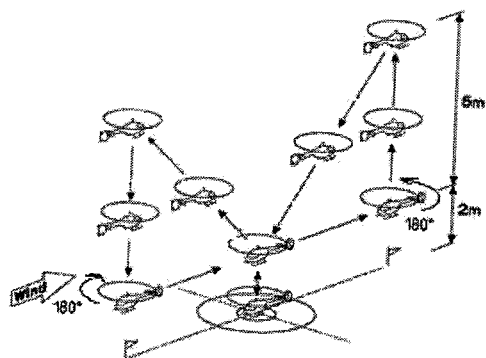
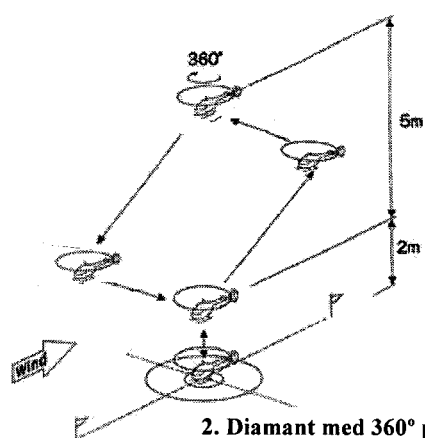


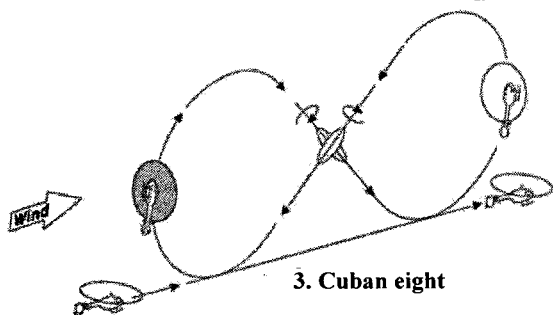
F3C Sport 2010 –



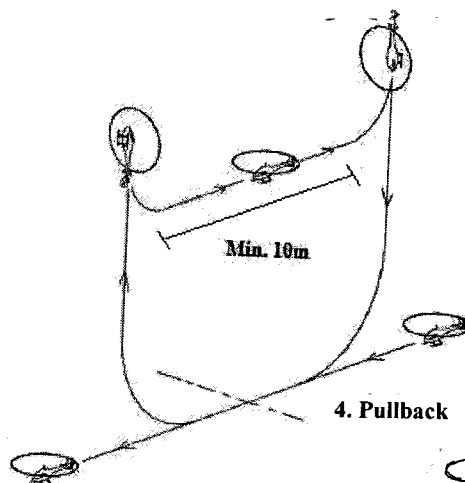
1. M med 2 halvpiruetter



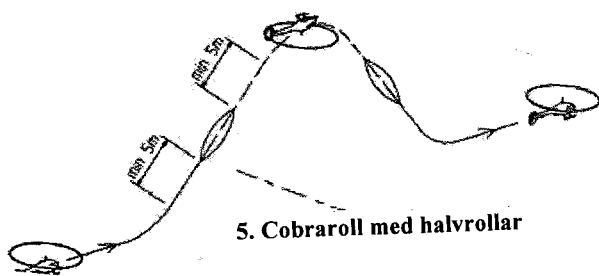
2. Diamant med 360° piruett



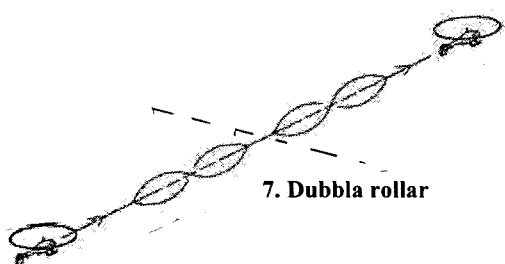
3. Cuban eight



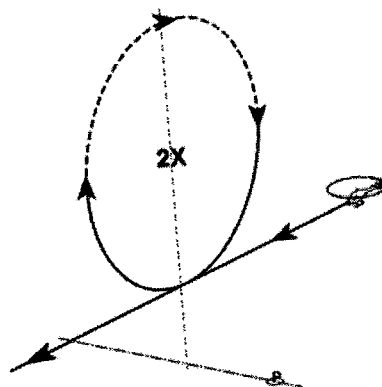
4. Pullback



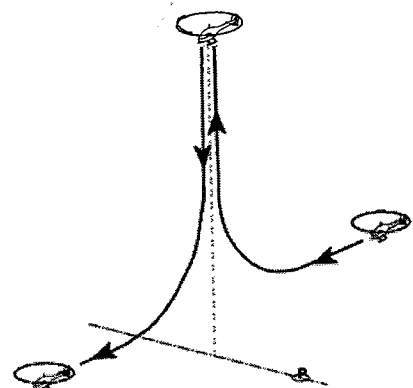
5. Cobraroll med halvrollar



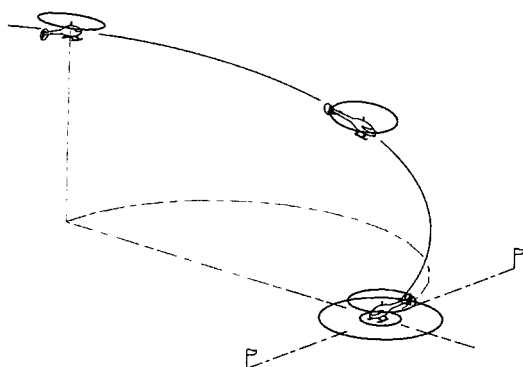
7. Dubbla rollar



8. Två invändig loopar

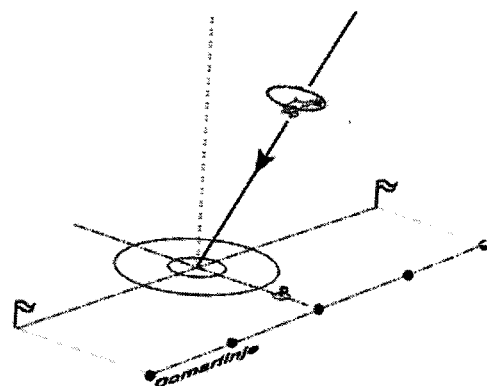


6. Pushover



9a. Autorotation med 180° sväng

Chose between
9a and 9b, the caller
has to announce.



9b Rak 45° autorotation