

| Nr | F3A P11 | K |
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| | Take off Sequence | |
| 1 | Figure M: 3/4 pt roll up, 1/4 roll down, 1/2 outside loop, integrated 1/2 roll, 1/4 roll up, 3/4 roll down | 5 |
| 2 | Half reverse Cuban 8, 2/4 pt roll up | 3 |
| 3 | Two slow rolls in opposite direction | 3 |
| 4 | Half square loop, full snap roll up, inverted exit | 4 |
| 5 | 4 pt roll on 45 degrees down, inverted exit | 3 |
| 6 | Push-push-pull humpty bump, 1/2 roll up, 2/4 pt roll down | 3 |
| 7 | Loop, 8 pt roll integrated over top 180 degrees | 5 |
| 8 | Half square loop on corner, 2/4 roll, inverted exit | 3 |
| 9 | Reverse Cuban 8, 4/8 pt roll and 2/4 pt roll in 45 degrees downlines, inverted exit | 4 |
| 10 | Half loop, 1/2 roll, inverted exit | 2 |
| 11 | Reverse 8 pt roll (4/8 pt rolls in opposite direction), inverted exit | 5 |
| 12 | Stall turn, 2/4 pt roll, full roll down | 3 |
| 13 | Double immelman, 2/4 pt roll and full roll, inverted exit | 4 |
| 14 | Figure 9, full roll up, inverted exit | 2 |
| 15 | Opposite knife edge | 5 |
| 16 | Figure 8, full outside loop, 1/2 loop on top, inverted exit | 2 |
| 17 | Two 2 1/4 inverted spins in opposite direction, 1/2 roll on exit | 4 |
| | Landing Sequence | |

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