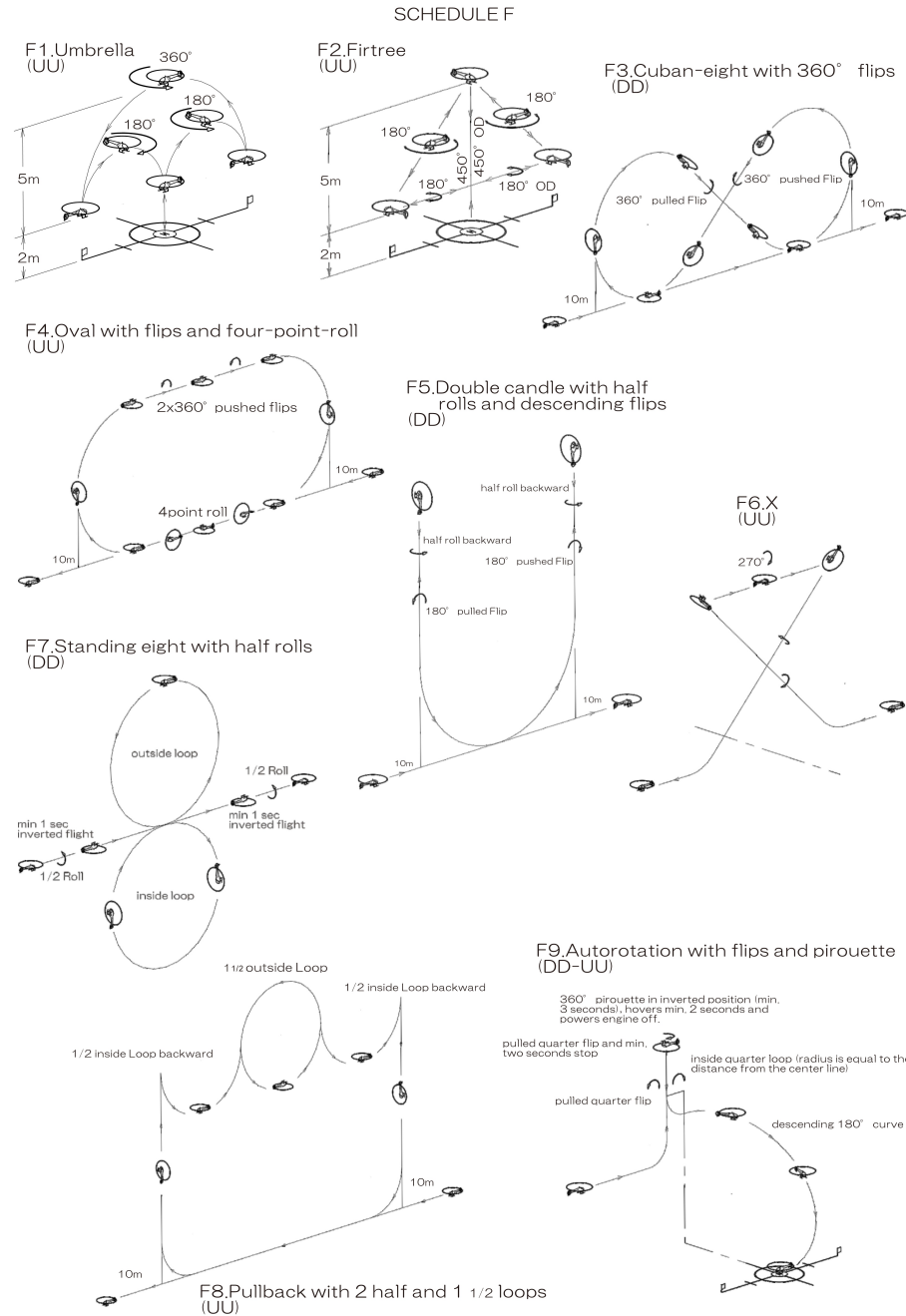
F3C演技 スケジュールF

2016年版

