## Type the instruction in the space below:

Delete schedules A-18, P-19, F-19, add schedules A-23, P-23, F-23

## ADVANCED SCHEDULE A-23 (2021-2023)

## A-23.01 Top Hat with half roll on top

From upright pull through a quarter loop into a vertical upline, push through quarter loop, perform a half roll, pull through a quarter loop into a vertical downline, push through a quarter loop, exit inverted

## A-23.02 Half Square Loop

From inverted, push through a quarter loop into a vertical upline, push through a quarter loop, exit upright.

## A-23.03 Push-Pull-Push Humpty-Bump with half roll, half roll

From upright, fly past center push through a quarter loop into vertical downline, perform a half roll, pull through a half loop into a vertical upline, perform a half roll, push through a quarter loop, exit upright.

## P23.04 Half Square Loop on Corner with half roll

From upright, push through a one eighth loop into a forty five degree downline, perform a half roll, pull through a quarter loop into a forty five degree downline, push through an eighth loop, exit upright.

## A-23.05 Forty Five degree Upline, with roll

From upright, pull through a one eighth loop into a forty five degree upline, perform a roll, push through a one eighth loop, exit upright.

## A-23.06 Half Eight Sided Loop

From upright push through a one eighth loop into a forty five degree downline, push through a one eighth loop into a vertical downline, push through a one eighth loop into a forty five degree downline, push through a one eighth loop, exit inverted.

## A-23.07 Roll Combination with two consecutive half rolls in opposite direction

From inverted perform consecutively two half rolls in opposite direction.

## A-23.08 Pushed Immelman Turn with half roll

From inverted push through a half loop, perform a half roll, inverted exit.

## A-23.09 Inverted Spin two and a half turns.

From inverted, perform an inverted spin with two and a half turns, perform a vertical downline, pull through a quarter loop, exit upright.

## A-23.10 Pull-Pull-Pull Humpty-Bump, with half roll. Option: (quarter roll, quarter roll)

From upright, pull through a quarter loop into a vertical upline, perform a half roll, pull through a half loop into a vertical downline, pull through a quarter loop, exit upright.
Option: From upright pull through a quarter loop into a vertical upline, perform a quarter roll, pull through a half loop into a vertical downline, perform a quarter roll, pull through a quarter loop, exit upright.

## A-23.11 Reverse Figure ET

From upright pull through a one eighth loop into a forty five degree upline, push through a seven eighths loop into a vertical upline, push through a quarter loop, exit upright.
(Note: The vertical line must be in the center.)

## A-23.12 Half Square Loop with half roll.

From upright push through a quarter loop into a vertical downline, perform a half roll, pull through a quarter loop, exit upright.

## A-23.13 Figure $M$, with quarter rolls.

From upright pull through a quarter loop into a vertical upline, perform a quarter roll, perform a stall turn into a vertical downline, perform a quarter roll, push through a half loop into a vertical upline, perform a quarter roll, perform a stall turn to a vertical downline, perform a quarter roll, pull through a quarter loop, exit upright.

## A-23.14 Trombone

From upright pull through a one eighth loop into a forty five degree upline, perform a half roll, pull through a half loop into a forty five degree downline, pull through a one eighth loop, exit upright.

## A-23.15 Triangle with two consecutive quarter rolls, two consecutive quarter rolls

From upright, pull through a three eighths loop into a forth five degree upline, perform consecutively two quarter rolls, push through quarter loop into a forty five degree downline, perform consecutively two quarter rolls, pull through a three eighths loop, exit upright.

## A-23.16 Reverse Shark Fin with half roll

From upright pull through a quarter loop into a vertical upline, pull through a three eighth loop into a forty five degree downline, perform a half roll, pull through a one eighth loop, exit upright.

## A-23.17 Loop with Knife-Edge Flight

From inverted pull through a loop with a knife-edge flight over the top ninety degrees.

## PRELIMINARY SCHEDULE P-23 (2022-2023)

## P-23.01 Top Hat with two quarter rolls up, full roll, two quarter rolls down

From upright pull through a quarter loop into a vertical upline, perform consecutively two quarter rolls, pull through quarter loop, perform a half roll, push through a quarter loop into a vertical downline, perform consecutively two quarter rolls, push through a quarter loop, exit inverted

## P-23.02 Half Square Loop with half roll

From inverted, push through a quarter loop into a vertical upline, perform a half roll, pull through a quarter loop, exit inverted.

