

図5D-P

F3C演技 スケジュールP

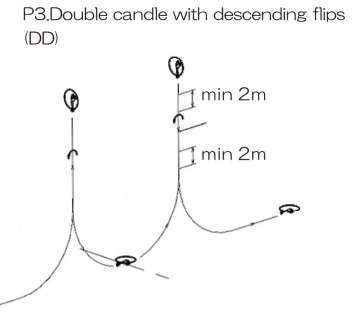
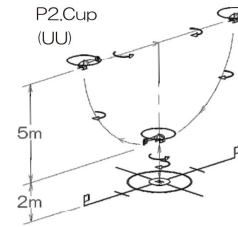
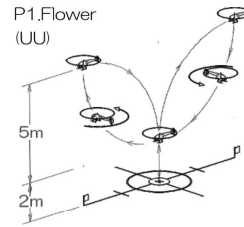
2016年版

静演技2 (K=1.5)

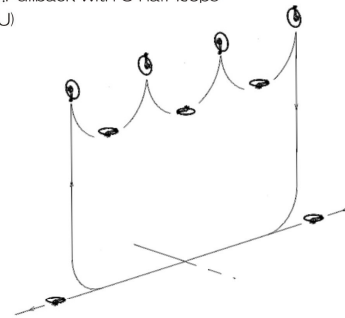
動演技7 (K=1)

合計9演技

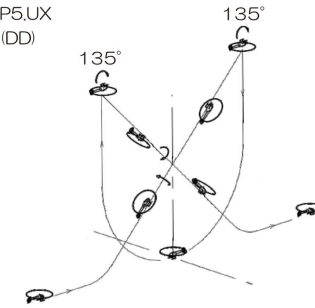
SCHEDULE P



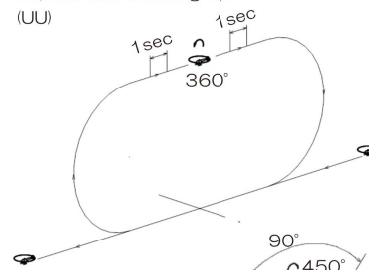
P4.Pullback with 3 half loops
(UU)



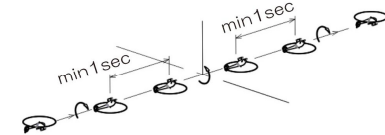
P5.UX
(DD)



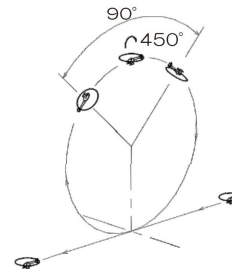
P6.Oval with travelling flip
(UU)



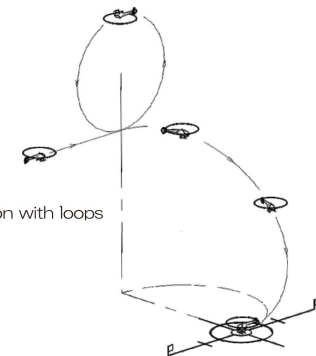
P7.Opposite half and full inverted rolls
(DD)