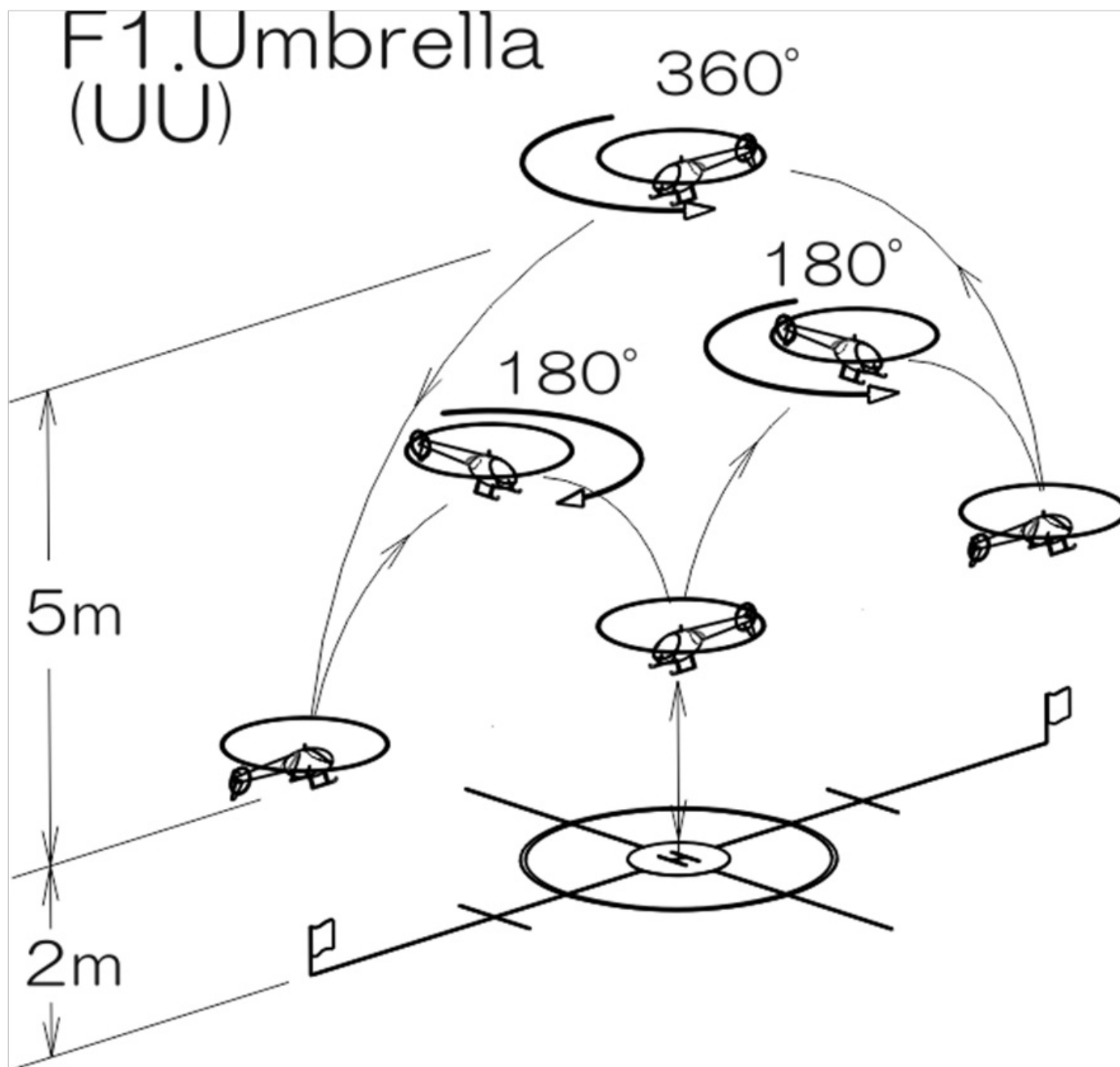
静演技2 (K=1.5)

動演技7 (K=1)

