

## F3A A Programma P-19 (2018-2019)

ID	Beschrijving	K-factor
P-19.01	Driehoeks lus met 1/2 rol, halve 4 punts rol, halve 4 punts rol, 1/2 rol	3
P-19.02	Druppel met 2 tegengestelde 1/2 rollen, halve 8 punts rol	3
P-19.03	Cubaanse Acht met snaprol, snaprol	5
P-19.04	Halve vierkante lus met een 1/2 rol	2
P-19.05	Omgekeerde Cobra rol met, rol, halve 4 punts rol	4
P-19.06	Rugvlucht Spin 2 slagen	3
P-19.07	Figuur 9 met halve rol	3
P-19.08	Humpty Bump (Duw Duw Duw) met halve 4 punts rol, 2 tegengestelde 1/2 rollen (Optie: 1/4 rol, tegengestelde 1/2 rol en 1/4 rol)	4
P-19.09	Stall Turn met 3/4 4 punts rol op, 3/4 rol neer	5
P-19.10	Halve omgekeerde Cubaanse Acht met rol	3
P-19.11	Mes kant vlucht met 1 1/4 rol, 1 1/4 rol	4
P-19.12	Immelmann met 1/2 rol	2
P-19.13	Hele lus met 2 geïntegreerde rollen	5
P-19.14	Halve vierkante Lus op de punt met 1/2 rol	2
P-19.15	Dubbele Sleutel (Hart) hele rol, 1/2 rol, 1/2 rol, hele rol	5
P-19.16	Halve Cubaanse Acht met halve 4 punts rol	3
P-19.17	Vierkante lus met 1/2 rol, 1/2 rol, 1/2 rol, 1/2 rol	4
	<b>Totaal</b>	<b>60</b>

### Figuur beschrijving voor Programma P-19

(Engelse tekst)

#### P-19.01 Triangle loop with 1/2 roll, consecutive two 1/4 rolls, consecutive two 1/4 roll, 1/2 roll

From upright, perform a 1/2 roll in the centre, push through a 3/8 loop into a 45° upline, perform consecutively two 1/4 rolls, pull through 1/4 loop into a 45° downline, perform consecutively two 1/4 rolls, push through a 3/8 loop, perform a 1/2 roll in the centre, exit upright.

#### 19.02 Figure Et with consecutive two 1/2 rolls in opposite directions, consecutive four 1/8 rolls

From upright, pull through a 1/8 loop into a 45° upline, perform consecutively two 1/2 rolls in opposite directions pull through a 5/8 loop into a vertical downline, perform consecutively four 1/8 rolls, pull through a 1/4 loop, exit upright.

#### P-19.03 Cuban 8 with snap-roll, snap-roll

From upright, pull through a 5/8 loop into a 45° downline, perform a snap-roll, push through a 3/4 loop into a 45° downline, perform a snap-roll pull through a 1/8 loop, exit upright.

#### P-19.04 Half square loop with 1/2 roll

From upright, pull through a 1/4 loop into a vertical upline, perform a 1/2 roll, push through a 1/4 loop, exit upright.



**P-19.05 Reverse Cobra Roll with roll, consecutive two 1/4 rolls**

From upright, push through a 1/8 loop into a 45° downline, perform a roll, pull through a 1/4 loop into a 45° upline, perform consecutively two 1/4 rolls, pull through a 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 1/4 loop, exit upright.

**P-19.07 Figure 9 with 1/2 roll**

From upright, pull through a 1/4 loop into a vertical upline, perform a 1/2 roll, push through a 3/4 loop, exit inverted.

**P-19.08 Push-Push-Push Humpy-Bump with consecutive two 1/4 rolls, consecutive two 1/2 rolls in opposite directions (Option: with 1/4 roll, consecutive 1/2 roll, 1/4 roll in opposite directions)**

From inverted, push through a 1/4 loop into a vertical upline, perform consecutively two 1/4 rolls, push through a 1/2 loop into a vertical downline, perform consecutively two 1/2 rolls, in opposite directions, push through a 1/4 loop, exit inverted.

Option: From inverted, push through a 1/4 loop into a vertical upline, perform a 1/4 roll, push through a 1/2 loop into a vertical downline, perform consecutively a 1/2 roll, 1/4 roll in opposite directions, push through a 1/4 loop, exit inverted.

**P-19.09 Stall Turn with roll, consecutive three 1/4 rolls, 3/4 roll**

From Inverted, perform a roll, push through a 1/4 loop into a vertical upline, perform consecutively three 1/4 rolls, perform a stall turn into a vertical downline, perform a 3/4 roll, push through a 1/4 loop, exit inverted.

**P-19.10 Half Reverse Cuban 8 with roll**

From inverted, push through a 1/8 loop into a 45° upline, perform a roll, pull through a 5/8 loop, exit upright.

