

Manoeuvre	Wind
<b>Take Off</b>	<b>Upwind</b>
1 Reverse Cuban 8	Upwind
2 Humpty Bump with Half Roll Down	Turn Around
3 2 Point Roll	Downwind
4 Stall Turn	Turn Around
5 3 Inside Loops	Upwind
6 Half Reverse Cuban 8	Turn Around
7 2 Horizontal Rolls	Downwind
8 Half Reverse Cuban 8	Turn Around
9 Stall Turn with 1/4 Roll Up and 1/4 Roll Down	Upwind
10 Immelman Turn	Turn Around
11 Outside Loop (from the Top)	Downwind
12 Split S	Turn Around
13 Square Loop	Upwind
<b>14 Landing</b>	<b>Upwind</b>

F3A Intermediate Aresti