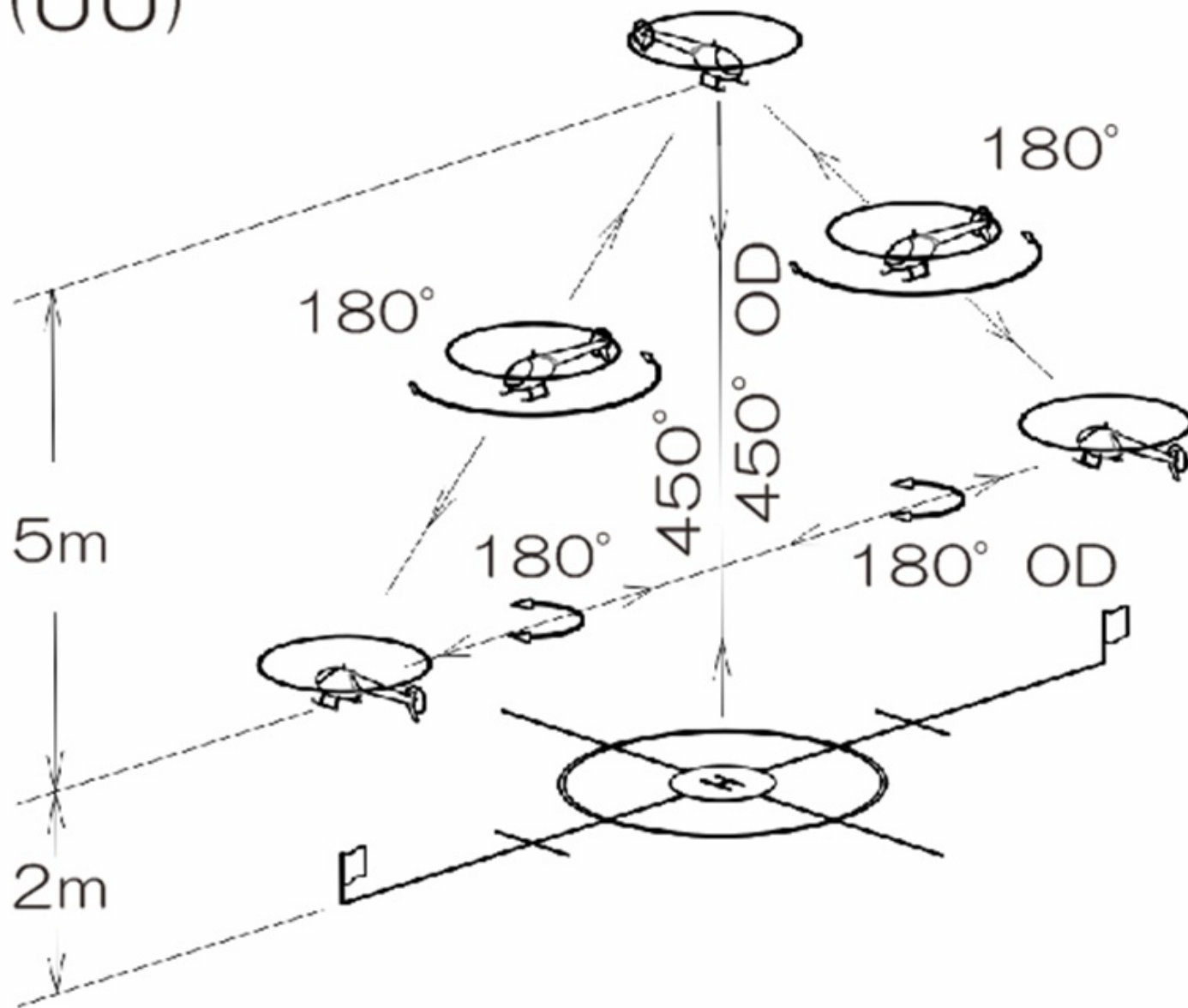
合計9演技



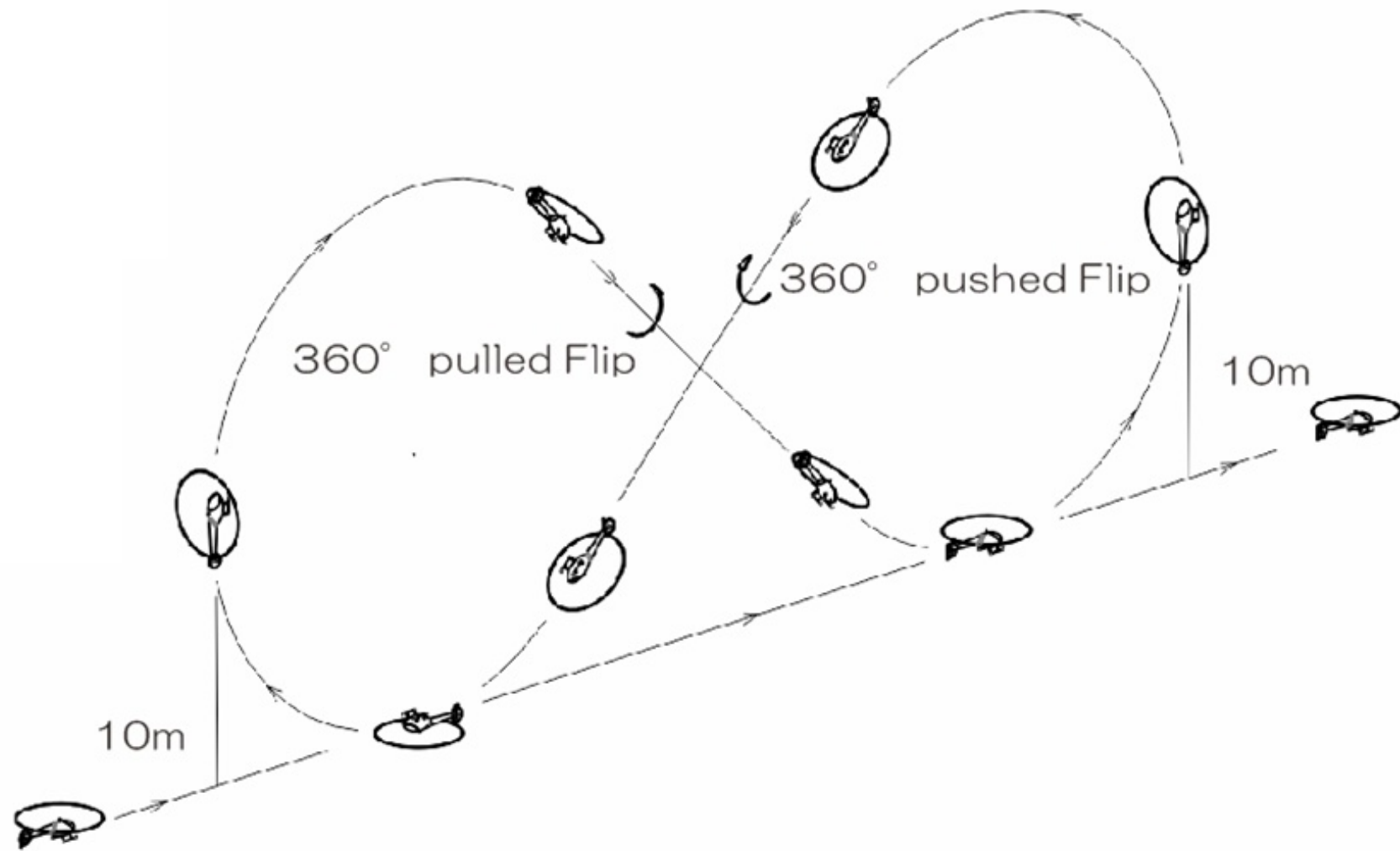
