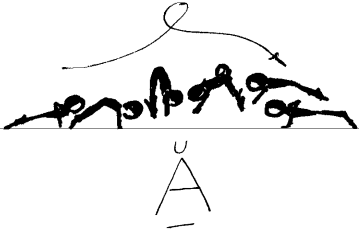




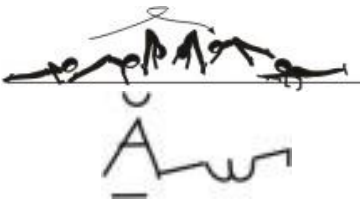
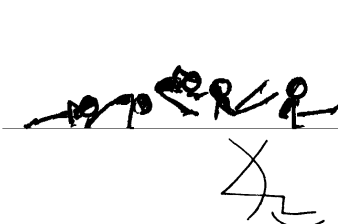
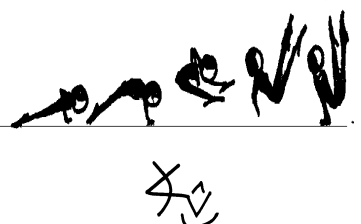

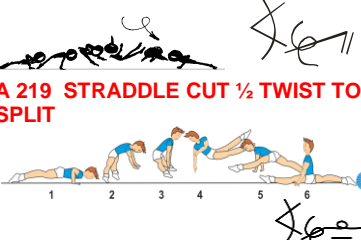

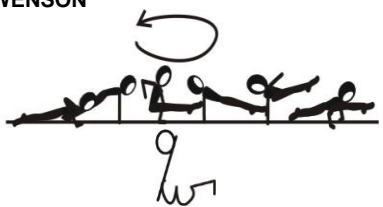


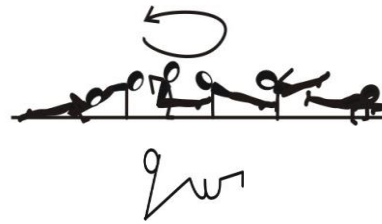

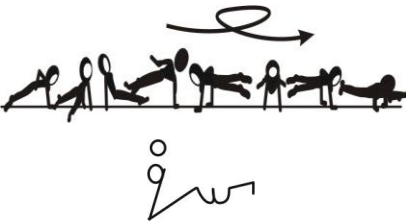
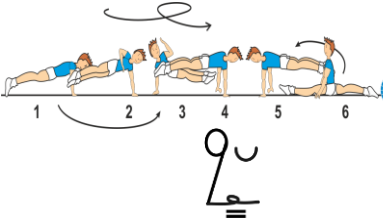
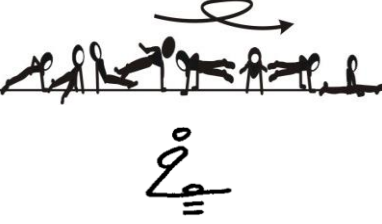
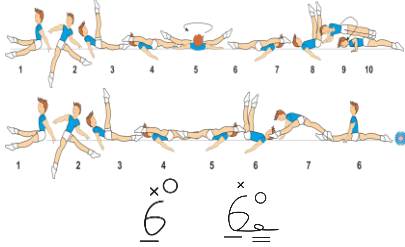
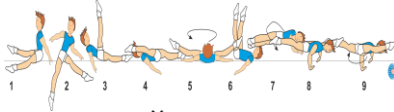
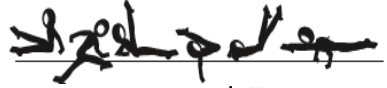



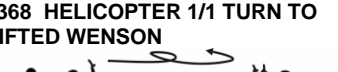

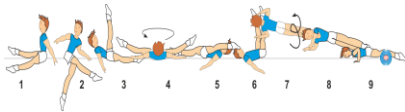

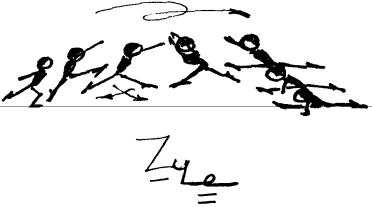
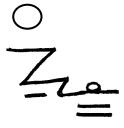
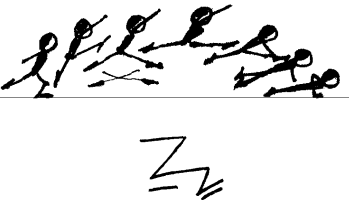