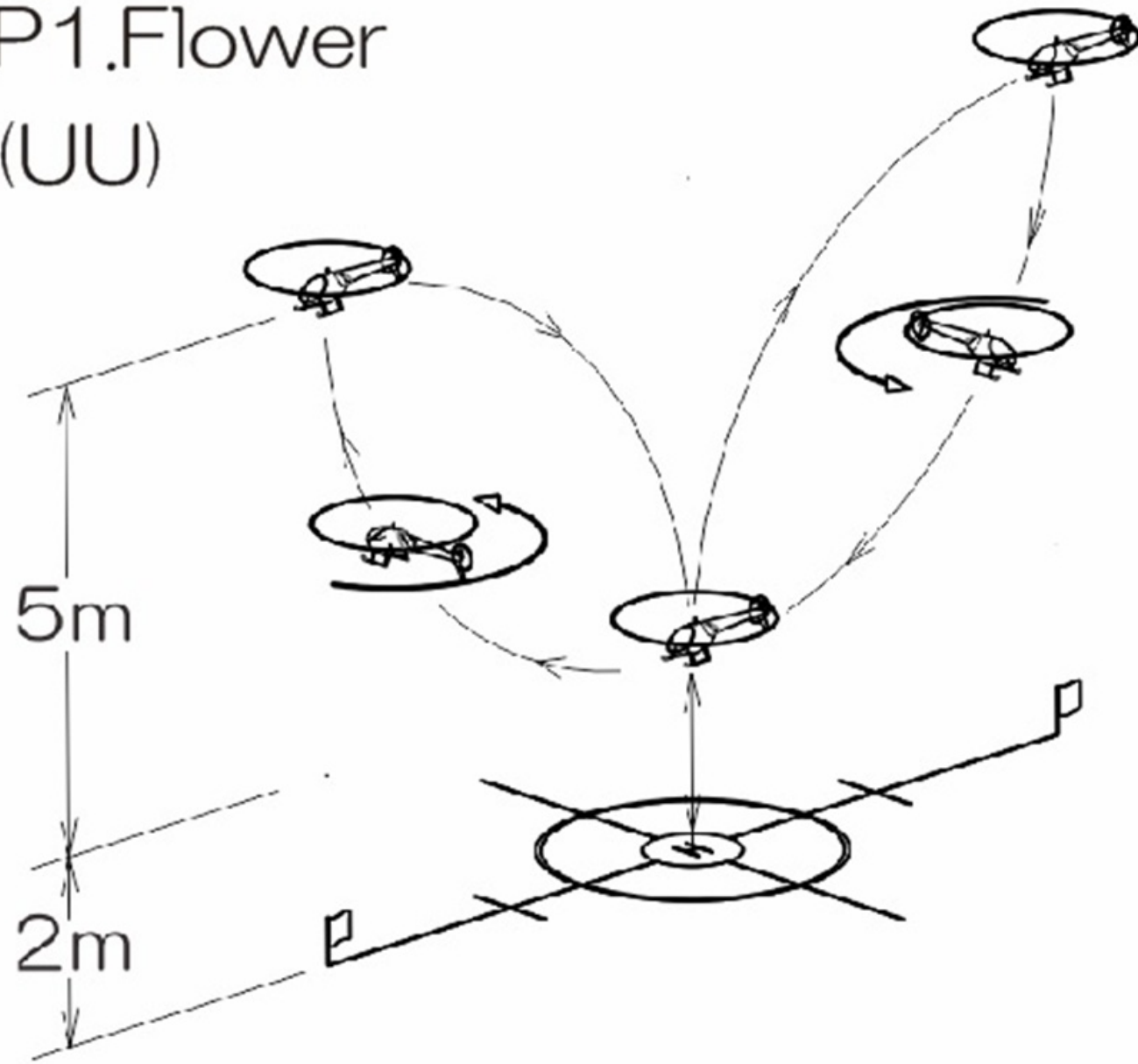
P8.Loop with flip
(UU)



