

図5D-F

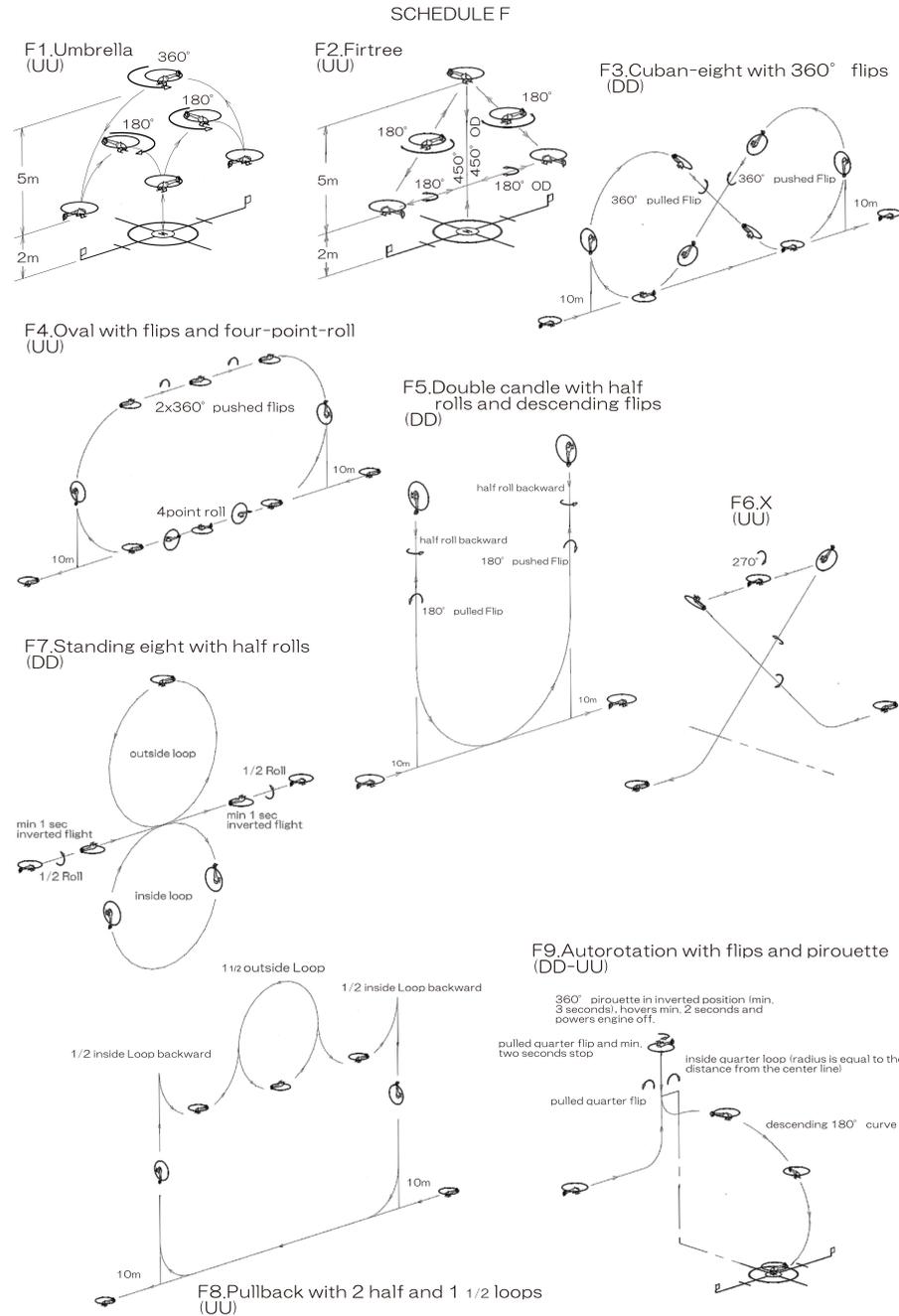
F3C演技 スケジュールF

2016年版

