

S-11 SPORTSMEN

- 1- ÜÇGEN LOOPK-4
- 2- YARIM TERS KÜBAN SEKİZ.....K-2
- 3- AKSİ YÖNLERE İKİ TAM TONO.....K-4
- 4- STOL DÖNÜŞÜ.....K-3
- 5- ORTADAN BAŞLAYAN KÜBAN SEKİZİ K-5
- 6- HÖRGÜÇ, inişte ½ tono.....K-3
- 7- ÇİFT İMMELMANNK-5
- 8- YARIM KARE LOOP, ½ TONOLU.....K-2
- 9- 3 DÖNÜŞLÜ SPİN.....K-4

S-11 SPORTSMEN

- 1- TRIANGLE LOOP.....K-4
- 2- HALF REVERSE QUBAN 8.....K-2
- 3- TWO ROLLS IN OPPOSITE DIRECTIONS.....K-4
- 4- STALL TURN.....K-3
- 5- QUBAN EIGHT starting in the middle.....K-5
- 6- HUMPTY BUMP ½ roll down.....K-3
- 7- DOUBLE IMMELMANN.....K-5
- 8- HALF SQUARE LOOP with ½ roll.....K-2
- 9- 3 TURN SPİN.....K-4