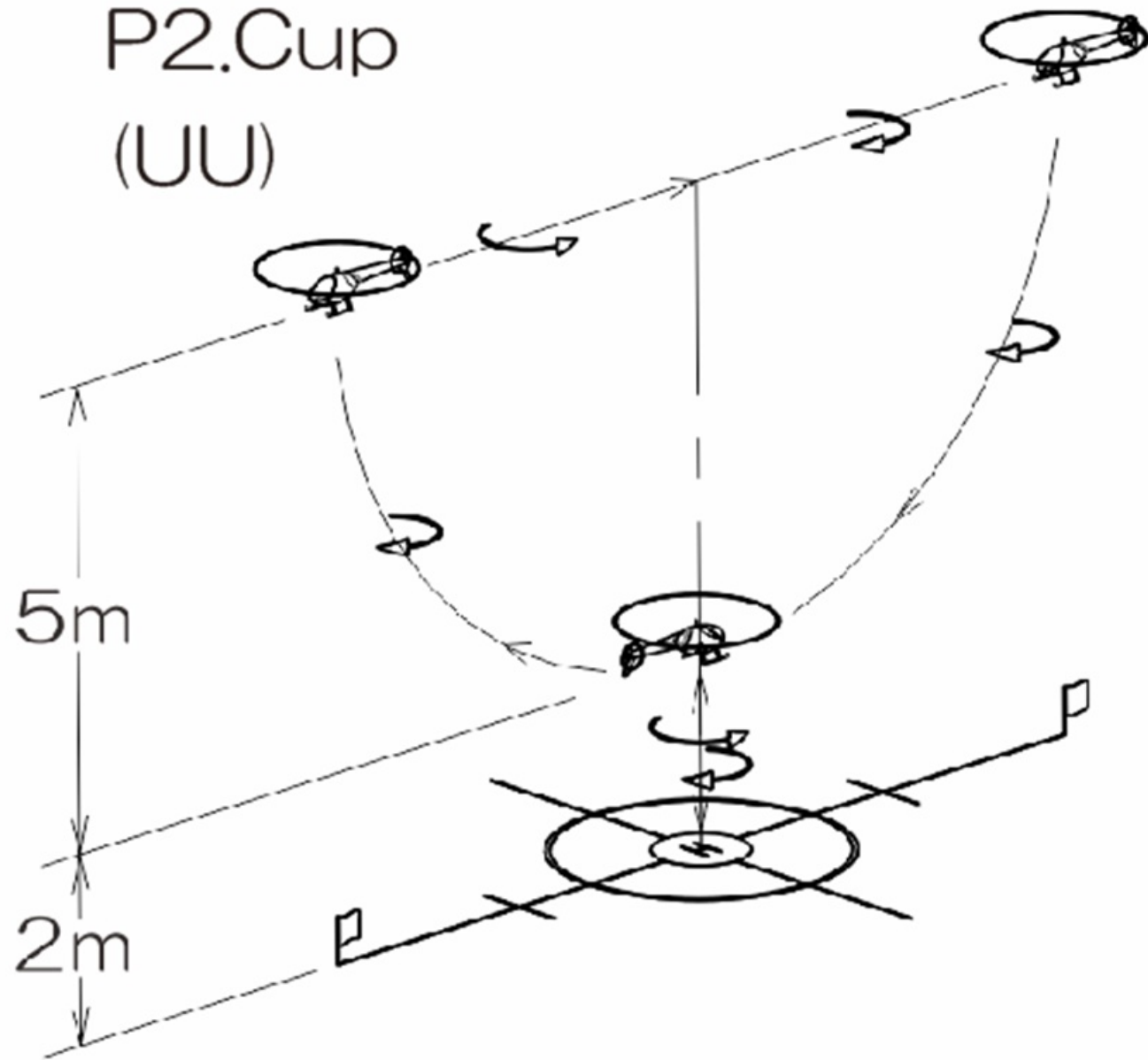
P9.Autorotation with loops
(DD/UU)