**P-19.11 Knife-Edge flight with 1 1/4 roll, 1 1/4 roll**

From upright, perform a 1 1/4 roll, perform a knife-edge flight, perform a 1 1/4 roll exit upright.

**P-19.12 Immelmann Turn with 1/2 roll**

From upright, pull through a 1/2 loop, perform a 1/2 roll, exit upright

**P-19.13 Loop with two 1/2 rolls integrated**

From upright, push through a loop while integrating a 1/2 roll in the first 90° and another 1/2 roll in the last 90°, exit upright.

**P-19.14 Half Square Loop on Corner with 1/2 roll**

From upright, push through a 1/8 loop into a 45° downline, push through a 1/4 loop into a 45° downline, perform a 1/2 roll, pull through a 1/8 loop, exit upright.

**P-19.15 Double Key with roll, 1/2 roll, 1/2 roll, roll**

From upright, pull through a 1/4 loop into a vertical upline, perform a roll, pull through a 5/8 loop into a 45° downline, perform a 1/2 roll, push through a 1/4 loop into a 45° upline, perform a 1/2 roll, pull through a 5/8 loop into a vertical downline, perform a roll, pull through a 1/4 loop, exit upright.



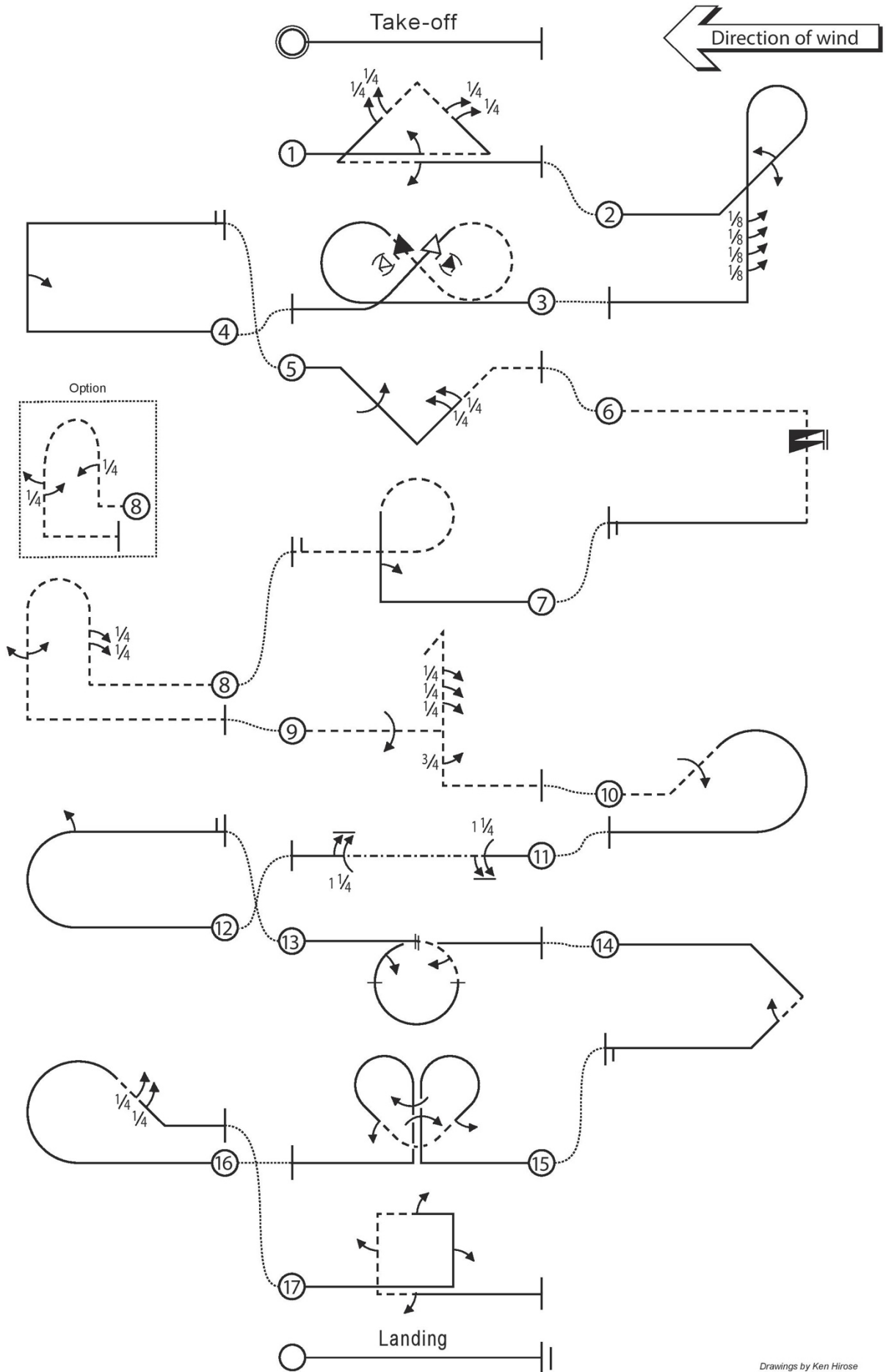
**P-19.16 Half Cuban 8 with consecutive two 1/4 rolls**

From upright, pull through a 5/8 loop into a 45° downline, perform consecutively two 1/4 rolls, exit upright.