F1.Umbrella (UU)



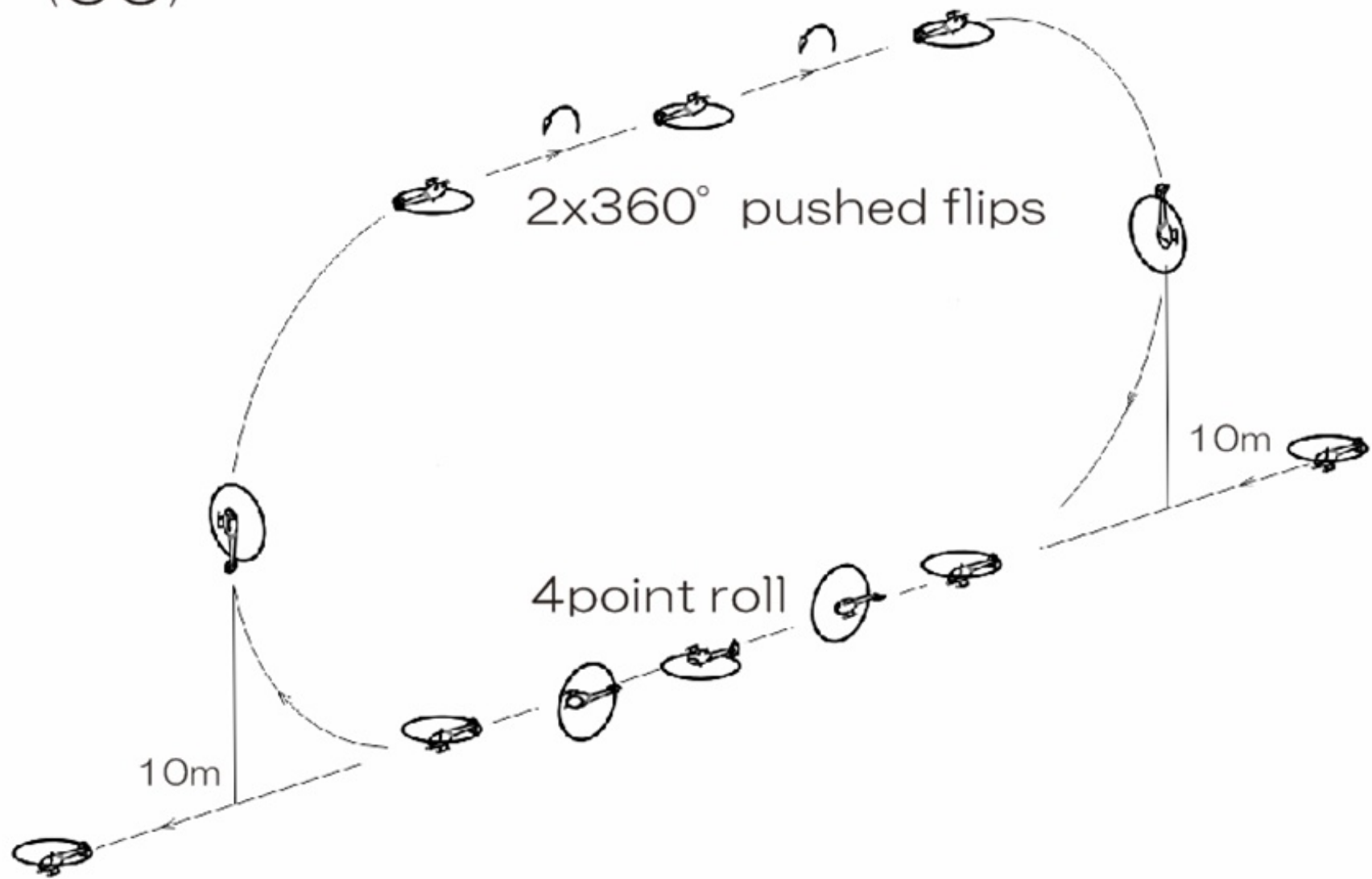
F2.Firtree (UU)



