

## Basic

### 45 Degree Downline

(Aresti Number 1.1.2.3)

From slow level flight, a 45 degree pitch down, held briefly, returning to level flight at a chosen speed

### 45 Degree Upline

(Aresti Number 1.1.2.1)

From level flight, a 45 degree pitch up, held briefly, returning to level flight above the stalling speed

### Inside Loop

(Aresti Number 7.4.1.1)

A circle in the vertical plane (as seen from the ground) starting from erect level flight, with minimal speed and G over the top, and exiting on the same heading.

### Wingover

(non-aresti figure)

A smooth, climbing turn with wings vertical (no more) half way round, then descending to exit the turn on the reverse heading with wings level.

### (Basic) Lazy Eight

(non-aresti figure)

One 270 degree turn followed immediately by a second 270 degree turn in the opposite direction, both flown at a constant speed and 45 degree angle of bank.

### Spins

(Aresti Family 9)

Entered from straight and level flight with no discernible pitch up, with the exit on the desired heading (e.g. one turn, or one half turn etc).

## Advanced

### Chandelle

(Aresti Number 0.0)

From horizontal flight, a 45 degree climbing line to a 45 degree banked turn. After 90 degrees of turning, the wings should be vertical. After another 90 degrees of turning, the wings should be level and the glider in a 45 degree diving line before returning back to horizontal flight.

### (Advanced) Lazy Eight

(Aresti Number 2.3.1.1 x 2)

One 270 degree turn followed immediately by a second 270 degree turn in the opposite direction, both flown at a constant speed and 60 degree angle of bank.

### Rolls

(Aresti Family 9)

From level flight, the glider is rolled through 360 degrees (full roll) on the longitudinal axis returning to the same attitude and direction. Half rolls are 180 degree rolls from erect to inverted, or from inverted to erect.

### Loops

(Aresti Number 7.4.1.1)

As per Basic

### Inverted Flight

(Aresti Number 1.1.1.2)

Sustained canopy-down flight, with accurate speed and direction control.

### Hammerhead Turn (Stall Turn)

(Aresti Number 5.2.1.1)

The figure begins when the aircraft leaves horizontal flight and flies a quarter loop to establish a vertical climb. At the top of the vertical line, the aircraft yaws through 180 degrees and establishes a vertical descent, with the figure ending as the aircraft is returned to horizontal flight in the opposite direction.

### Immelmann

(Aresti Number 7.2.2.1 + 9.1.3.2)

Starting from erect level flight, a half loop to inverted followed immediately by a 180 degree roll in level flight back to erect.

## Additional Figures

### Humpty Bump – Canopy Down

(Aresti Number 8.4.1.1)

From erect level flight, pull to a briefly held vertical line, then a half inside-loop, to a briefly held vertical down line before transition back to erect level flight.

### Quarter Clovers

(Aresti Number 0.1)

As per an inside loop, except with a 90 degree change in exit direction effected by a 90 degree roll in the first vertical section of the loop.

## Split 'S'

(Aresti Number 7.2.3.3 + 9.1.3.2)

Starting from erect level flight, a 180 degree roll in level flight to inverted followed immediately by a half inside loop back to erect level flight.