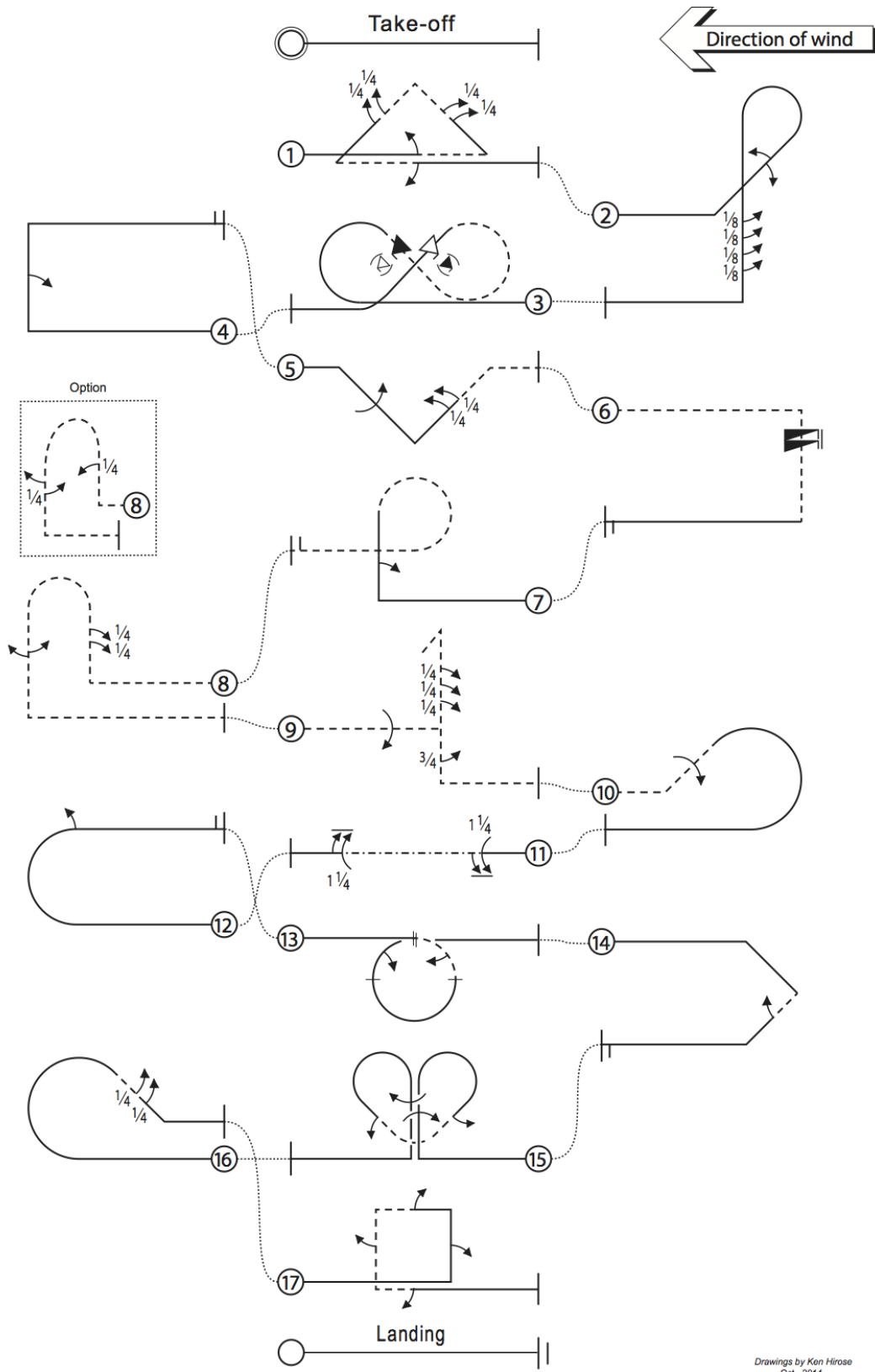


PRELIMINARY SCHEDULE P-19 (2018-2019)



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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.

P-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 Immelman Turn with 1/2 roll

From upright, pull through a $\frac{1}{2}$ loop, perform a $\frac{1}{2}$ roll, exit upright

P-19.13 Loop with two $\frac{1}{2}$ rolls integrated

From upright, push through a loop while integrating a $\frac{1}{2}$ roll in the first 90° and another $\frac{1}{2}$ roll in the last 90° , exit upright.

P-19.14 Half Square Loop on Corner with $\frac{1}{2}$ roll

From upright, push through a $\frac{1}{8}$ loop into a 45° downline, push through a $\frac{1}{4}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop, exit upright.

P-19.15 Double Key with roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, roll

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, perform a roll, pull through a $\frac{5}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, push through a $\frac{1}{4}$ loop into a 45° upline, perform a $\frac{1}{2}$ roll, pull through a $\frac{5}{8}$ loop into a vertical downline, perform a roll, pull through a $\frac{1}{4}$ loop, exit upright.

P-19.16 Half Cuban 8 with consecutive two $\frac{1}{4}$ rolls

From upright, pull through a $\frac{5}{8}$ loop into a 45° downline, perform consecutively two $\frac{1}{4}$ rolls, exit upright.

P-19.17 Square Loop with, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll

From upright perform a square loop while performing a $\frac{1}{2}$ roll in each one leg, exit upright.