**P-19.17 Square Loop with, 1/2 roll, 1/2 roll, 1/2 roll, 1/2 roll**

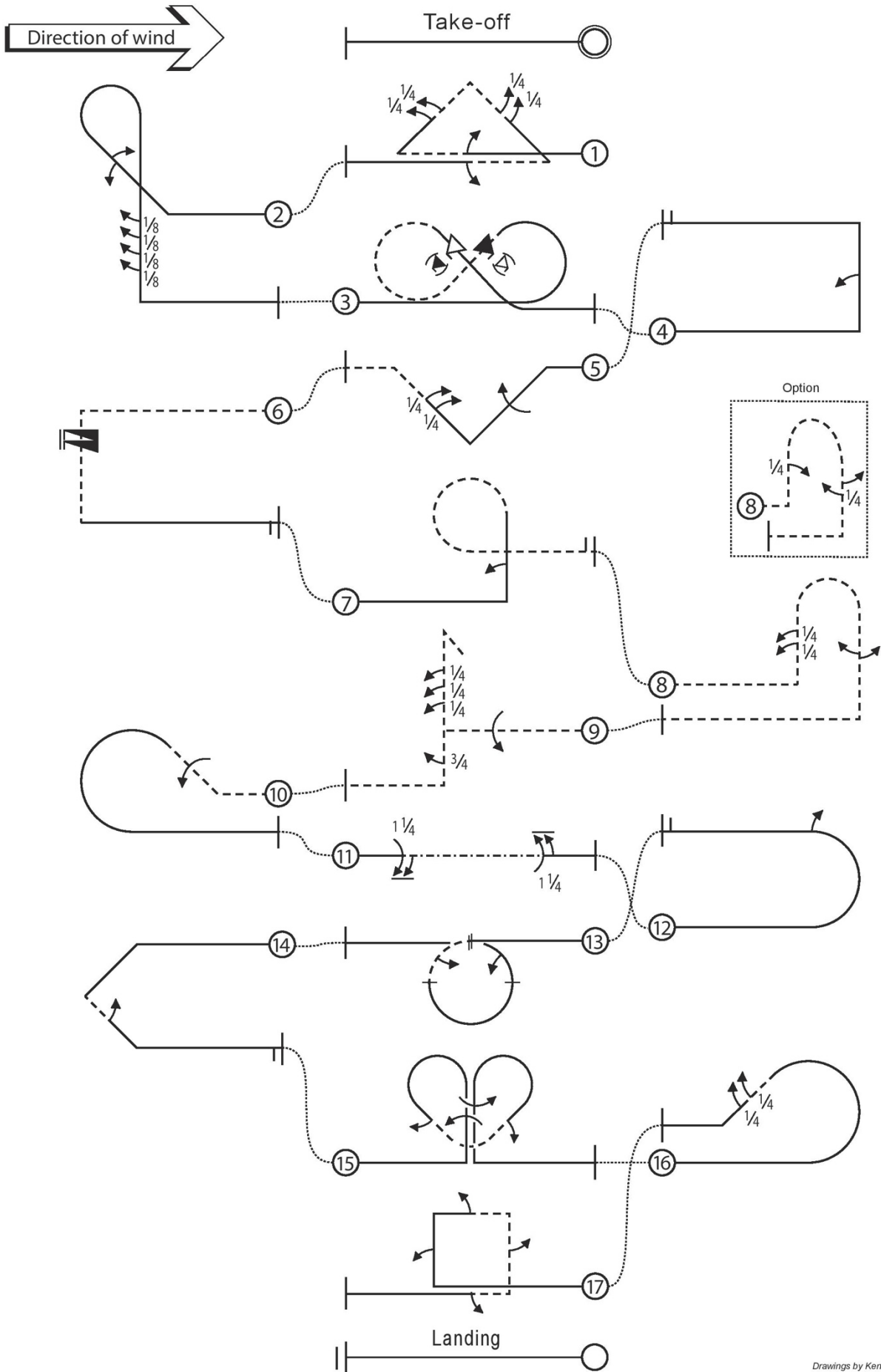
From upright perform a square loop while performing a 1/2 roll in each one leg, exit upright.

# PRELIMINARY SCHEDULE P-19 (2018-2019)



Drawings by Ken Hirose  
Oct. 2014

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