## P-23.03 Pull-Pull-Push Humpty-Bump with roll, half roll

From inverted, fly past center pull through a quarter loop into vertical downline, perform a roll, pull through a half loop into a vertical upline, perform a half roll, push through a quarter loop, exit upright.

## P23.04 Half Square Loop on Corner with half roll, half roll

From upright, push through a one eight loop into a forty five degree downline, perform a half roll, pull through a quarter loop into a forty five degree downline, perform a half roll, push through a one eight loop, exit inverted

## P-23.05 Forty Five Degree Upline, with one and a half snap roll

From inverted, push through a one eighth loop into a forty five degree upline, perform one and a half snap roll, push through a one eighth loop, exit upright.

## P-23.06 Half Eight Sided Loop

From upright push through a one eighth loop into a forty five degree downline, push through a one eighth loop into a vertical downline, push through a one eighth loop into a forty five degree downline, push through a one eighth loop, exit inverted.

## P-23.07 Roll Combination with two consecutive half rolls, two consecutive half rolls in opposite direction

From inverted perform consecutively two half rolls, two half rolls in opposite direction.

## P-23.08 Pushed Immelman Turn with half roll

From inverted push through a half loop, perform a half roll, inverted exit.

## P-23.09 Inverted Spin two and a half turns

From inverted, perform an inverted spin with two and a half turns, perform a vertical downline, pull through a quarter loop, exit upright.

## P-23.10 Pull-Pull-Push Humpty-Bump, with half rolls. (Option: three quarter roll, quarter roll)

From upright, pull through a quarter loop into a vertical upline, perform a half roll, pull through a half loop into a vertical downline, perform a half roll, push through a quarter loop, exit inverted.
Option: From upright pull through a quarter loop into a vertical upline, perform a three quarter roll, pull through a half loop into a vertical downline, perform a quarter roll, push through a quarter loop, exit inverted.
P-23.11 Reverse Figure ET with two consecutive half rolls in opposite direction, two consecutive quarter rolls

From inverted push through a one eighth loop into a forty five degree upline, perform consecutively two half rolls in opposite direction, pull through a seven eights loop to a vertical upline, perform consecutively two quarter rolls, push through a quarter loop, exit upright.
Note: The vertical line must be in the center

## P-23.12 Half Square Loop with half roll

From upright push through a quarter loop into a vertical downline, perform a half roll, pull through a quarter loop, exit upright.

## P-23.13 Crossbox Figure M, with three quarter rolls

From upright pull through a quarter loop into a vertical upline, perform a three quarter roll, perform a stall turn into a vertical downline, push through a half loop into a vertical upline, perform a stall turn to a vertical downline, perform a three quarter roll, pull through a quarter loop, exit upright.

## P-23.14 Fighter Turn with quarter rolls

From upright pull through a one eighth loop into a forty five degree upline, perform a quarter roll, push through a half knife-edge circle into a forty five degree downline, perform a quarter roll, pull through a one eighth loop, exit upright.

## P-23.15 Triangle with half roll, two consecutive quarter rolls, two consecutive quarter rolls, half roll

From upright perform a half roll in the centre, push through a three eighths loop into a forth five degree upline, perform consecutively two quarter rolls, pull through quarter loop into a forty five degree downline, perform consecutively two quarter rolls, push through a three eighths loop, perform a half roll in the centre, exit upright.

## P-23.16 Reverse Shark Fin with half roll, two consecutive quarter rolls

From upright pull through an quarter loop into a vertical upline, perform a half roll, push through a three eighths loop into a forty five degree downline, perform consecutively two quarter rolls, push through a one eighth loop, exit inverted.

## P-23.17 Loop with half roll integrated

From inverted push through a loop while integrating a half roll over the top ninety degrees.

## FINAL SCHEDULE F-23 (2022-2023)

## F-23.01 Knife Edge Rolling Loop

From upright, perform a three quarter roll to knife edge, perform a knife edge loop while performing a roll integrated, perform a three quarter roll, exit inverted.

## F-23.02 Stall Turn with snap roll, roll

From inverted, push through a quarter loop into vertical upline, perform a snap roll, perform a stall turn into a vertical downline, perform a roll, push through a quarter loop, exit inverted.

## F-23.03 Eight consecutive one eighth rolls

From inverted, perform consecutively eight, one eighth rolls, exit inverted.

