## F3C 演技図

## スケジュール P

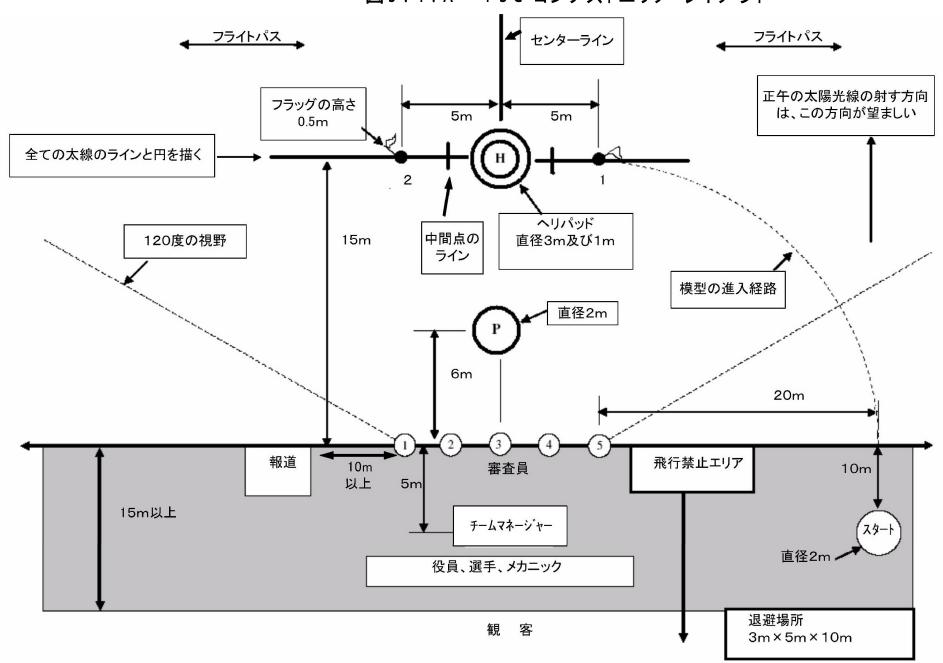
2018年版

 $(2018 \sim 2019)$ 

Ver.2018\_001



図5.4.A F3C コンテストエリア・レイアウト