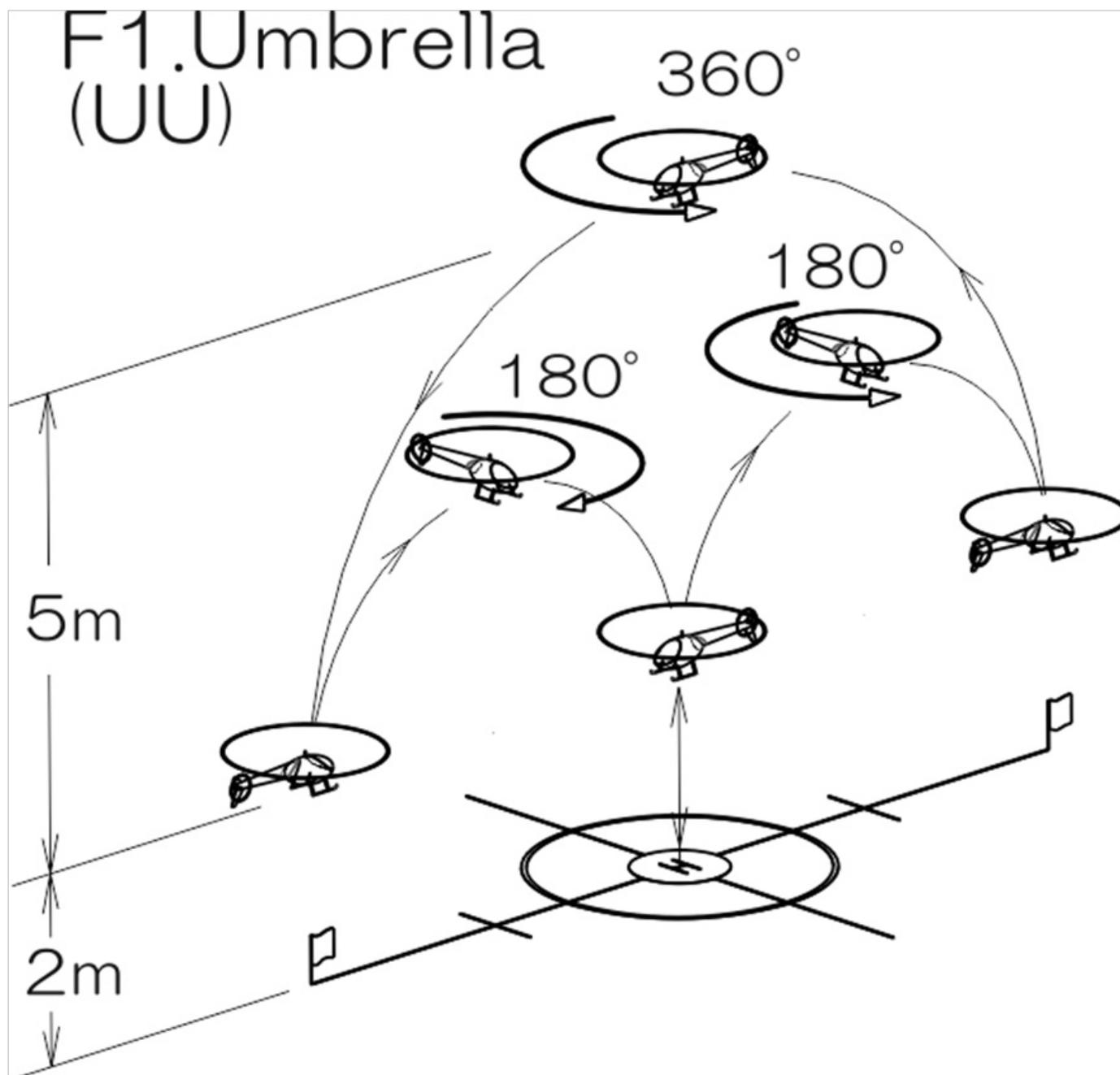
静演技2 (K=1.5)

動演技7 (K=1)