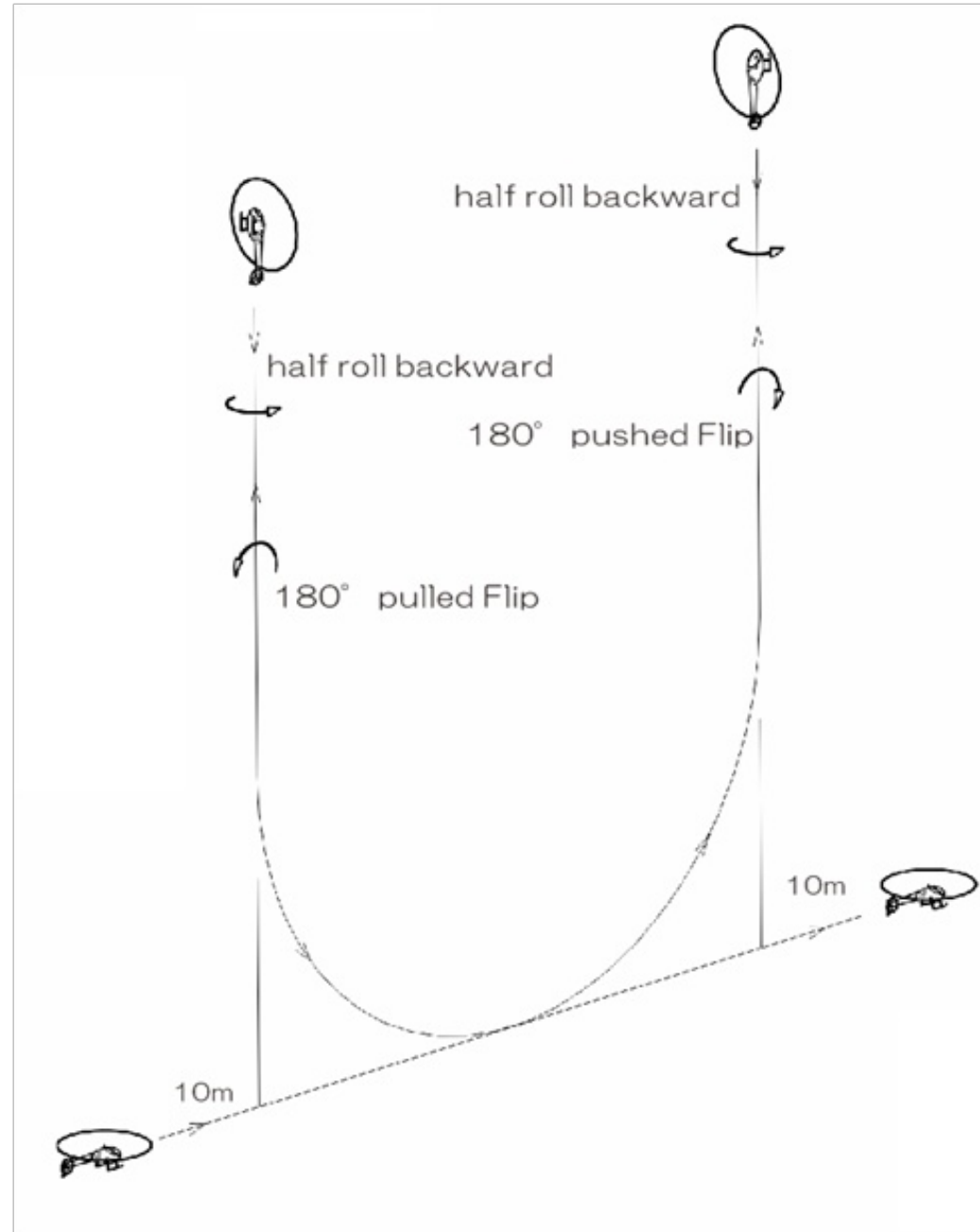
F3.Cuban-eight with 360° flips (DD)