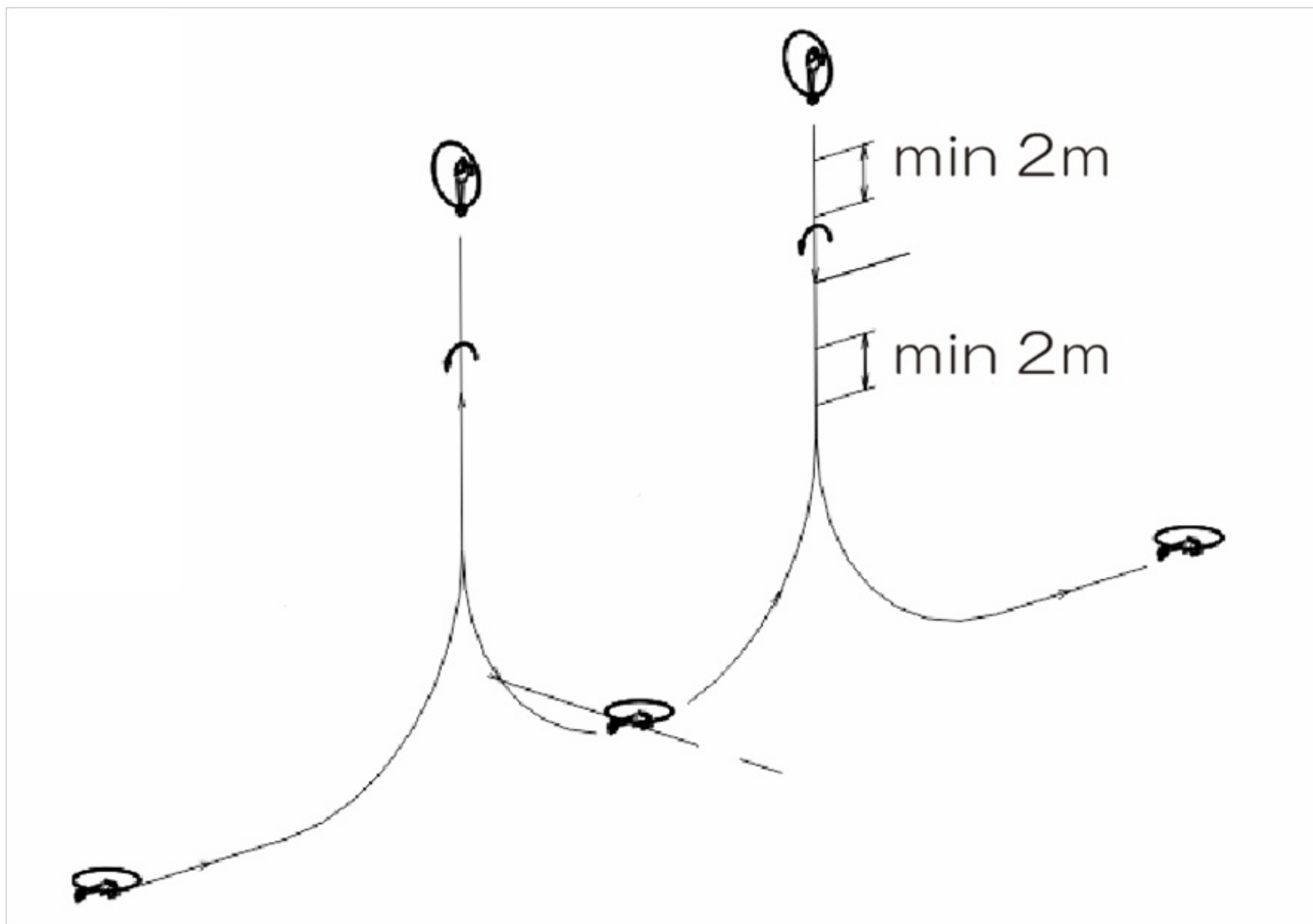
P1.Flower (UU)