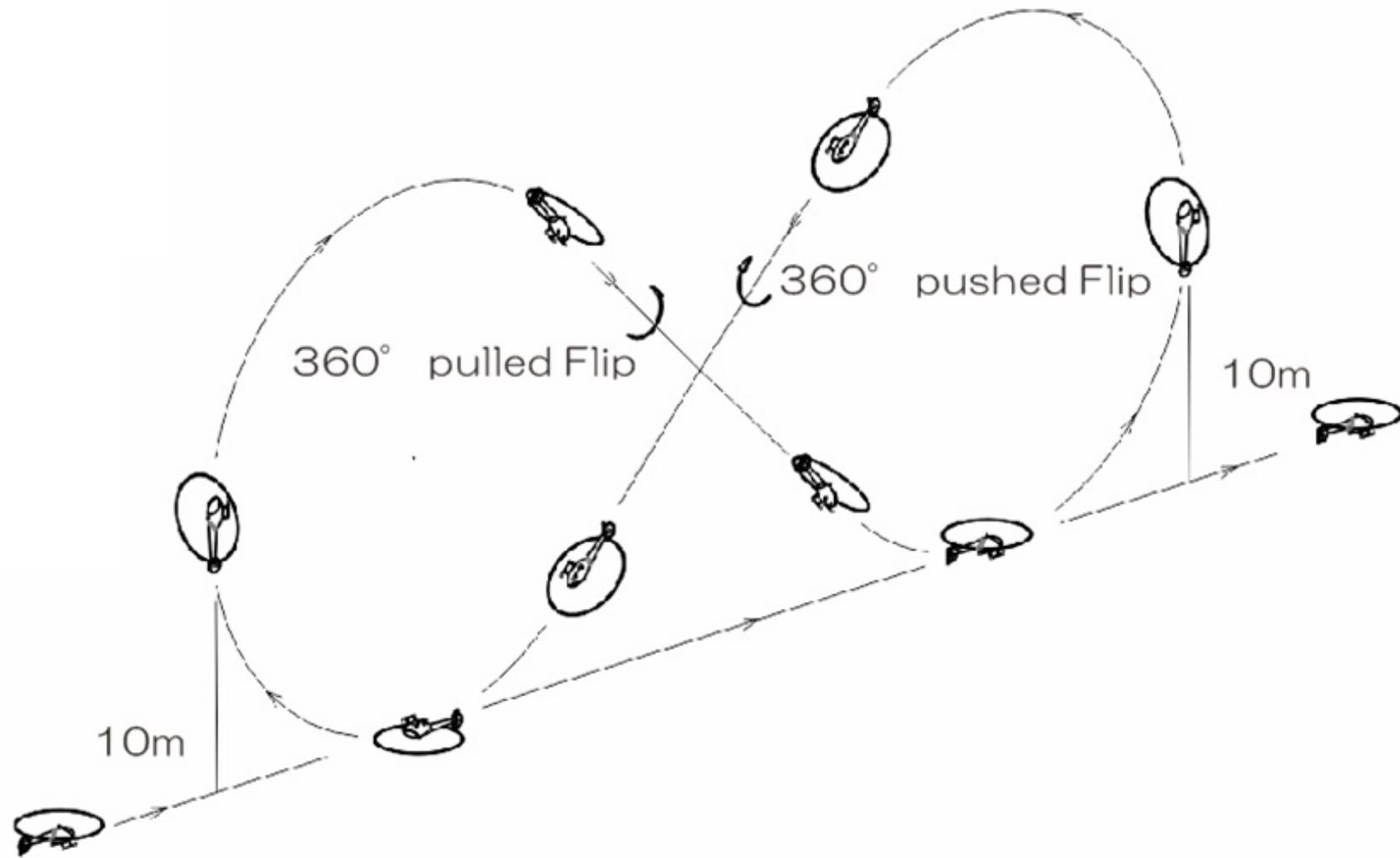
合計9演技