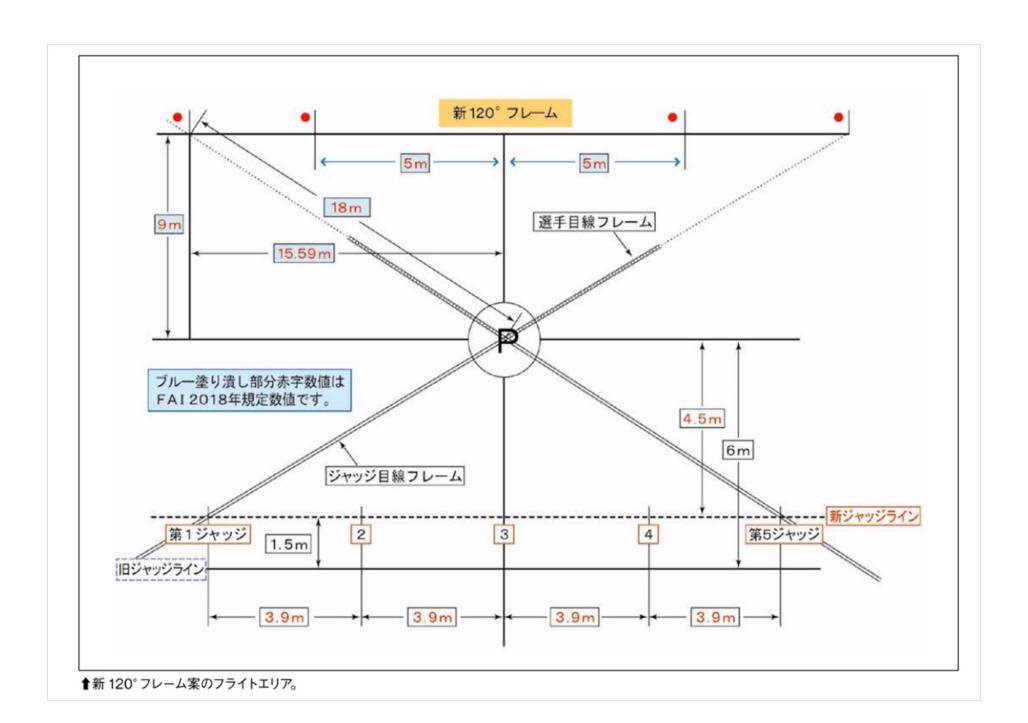
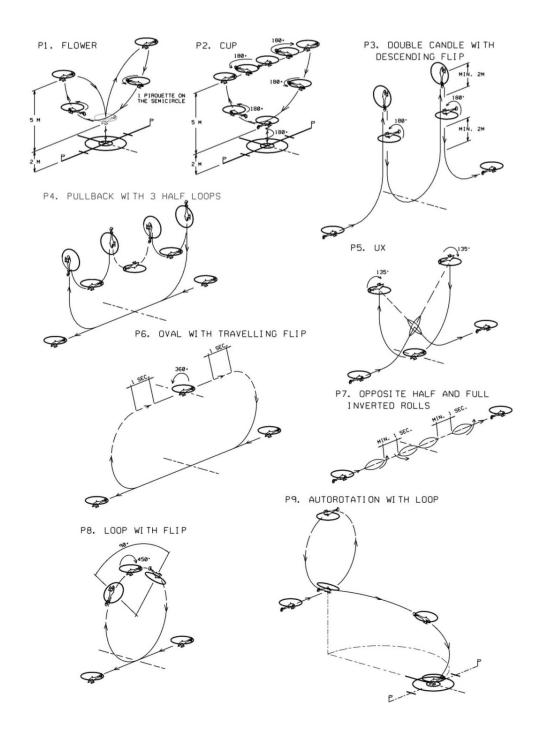
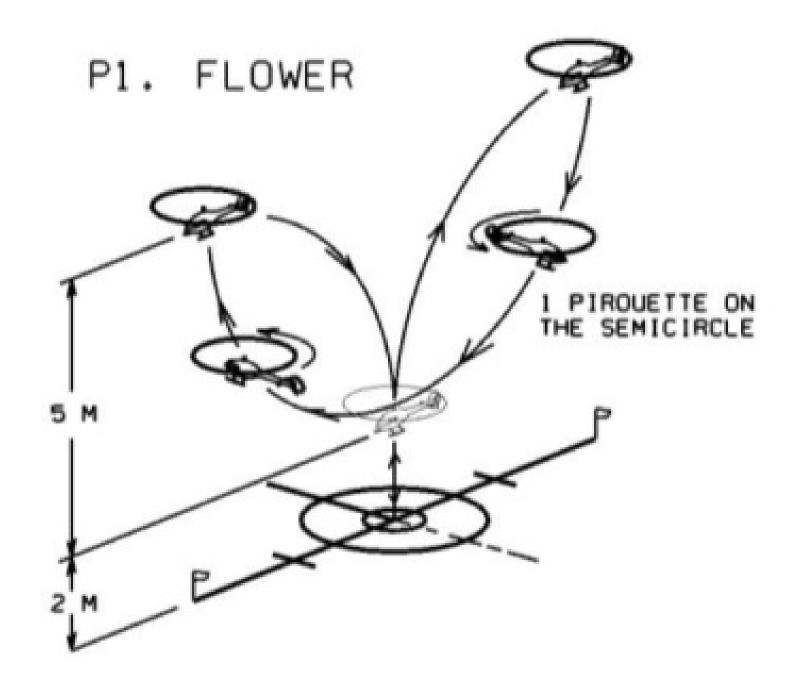
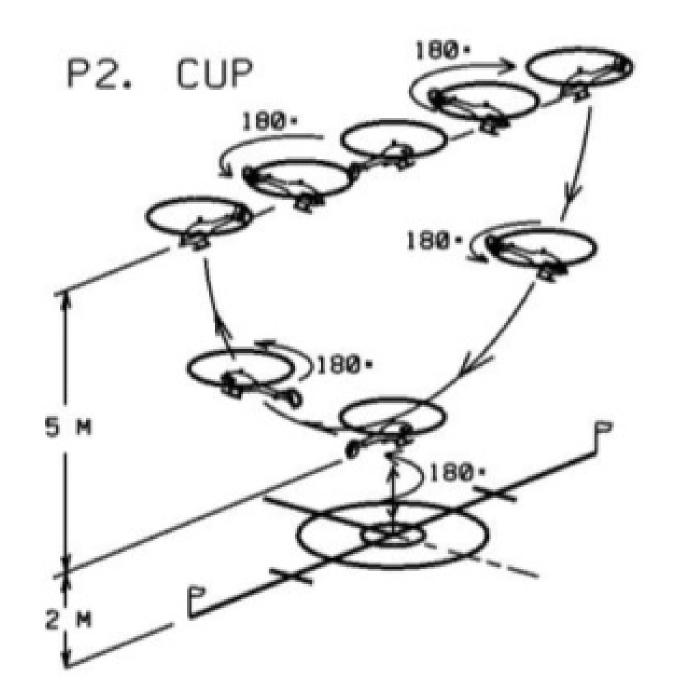