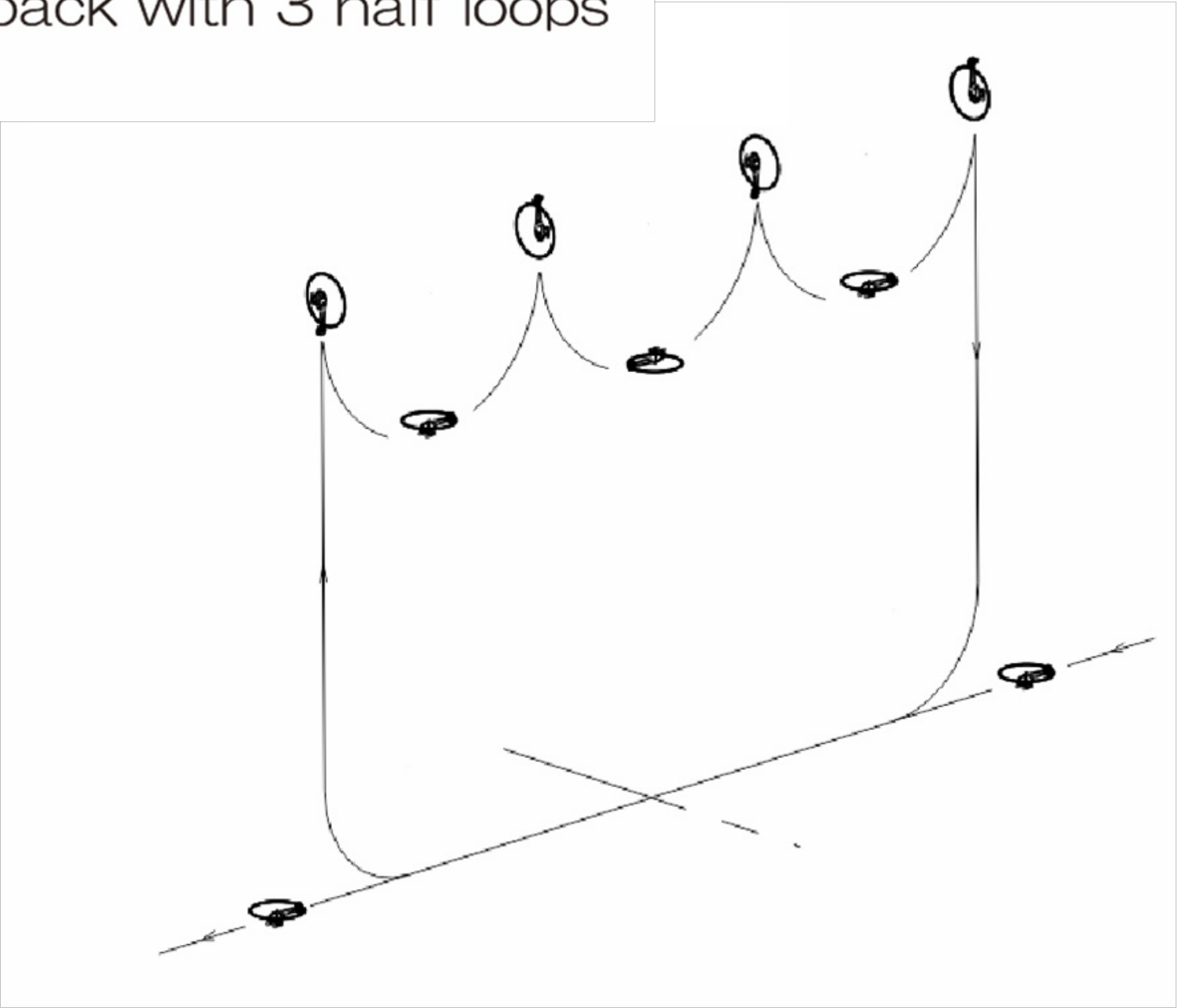
P2.Cup
(UU)