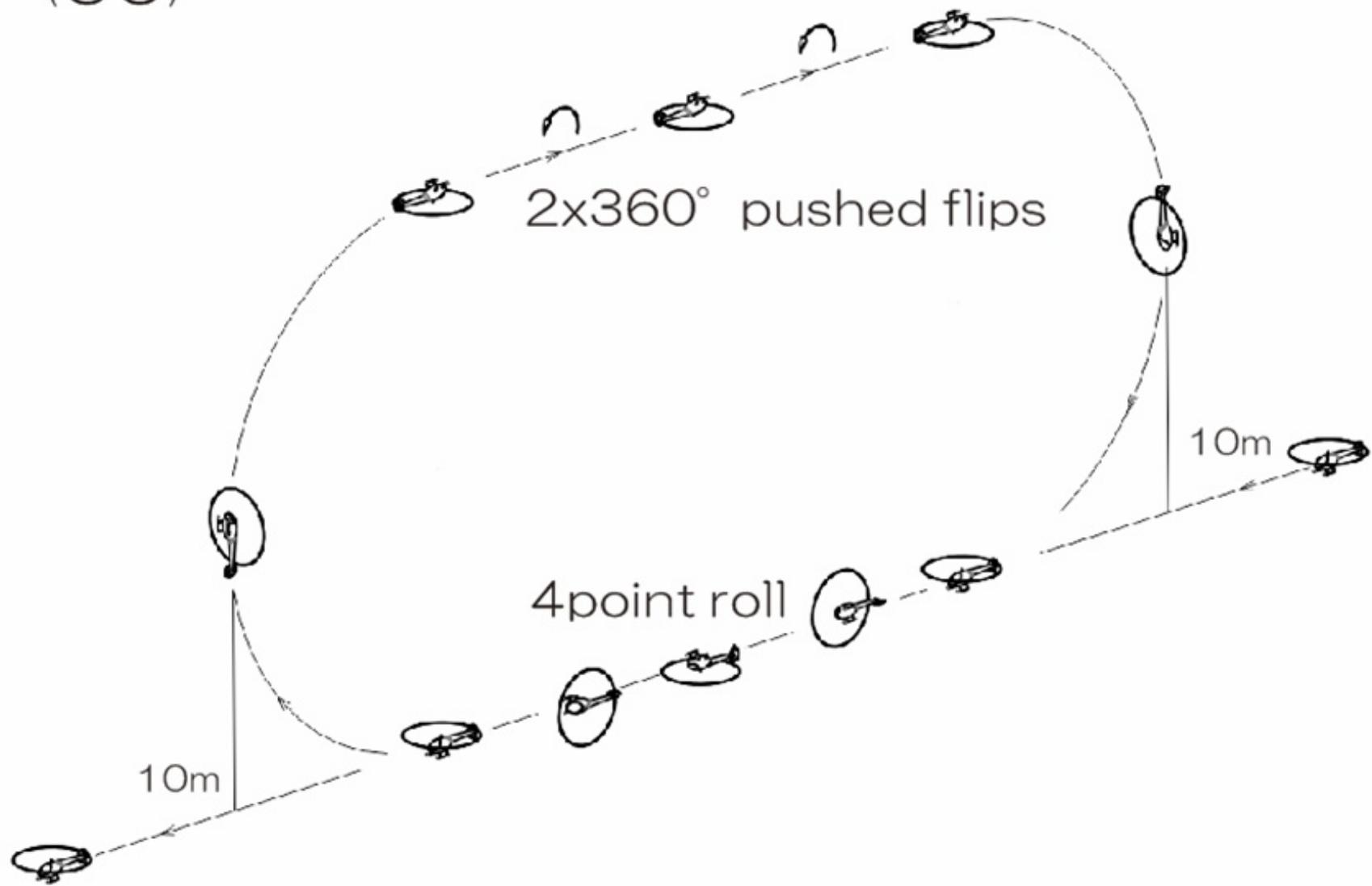
F1.Umbrella (UU)



