

Contents



Sport Airplane Guidelines.....A

- In this section.....A-1
- Flight Characteristics.....A-2
- Design Features.....A-3

Improving Performance.....A-4

- In this section.....A-5
- Skin Friction Air Disturbance.....A-6
- Thicker Control Surfaces.....A-7

Getting Airborne.....B-8

- In this section.....B-9
- Positioning Targets.....B-10
- Projecting Flight Paths, Wind, and Object as a Whole.....B-11 & 12
- Parallel Line and Setup Conclusion.....B-13

Sport Aerobatics Introduction.....C-14

- Phase I Maneuver Components.....C-15
- Phase I Maneuvers Group.....C-16
- Aresti Symbol Basics.....C-17 & 18
- Sequencing Steps Defined.....C-19
- Building Maneuvers.....C-20
- Practice Considerations.....C-21
- Transmitter Handling.....C-22
- Aerobatic Learning Curve.....C-23

Loop.....D-24

- In this section.....D-25
- Loop Sequence.....D-26
- Loop Setup.....D-27

- Initiating a Vertical Plane.....D-28
- Where to Look.....D-29

Aileron Roll.....E-30

- In this section.....E-31
- Roll Sequence.....E-32
- Roll Setup.....E-33
- Sequencing the Steps.....E-34
- Throttle/Speed Influence.....E-35
- The Process of Reflection.....E-36
- Roll Consistency.....E-37
- Summary to this point.....E-38
- When Results Count.....E-39

Immelmann Turnaround.....F-40

- In this section.....F-41
- Immelmann Sequence.....F-42
- Positioning Considerations.....F-43
- Pausing Between the Steps.....F-44
- Reflection and Conclusion.....F-45

Cuban 8.....G-46

- In this section.....G-47
- Half Cuban 8 Sequence.....G-48
- Looping Over the Top.....G-49
- Establishing the Downline.....G-50
- Corrections and Adjustments.....G-51 & 52
- Turnarounds to this point.....G-53 & 54
- Full Cuban 8 Warmup.....G-55
- Cuban 8 Sequence.....G-56
- Cuban Key Points.....G-57

Contents



Reverse Cuban 8.....H-58

In this section.....H-59

- Half Reverse Cuban 8 Sequence.....H-60
- Pulling Up to the 45.....H-61
- Establishing the 45.....H-62
- Upline Finer Points.....H-63
- Notable Advantages.....H-64
- Summary to this point.....H-65
- Full Reverse Cuban 8 Warmup.....H-66
- Reverse Cuban 8 Sequence.....H-67

Hesitation Rolls.....I-68

In this section.....I-69

- 4-Point Roll Sequence.....I-70
- Timing the Points.....I-71
- 8-Point Roll Sequence.....I-72
- Keeping Track of the Points.....I-73

Assembling an Aerobic Sequence.....J-74

In this final section.....J-75

- Assembling a Sequence.....J-76 & 77
- Starter Sequences and
- Trouble Shooting.....J-78–80
- Cuban Variations.....J-81
- Double Roll and Split S.....J-82
- Becoming Well Rounded.....J-83
- ORT (Opposite Roll Turn).....J-84
- Sport Aerobic Conclusion.....J-85
- Sample Practice Sequence.....J-86
- Blank Aresti Sheet.....J-87

Utilize the Check boxes to keep track of your progress and current areas of practice.