図 5 D - P F 3 C 演技 スケジュールP 2018年版

静演技2 (K=1.5) 動演技7 (K=1) 合計9演技

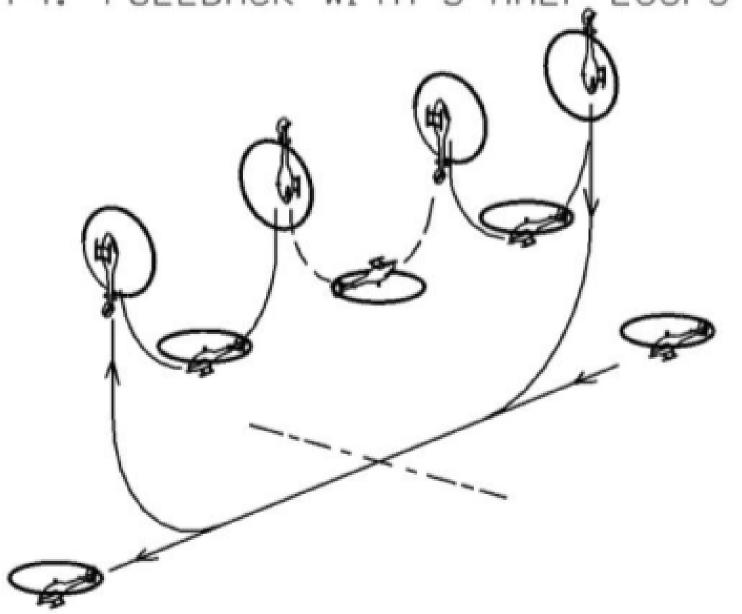


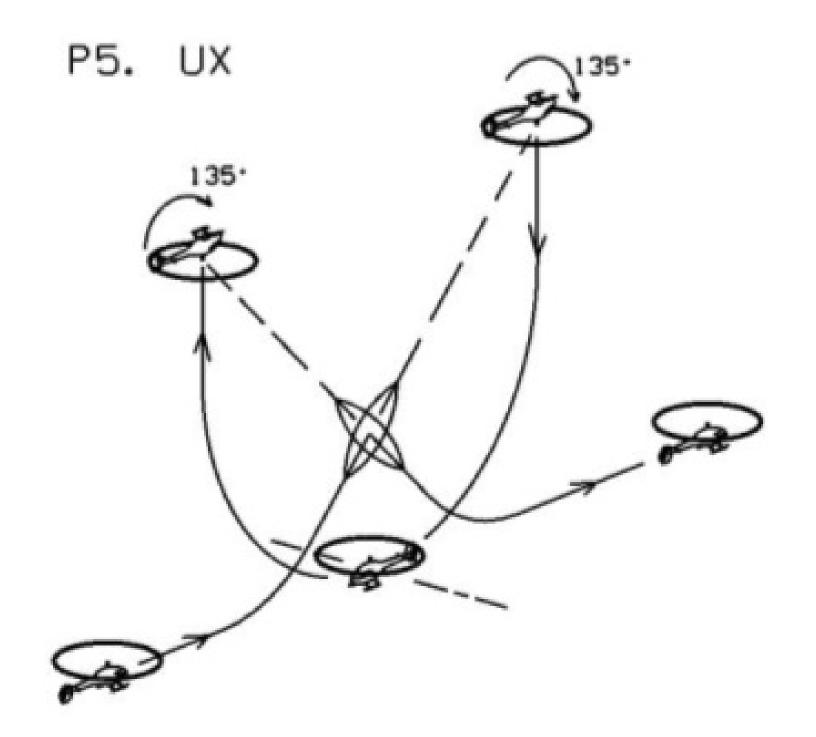




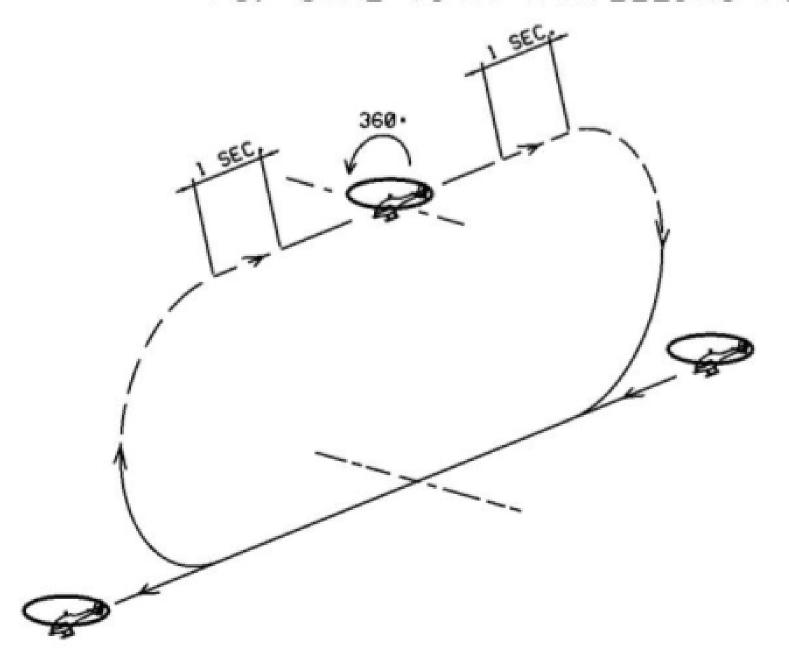
P3.Double candle with descending flips (DD)180