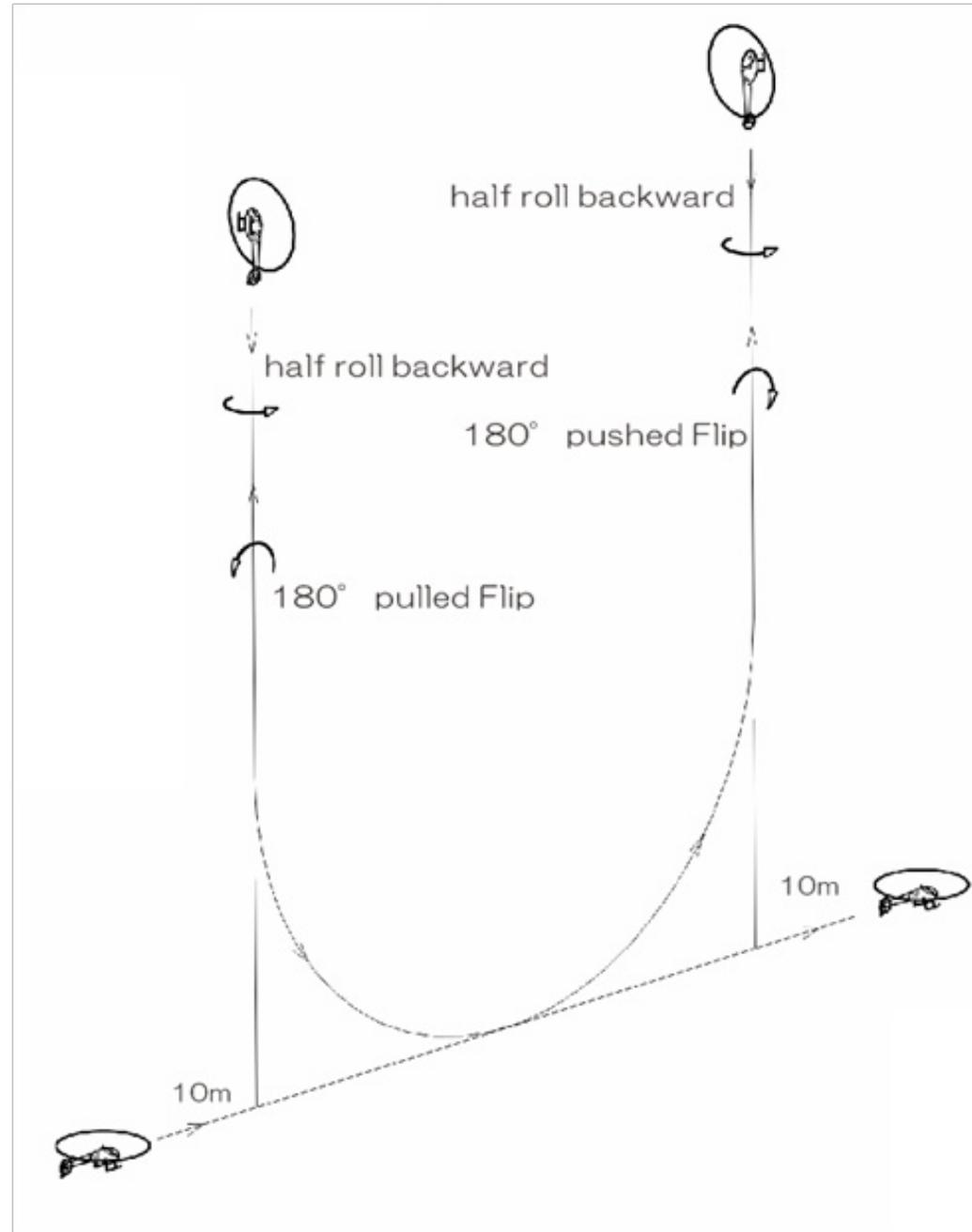
F3.Cuban-eight with 360° flips (DD)