## F-23.04 Reverse Shark Tooth with three consecutive quarter rolls, three quarter roll

From inverted, push through a quarter loop into a vertical upline, perform consecutively three quarter rolls, perform a three eighth knife edge loop into a forty five degree downline, perform a three quarter roll, pull through a one eighth loop, exit upright.

## F-23.05 Square Loop on corner with quarter roll, half roll, half roll, quarter roll

From upright, pull through a one eighth loop into a forty five degree upline, perform a quarter roll to knife edge, perform a quarter knife edge loop into forty five degree upline, perform a half roll, perform a quarter knife edge loop into a forty five degree downline, perform a half roll, perform a quarter knife edge loop into a forty five degree downline, perform a quarter roll, push through a one eighth loop, exit inverted.

## F-23.06 Push-Pull-Pull Humpty-Bump with consecutive half rolls, integrated roll, snap roll

From inverted, push through a quarter loop into a vertical upline, perform consecutively two half rolls, pull through a half loop with roll integrated into a vertical downline, perform a snap roll, pull through quarter loop, exit upright.

## F-23.07 Horizontal Eight with rolls integrated

From upright, fly past center, pull through a three quarter loop while performing the first three quarter roll of two consecutive rolls integrated, then while continuing rolling perform a second loop (one roll integrated), while continuing rolling complete last quarter of first loop (quarter roll integrated), exit upright

## F-23.08 Reverse Figure ET with half roll, two consecutive quarter rolls.

From upright, pull though quarter loop into a vertical upline, perform a roll, pull through a five eighths loop into a forty five degree down line, perform consecutively two quarter rolls, pull through an three eighths loop. exit upright.

## F-23.09 Knife Edge Forty Five Degree Upline with two consecutive snap rolls in opposite direction

From upright, perform a quarter roll to knife edge, perform an one eighth knife edge loop into a forty five degree upline, perform consecutively two snap rolls in opposite direction, perform a one eighth knife edge loop, perform a quarter roll, exit inverted.

F-23.10 Reverse Vertical Shark Tooth with two consecutive half rolls in opposite direction, two consecutive quarter rolls, roll

From inverted, pull through a quarter loop into a vertical downline, perform consecutively two half rolls in opposite direction, pull through a quarter loop to horizontal, perform consecutively two quarter rolls, push through a three eighths loop into a forty five degree upline, perform a roll, pull through an three eighths loop, exit inverted.

## F-23.11 Reverse Double Fighter Turn with three consecutive quarter rolls, half roll, half roll, three consecutive quarter rolls

Fromm inverted, pull through an one eighth loop into a forty five degree downline, perform consecutively three quarter rolls, push through a half knife edge circle into a forty five degree upline, perform a half roll, perform a quarter knife edge loop into a forty five degree downline, perform a half roll, push through a half knife edge circle into a forty five degree upline, perform consecutively three quarter rolls, pull through an eighth loop, exit inverted.

## F-23.12 Figure Six, with roll

From inverted, pull through a three quarter loop into vertical upline, perform a roll, push through a quarter loop, exit upright.

## F-23.13 Spin with two and a quarter turns, two and a quarter turns in opposite direction

From upright, perform a spin with two and a quarter turns, perform immediately another spin with-two and a quarter turns in opposite direction, perform a vertical downline, pull through a quarter loop, exit upright.

## F-23.14 Half Cuban Eight, with two half rolls in opposite direction, one and half snap

From upright, perform consecutively two half rolls in opposite direction, pull through a five eighths loop into a forty five degree downline, perform a one and a half snap roll, pull through a one eighth loop, exit upright.

## F-23.15 Rolling Circle with half rolls in opposite direction integrated

From upright, perform a rolling circle with two half rolls in opposite direction integrated, first half roll to outside, exit upright.

## F-23.16 Half Square Loop with half rolls in opposite direction

From upright, pull through a quarter loop into a vertical upline, perform consecutively two half rolls in opposite direction, pull through a quarter loop, exit inverted.

F-23.17 Avalanche (from top) with half roll integrated, snap, half roll integrated
From inverted, pull through a loop while integrating a half roll in first ninety degree, perform a snap roll at bottom of the loop, perform a half roll integrated in last ninety degree, exit inverted.

Aresti drafts overleaf. Final Arestis will be made after the Plenary 2019

Advanced Schedule A-23 (2021-2023)


## Preliminary Schedule P-23 (2022-2023)



Final Schedule F-23 (2022-2023)