0.6	0.7	0.8	0.9	1.0
<p>A 186 EXPLOSIVE A-FRAME ½ TURN</p> 				
<p>A 196 EXPLOSIVE A-FRAME ½ TURN TO SPLIT</p> 		<p>A 198 EXPLOSIVE A-FRAME ½ TURN ½ TWIST TO BACK SUPPORT</p> 		
<p>A 206 EXPLOSIVE A-FRAME TO LIFTED WENSON</p> 	<p>A 207 EXPLOSIVE A-FRAME ½ TURN TO WENSON</p> 	<p>A 208 EXPLOSIVE A-FRAME ½ TURN TO LIFTED WENSON</p> 		
<p>A 216 STRADDLE CUT TO L-SUPPORT</p> 	<p>A 217 STRADDLE CUT TO STRADDLE V-SUPPORT</p> <p>開脚</p> 	<p>A 218 STRADDLE CUT TO V-SUPPORT</p> <p>閉脚</p> 	<p>A 219 STRADDLE CUT ½ TWIST TO PUSH UP</p> <p>A 219 STRADDLE CUT ½ TWIST TO SPLIT</p> 	<p>A 220 STRADDLE CUT ½ TWIST TO WENSON OR TO LIFTED WENSON</p> 

0.6	0.7	0.8	0.9	1.0
<p>A 266 DOUBLE LEG 1/1CIRCLE TO WENSON</p> 	<p>A 267 DOUBLE LEG 1/1 CIRCLE ½ TURN TO WENSON</p> 	<p>A 268 DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO WENSON</p> 		
	<p>A 277 DOUBLE LEG 1/1 CIRCLE TO LIFTED WENSON</p> 	<p>A 278 DOUBLE LEG 1/1 CIRCLE ½ TURN TO LIFTED WENSON</p> 	<p>A 279 DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO LIFTED WENSON</p> 	
<p>A 286 DOUBLE LEG 1/1 CIRCLE ½ TURN TO SPLIT</p> 	<p>A 287 DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO SPLIT</p> 			

0.6	0.7	0.8	0.9	1.0
<p>(A 376) HELICOPTER 1/1TURN OR 1/1 TURN TO SPLIT</p>  <p>Handwritten notation: $\overset{x}{\underset{_}{6}} \overset{\circ}{\underset{_}{6}}$</p>	<p>(A 367) HELICOPTER 1/2 TURN TO LIFTED WENSON BOTH SIDES</p>  <p>Handwritten notation: $\overset{x}{\underset{_}{6}} \overset{u}{\underset{_}{6}} \rightleftarrows$</p>			
<p>A 366 HELICOPTER TO LIFTED WENSON OR TO LIFTED WENSON BOTH SIDES</p>  <p>Handwritten notation: $\overset{x}{\underset{_}{6}} \overset{x}{\underset{_}{6}} \rightleftarrows$</p>	<p>A 367 HELICOPTER 1/2 TURN TO LIFTED WENSON</p>  <p>Handwritten notation: $\overset{x}{\underset{_}{6}} \overset{u}{\underset{_}{6}}$</p> <p>A 367 HELICOPTER 1/1 TURN TO WENSON</p>  <p>Handwritten notation: $\overset{x}{\underset{_}{6}} \overset{\circ}{\underset{_}{6}} \rightleftarrows$</p>	<p>A 368 HELICOPTER 1/1 TWIST AIRBORNE TO PUSH UP</p>  <p>Handwritten notation: $\overset{x}{\underset{_}{6}} \overset{e}{\underset{_}{6}}$</p> <p>A 368 HELICOPTER 1/1 TURN TO LIFTED WENSON</p>  <p>Handwritten notation: $\overset{x}{\underset{_}{6}} \overset{\circ}{\underset{_}{6}} \rightleftarrows$</p>	<p>A 369 HELICOPTER 1/2 TURN 1/1TWIST AIRBORNE TO PUSH UP</p>  <p>Handwritten notation: $\overset{x}{\underset{_}{6}} \overset{u}{\underset{_}{6}} \overset{e}{\underset{_}{6}}$</p>	<p>(A 370) HELICOPTER 1/1 TURN 1/1TWIST AIRBORNE TO PUSH UP</p>  <p>Handwritten notation: $\overset{x}{\underset{_}{6}} \overset{\circ}{\underset{_}{6}} \overset{e}{\underset{_}{6}}$</p>
<p>A 376 HELICOPTER 1/2 TURN TO WENSON</p> <p>Handwritten notation: $\overset{x}{\underset{_}{6}} \overset{u}{\underset{_}{6}}$</p>				

0.6	0.7	0.8	0.9	1.0
<p>C 426 SWITCH SPLIT LEAP 1/1TURN</p> 				
<p>C 436 SWITCH SPLIT LEAP 1/2 TURN TO SPLIT</p> 	<p>C 437 SWITCH SPLIT LEAP 1/1TURN TO SPLIT</p> 			
<p>C 446 SWITCH SPLIT LEAP TO PUSH UP</p> 	<p>C 447 SWITCH SPLIT LEAP 1/2 TURN TO PUSH UP</p> 