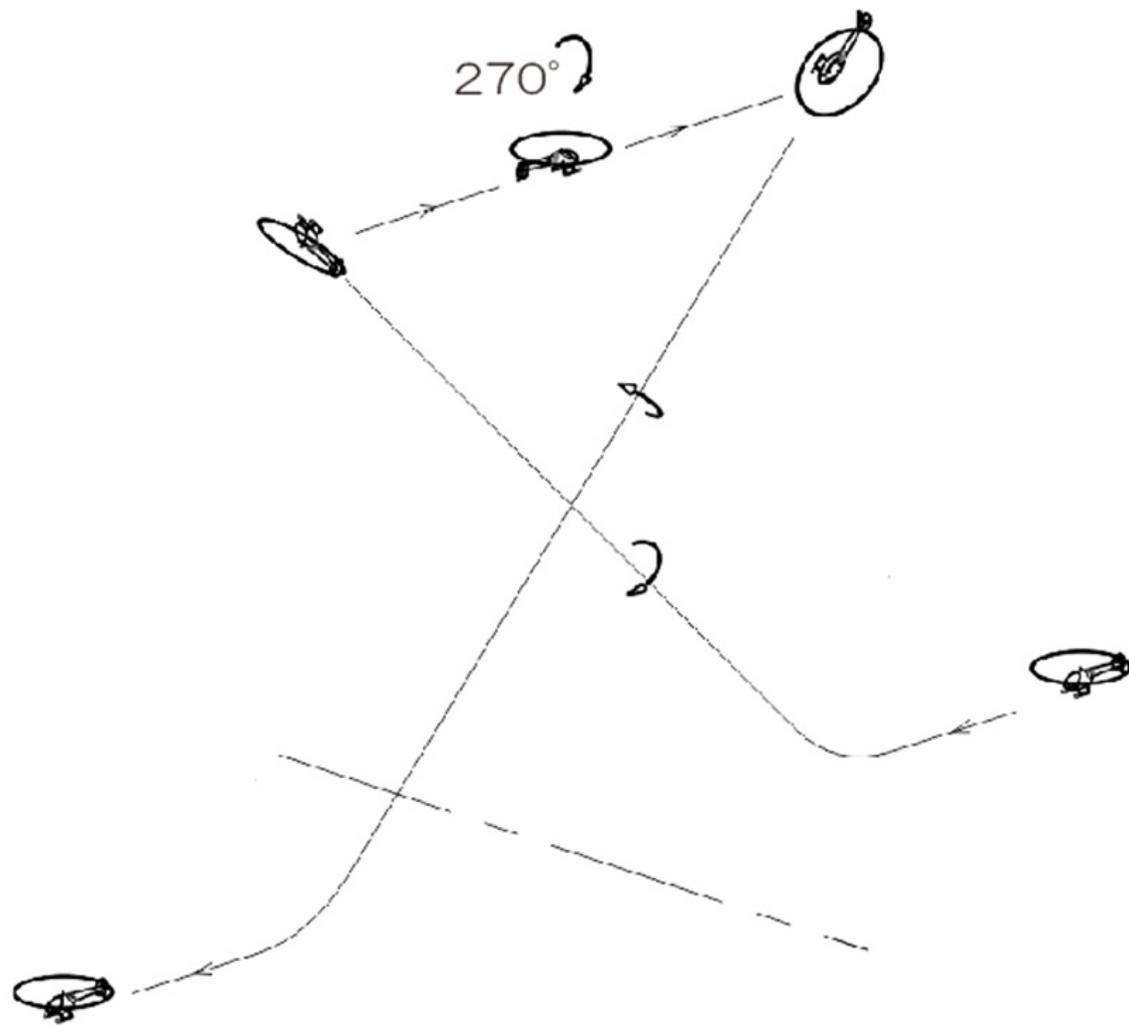
F4.Oval with flips and four-point-roll (UU)



