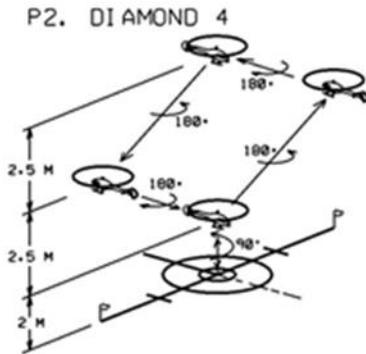
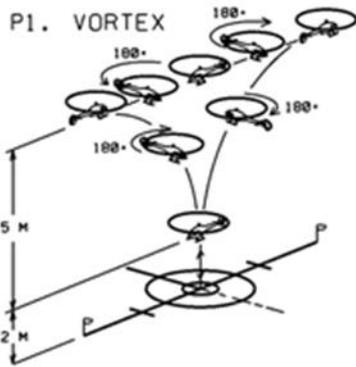
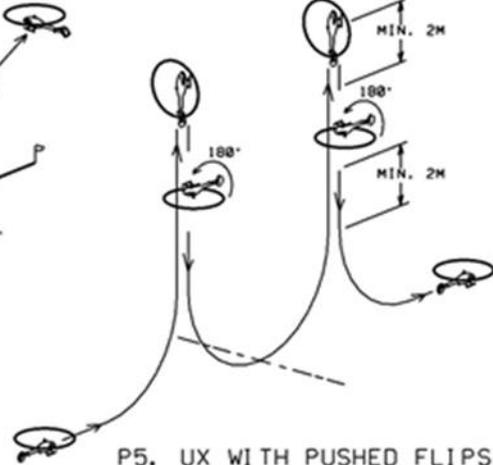


