



5 Smooth Award Figure Lists – Power

5.1 Primary

FIGURE	ARESTI CATALOGUE #
1) Spin (one turn)	1.1.6.3 + 9.11.1.4
2) Loop	7.4.1.1
3) Slow Roll	1.1.1.1 + 9.1.3.4
4) 270-deg. Turn	2.3.1.1

5.2 Sportsman

FIGURE	ARESTI CATALOGUE #
1) Spin (one turn)	1.1.6.3 + 9.11.1.4
2) Loop	7.4.1.1
3) Hammerhead	5.2.1.1
4) ½ loop up + ½ roll (Immelmann)	7.2.2.1 + 9.1.3.2
5) Humpty Bump	8.4.1.1
6) Reverse Half Cuban 8	8.5.2.1 + 9.1.2.2
7) One-half Cuban 8	8.5.6.1 + 9.1.4.2
8) Slow Roll	1.1.1.1 + 9.1.3.4

5.3 Intermediate

FIGURE	ARESTI CATALOGUE #
1) Spin (1 ¼ turn)	1.1.6.3 + 9.11.1.5
2) Hammerhead with ¼ rolls up and down	5.2.1.1 + 9.1.1.1 + 9.1.5.1
3) Half Cuban 8	8.5.6.1 + 9.1.4.2
4) Slow Roll on 45° up line	1.1.2.1 + 9.1.2.4
5) Snap Roll on 45° down line or Avalanche	1.1.2.3 + 9.9.4.4 7.4.1.1 + 9.9.4.4
6) ½ loop up + ½ roll (Immelmann)	7.2.2.1 + 9.1.3.2
7) 4 Point Hesitation Roll	1.1.1.1 + 9.4.3.4
8) Reverse Shark's Tooth	1.2.3.1 + 9.1.2.2
9) Square Loop	7.4.3.1

5.4 Advanced

FIGURE	ARESTI CATALOGUE #
1) Inverted spin (one turn)	1.1.7.4 + 9.12.1.4
2) Loop with Snap Roll	7.4.1.1 + 9.9.3.4
3) Half Cuban 8, 2 of 4 down	8.5.6.1 + 9.4.4.2



4) $\frac{3}{4}$ Snap Roll on vertical line down	1.1.7.4 + 9.9.5.3
5) Outside Loop	7.4.1.2
6) Snap Roll on 45° up line	1.1.2.1 + 9.9.2.4
7) 90-deg. rolling circle, 1 to outside	2.1.3.3
8) Opposite Half-Rolls	1.1.1.1 + 9.1.3.2 + 9.1.3.2
9) Cuban 8 (inside-outside)	7.8.1.1
10) 360° rolling circle, 4 to inside	2.4.7.1
11) Humpty-Bump, $\frac{1}{2}$ roll up	8.4.1.1 + 9.1.1.2
12) 8-point Roll	1.1.1.1 + 9.8.3.4

5.5 Unlimited

FIGURE	ARESTI CATALOGUE #
1) Inverted spin, inverted exit	1.1.6.4 + 9.12.1.4
2) 4 of 8-point roll from inverted	1.1.1.4 + 9.8.3.2
3) $\frac{3}{4}$ Roll on vertical up line	1.1.6.1 + 9.1.1.3
4) 8-sided Loop	7.4.6.4
5) Outside Loop	7.4.1.2
6) Snap Roll on vertical up line	1.1.6.1 + 9.9.1.4
7) Outside Snap Roll on 45° up line	1.1.2.1 + 9.10.7.4
8) Hammerhead w/ inverted entry, $\frac{1}{2}$ Roll up	5.2.1.4 + 9.1.1.2
9) Tailslide, wheels down	6.2.1.1
10) Cuban 8, double outside	7.8.3.2 + 9.1.4.2
11) 360° rolling circle, 4 Rolls, inside/outside	2.4.8.1
12) Full Roll, $\frac{1}{2}$ Loop, 3 of 2-point Roll	9.1.3.4 + 7.2.2.1 + 9.2.3.6