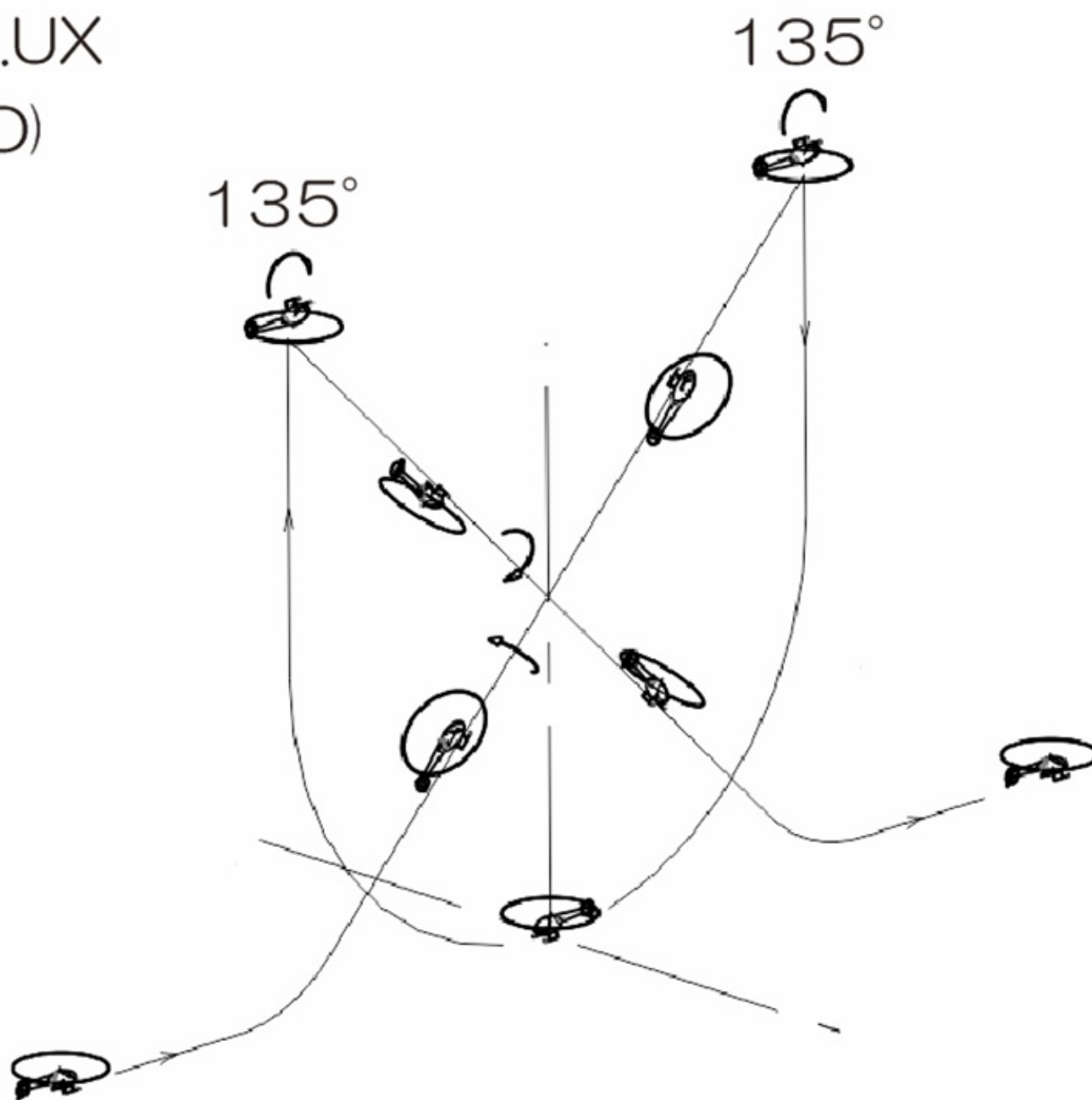
P3. Double candle with descending flips
(DD)



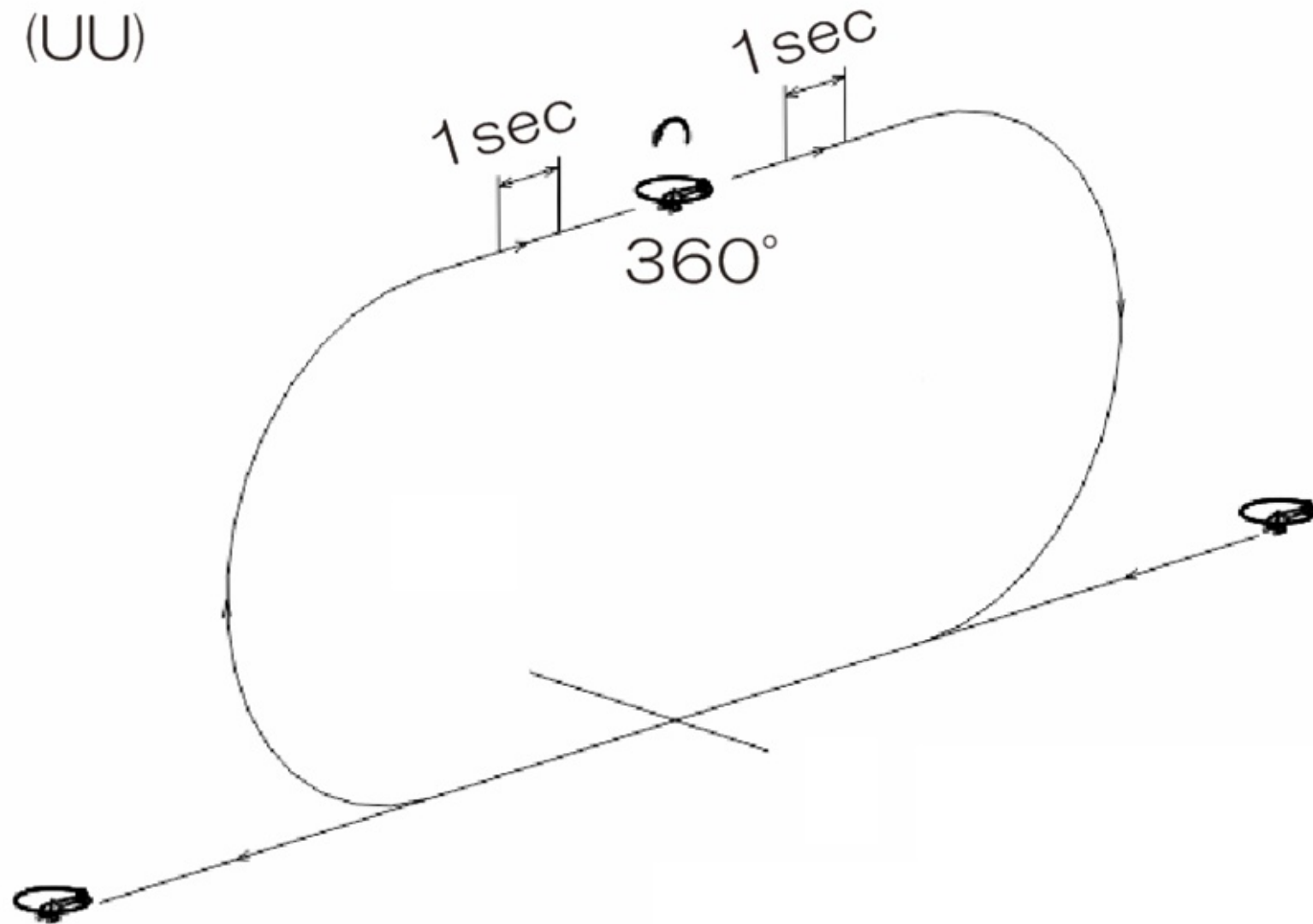
P4.Pullback with 3 half loops
(UU)