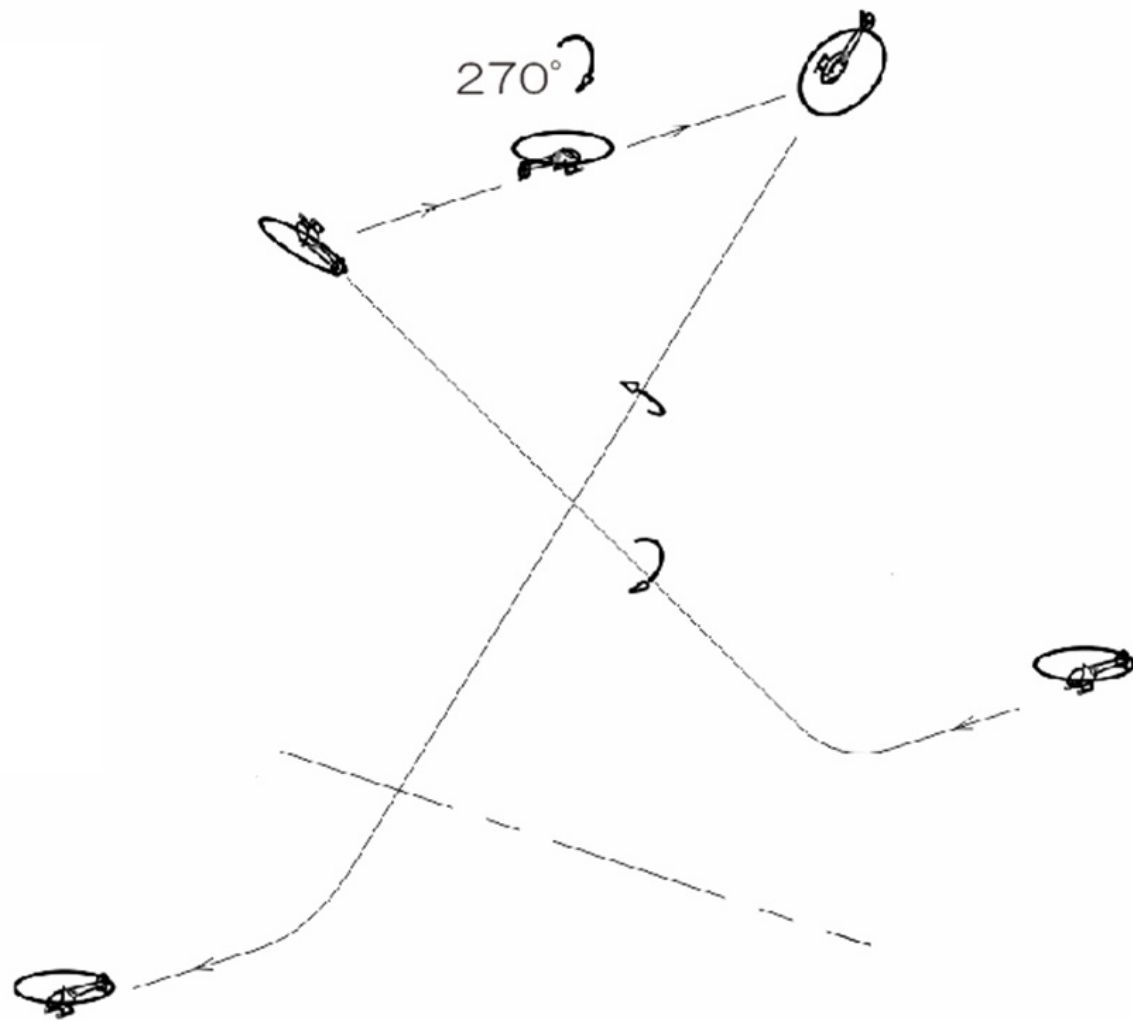
F4.Oval with flips and four-point-roll (UU)