P4. PULLBACK WITH 3 HALF LOOPS

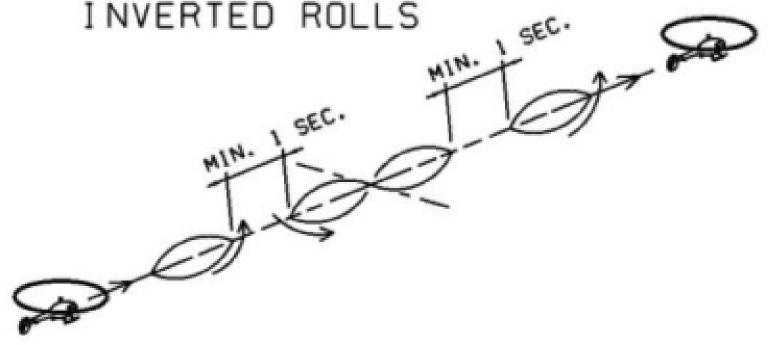




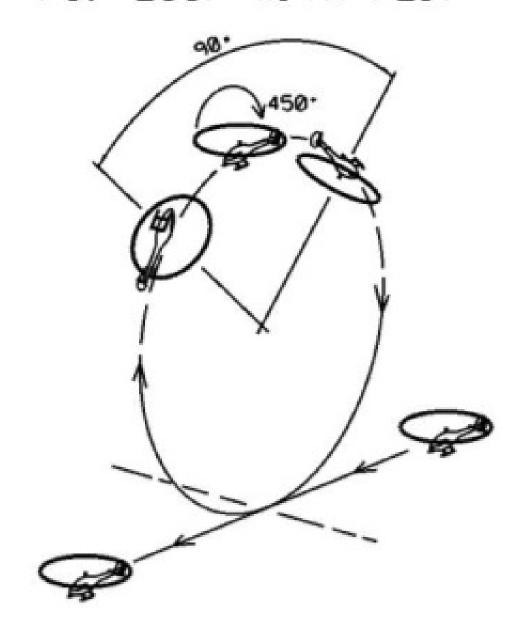
P6. OVAL WITH TRAVELLING FLIP



## P7. OPPOSITE HALF AND FULL INVERTED ROLLS



P8. LOOP WITH FLIP



P9.Autorotation with loops

(DD/UU)