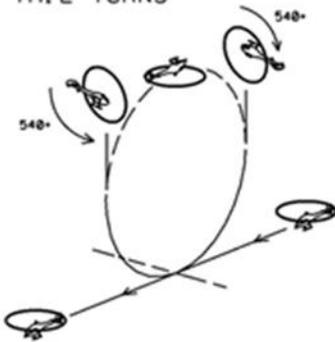
図5D-P F3Cスケジュール・P



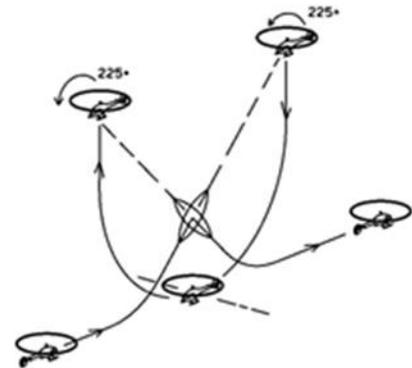
P3. DOUBLE CANDLE WITH DESCENDING FLIP



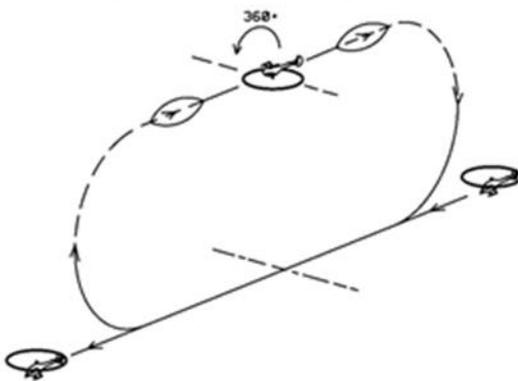
P4. LOOP WITH 540° TAIL TURNS



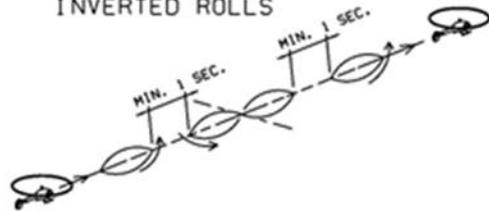
P5. UX WITH PUSHED FLIPS



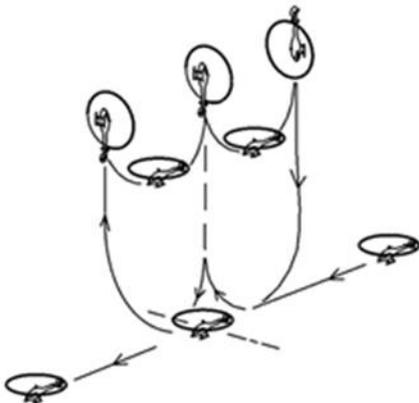
P6. OVAL WITH HALF ROLLS AND FLIP



P7. OPPOSITE HALF AND FULL INVERTED ROLLS



P8. INVERTED UMBRELLA



P9. 180° AUTOROTATION

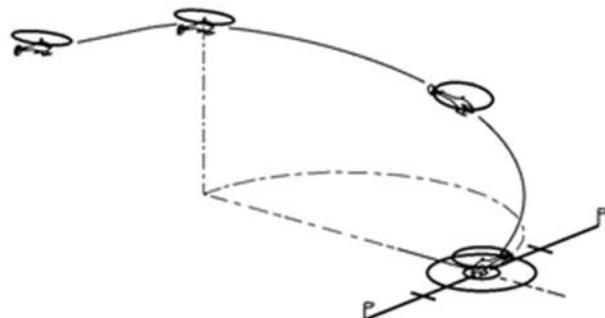
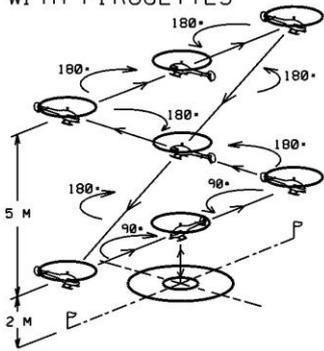
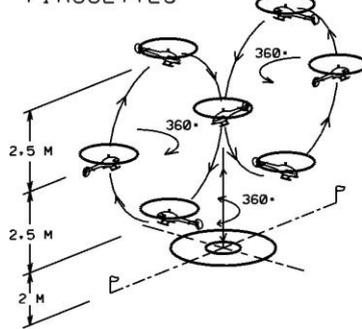


図5D-SF/F F3Cスケジュール・SF/F

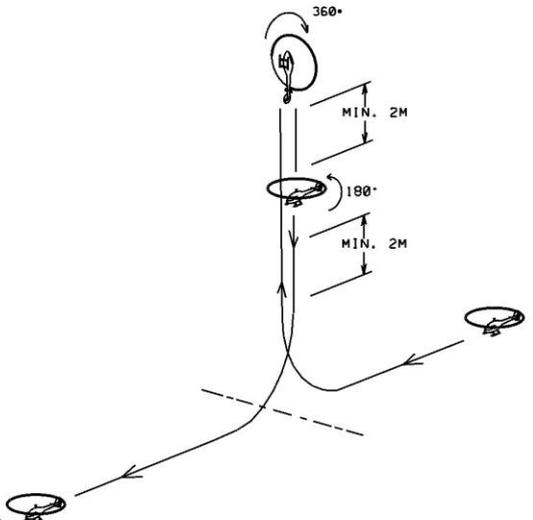
F1. VERTICAL HOURGLASS WITH PIRQUETTES



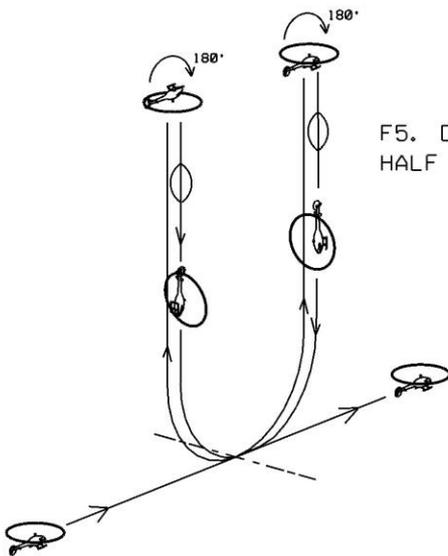
F2. LAID EIGHT WITH PIRQUETTES



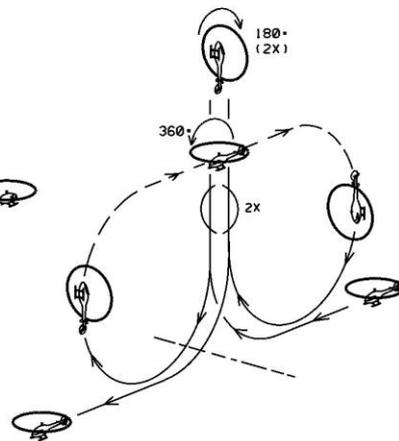
F3. CANDLE WITH 360° TAIL TURN AND 180° PUSHED FLIP



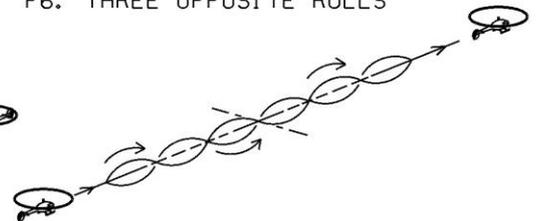
F4. DOUBLE CANDLE WITH HALF FLIPS AND HALF ROLLS



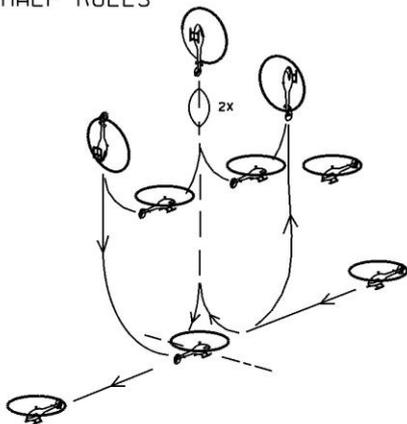
F5. DOUBLE STALL TURNS WITH HALF ROLLS AND FLIP



F6. THREE OPPOSITE ROLLS



F7. INVERTED UMBRELLA WITH HALF ROLLS



F8. AUTOROTATION WITH FLIP AND TWO 90° TURNS