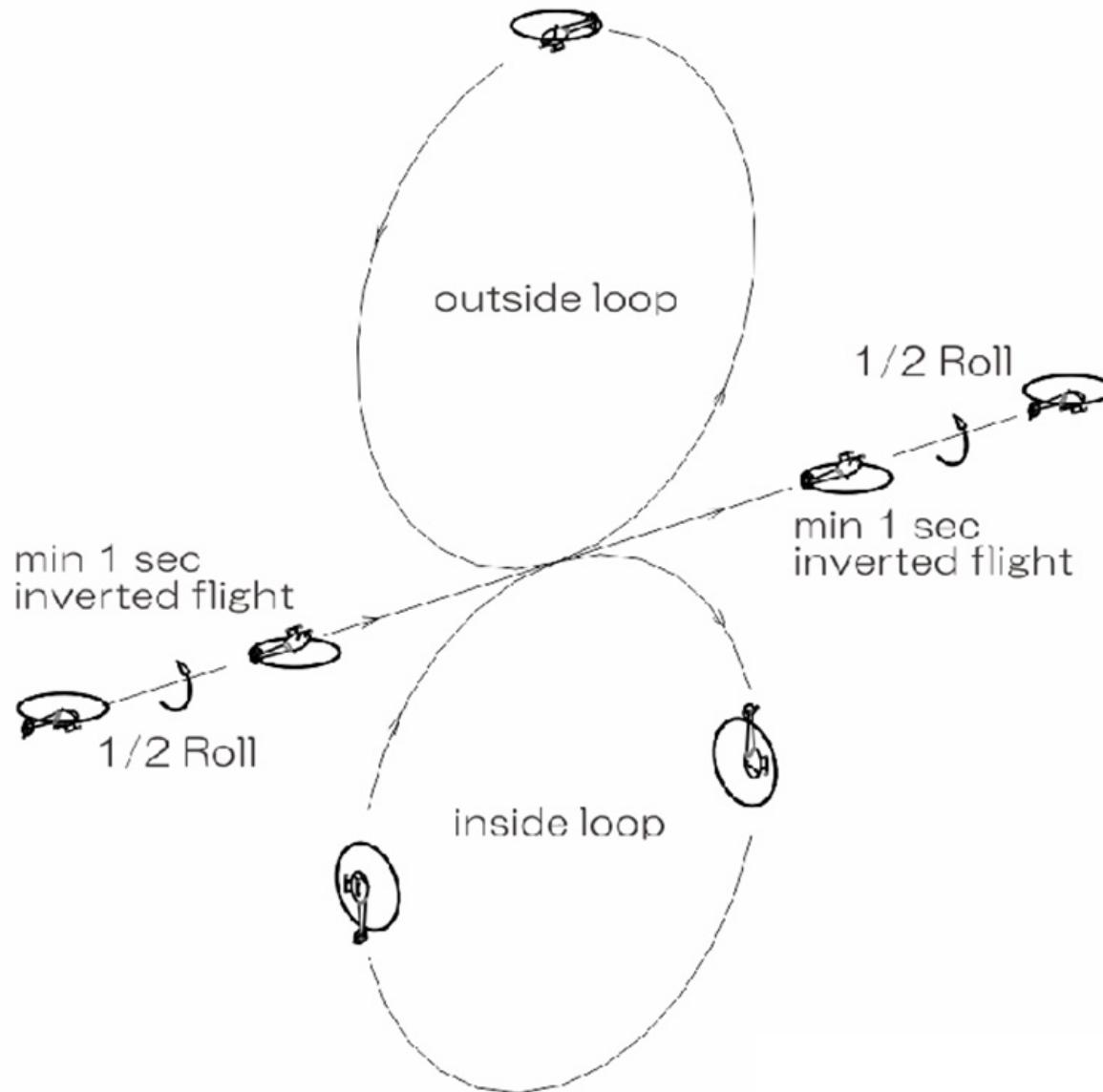
F5 ダブルキャンドル・ウイズ・ハーフロールズ・アンド・ディセンディング・フリップス (DD)
K=1.0