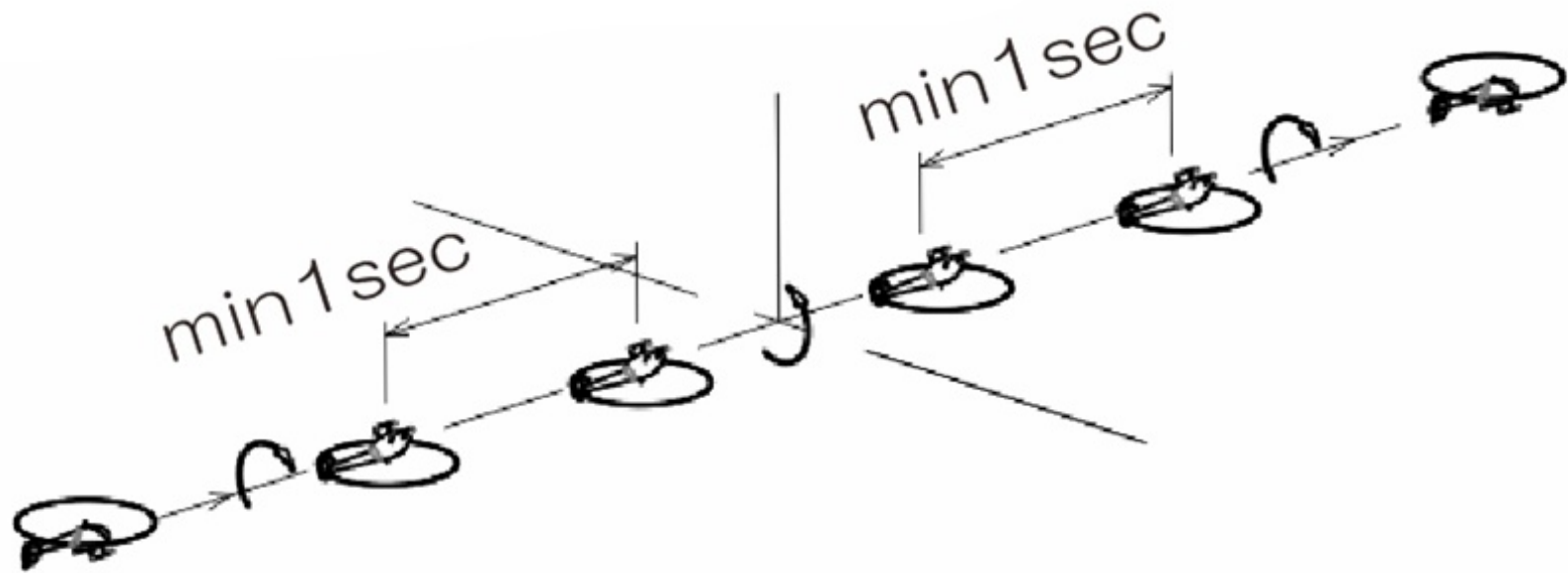
P5.UX
(DD)