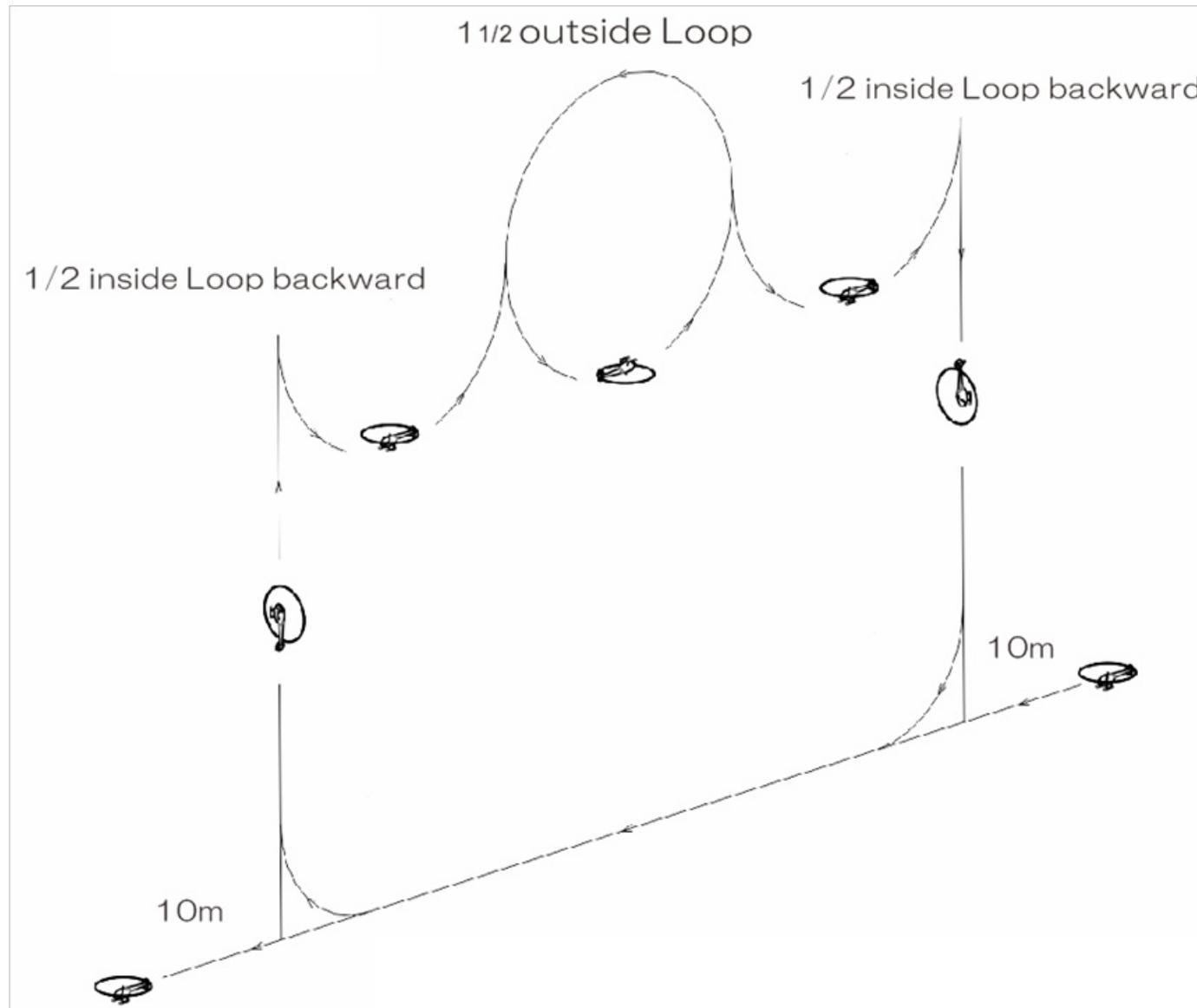
F5 ダブルキャンドル・ウイズ・ハーフロールズ・アンド・ディセンディング・フリップス (DD)
K=1.0



F6.X
(UU)



F8.Pullback with 2 half and 1 1/2 loops
(UU)



F9. Autorotation with flips and pirouette (DD-UU)

360° pirouette in inverted position (min. 3 seconds), hovers min. 2 seconds and powers engine off.