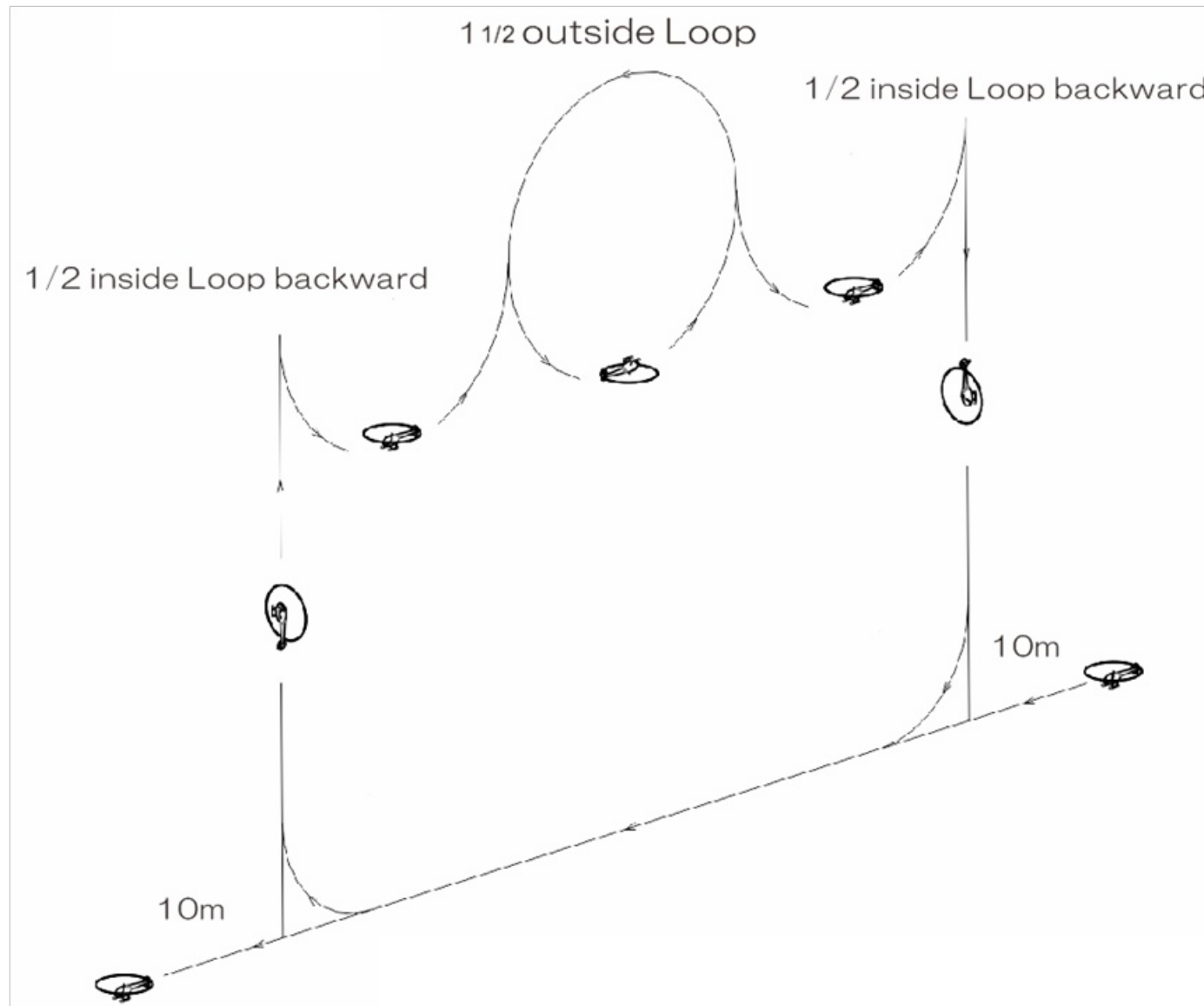
F6.X
(UU)



F7.Standing eight with half rolls (DD)



F8. Pullback with 2 half and 1 1/2 loops (UU)



F9. Autorotation with flips and pirouette (DD-UU)

360° pirouette in inverted position (min. 3 seconds), hovers min. 2 seconds and powers engine off.

pulled quarter flip and min. two seconds stop

pulled quarter flip

inside quarter loop (radius is equal to the distance from the center line)

descending 180° curve