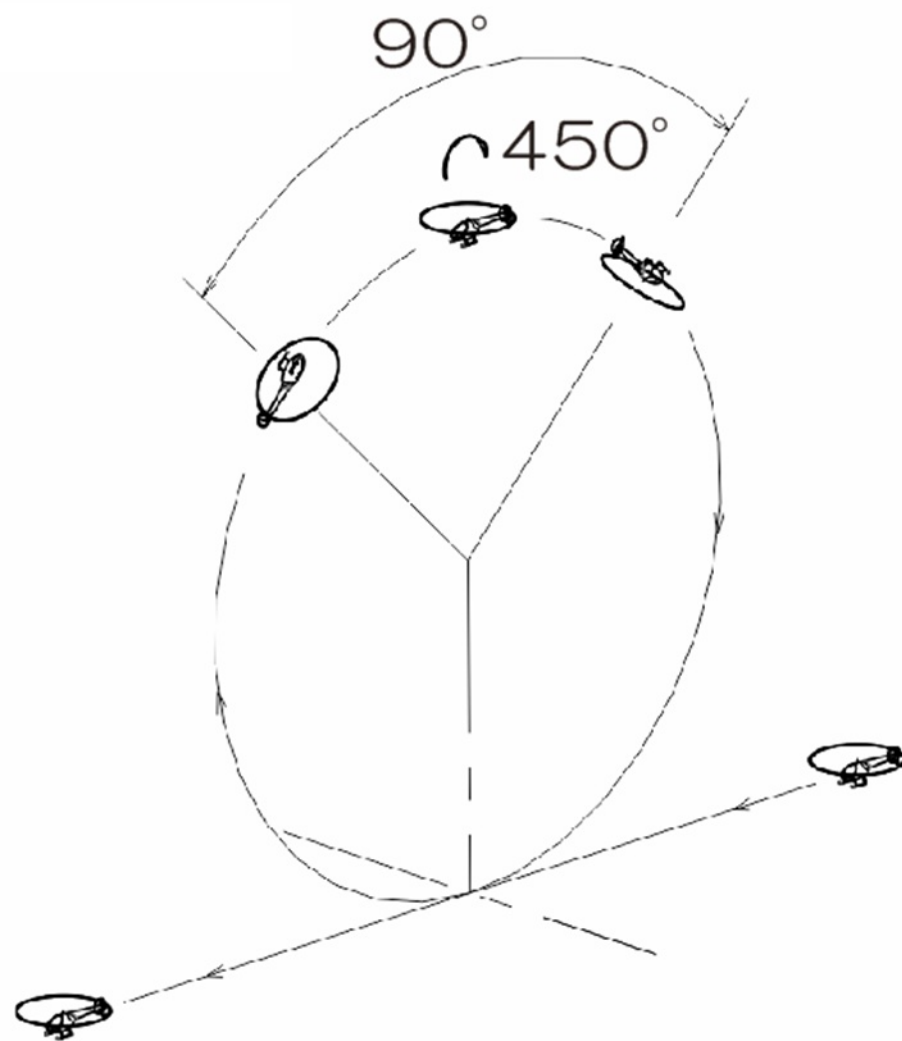
P6.Oval with travelling flip
(UU)



P7. Opposite half and full inverted rolls
(DD)



P8. Loop with flip
(UU)



P9. Autorotation with loops (DD/UU)

