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| **EXERCISE 1** |
| **#** | **FIG NOTATION** | **\*** | **S** | **ADJUSTMENT** | **DD** |
| **1** |  |  |  |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
| **4** |  |  |  |  |  |
| **5** |  |  |  |  |  |
| **6** |  |  |  |  |  |
| **7** |  |  |  |  |  |
| **8** |  |  |  |  |  |
| **9** |  |  |  |  |  |
| **10** |  |  |  |  |  |
|  |  |  |  | **TOTAL** |  |

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| **NAME:** |  | **GROUP:** |  | **FLIGHT:** |  |
| **CLUB:** |  | **NUMBER:** |  | **PANEL:** |  |

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| **EXERCISE 3** |
| **#** | **FIG NOTATION** | **\*** | **S** | **ADJUSTMENT** | **DD** |
| **1** |  |  |  |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
| **4** |  |  |  |  |  |
| **5** |  |  |  |  |  |
| **6** |  |  |  |  |  |
| **7** |  |  |  |  |  |
| **8** |  |  |  |  |  |
| **9** |  |  |  |  |  |
| **10** |  |  |  |  |  |
|  |  |  |  | **TOTAL** |  |



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| **EXERCISE 2** |
| **#** | **FIG NOTATION** | **\*** | **S** | **ADJUSTMENT** | **DD** |
| **1** |  |  |  |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
| **4** |  |  |  |  |  |
| **5** |  |  |  |  |  |
| **6** |  |  |  |  |  |
| **7** |  |  |  |  |  |
| **8** |  |  |  |  |  |
| **9** |  |  |  |  |  |
| **10** |  |  |  |  |  |
|  |  |  |  | **TOTAL** |  |

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| **COACH**: |  | **SIGNATURE:** |  |