



## **2016 IMAC Intermediate**

### **Enter Box Upright - Baseline Altitude**

1. **P Trap** - 4 of 8 point roll on entry, **Push** 3/4 outside loop, immediately Pull 1/4 inside loop, immediate 2 point roll to upright exit.
2. **Figure N** - **Pull** to vertical upline, 1 roll centered on upline, **Pull** to 45 downline, 2 of 4 centered on downline, **Pull** to vertical upline, exit inverted.
3. **Loop from the Top** - **Pull** 1/2 inside loop, 1/2 roll on bottom, **Push** 1/2 outside loop, exit upright.
4. **1/2 Square Loop** - **Push** to vertical downline, 1/2 roll **opposite** 1 Positive Snap centered on line, exit upright.
5. **Humptybump** - **Pull** to vertical upline, 1-1/4 rolls centered on upline, **Pull** 1/2 inside loop to downline, 3 of 4 point roll centered on downline, exit inverted.
6. **1/2 Cuban Eight** - From inverted 1-1/2 rolls on entry to upright, immediately Pull 5/8 inside loop to inverted 45 downline, 1 Negative snap **opposite** 1/2 roll centered on 45 downline, exit upright.
7. **Hammerhead** - 2 of 4 point roll centered on upline, stall turn, 1/4 roll **opposite** 1-1/4 roll centered on downline, exit inverted.
8. **45 Upline** - **Push** to inverted 45 upline, 1 Negative Snap **same direction** 1/2 roll to upright centered on 45 upline, **Push** to horizontal upright exit.
9. **1-1/4 Turn Upright Spin** - 1-1/4 turn spin with **opposite** 3/4 roll on downline, exit upright.
10. **90 Degree Rolling Turn** - 1 Roll inside 90 rolling turn, exit upright cross-box.

### **End of Sequence**



# **2016 IMAC Intermediate Left to Right**

## **Enter Box Upright - Baseline Altitude**

1. **P Trap** - 4 of 8 point roll on entry, **Push** 3/4 outside loop, immediately Pull 1/4 inside loop, immediate 2 point roll to upright exit.
2. **Figure N** - **Pull** to vertical upline, 1 roll centered on upline, **Pull** to 45 downline, 2 of 4 centered on downline, **Pull** to vertical upline, exit inverted.
3. **Loop from the Top** - **Pull** 1/2 inside loop, 1/2 roll on bottom, **Push** 1/2 outside loop, exit upright.
4. **1/2 Square Loop** - **Push** to vertical downline, 1/2 roll **opposite** 1 Positive Snap centered on line, exit upright.
5. **Humptybump** - **Pull** to vertical upline, 1-1/4 rolls centered *(Left Out Bottom, Right In Canopy)* on upline, **Pull** 1/2 inside loop to downline, 3 of 4 point roll centered *(Left if Out, Right if In)* on downline, exit inverted.
6. **1/2 Cuban Eight** - From inverted 1-1/2 rolls on entry to upright, immediately Pull 5/8 inside loop to inverted 45 downline, 1 Negative snap **opposite** 1/2 roll centered on 45 downline, exit upright.
7. **Hammerhead** - 2 of 4 point roll centered on upline, stall turn, 1/4 roll **opposite** 1-1/4 roll centered on downline, exit inverted.
8. **45 Upline** - **Push** to inverted 45 upline, 1 Negative Snap **same direction** 1/2 roll to upright centered on 45 upline, **Push** to horizontal upright exit.
9. **1-1/4 Turn Upright Spin** - 1-1/4 turn spin with **opposite** 3/4 roll on downline, exit upright.
10. **90 Degree Rolling Turn** - 1 Roll inside 90 rolling turn *(Right Out, Left In)*, exit upright cross-box.

## **End of Sequence**



# **2016 IMAC Intermediate Right to Left**

## **Enter Box Upright - Baseline Altitude**

1. **P Trap** - 4 of 8 point roll on entry, **Push** 3/4 outside loop, immediately Pull 1/4 inside loop, immediate 2 point roll to upright exit.
2. **Figure N** - **Pull** to vertical upline, 1 roll centered on upline, **Pull** to 45 downline, 2 of 4 centered on downline, **Pull** to vertical upline, exit inverted.
3. **Loop from the Top** - **Pull** 1/2 inside loop, 1/2 roll on bottom, **Push** 1/2 outside loop, exit upright.
4. **1/2 Square Loop** - **Push** to vertical downline, 1/2 roll **opposite** 1 Positive Snap centered on line, exit upright.
5. **Humptybump** - **Pull** to vertical upline, 1-1/4 rolls centered (*Right Out Bottom, Left In Canopy*) on upline, **Pull** 1/2 inside loop to downline, 3 of 4 point roll centered (*Right if Out, Left if In*) on downline, exit inverted.
6. **1/2 Cuban Eight** - From inverted 1-1/2 rolls on entry to upright, immediately Pull 5/8 inside loop to inverted 45 downline, 1 Negative snap **opposite** 1/2 roll centered on 45 downline, exit upright.
7. **Hammerhead** - 2 of 4 point roll centered on upline, stall turn, 1/4 roll **opposite** 1-1/4 roll centered on downline, exit inverted.
8. **45 Upline** - **Push** to inverted 45 upline, 1 Negative Snap **same direction** 1/2 roll to upright centered on 45 upline, **Push** to horizontal upright exit.
9. **1-1/4 Turn Upright Spin** - 1-1/4 turn spin with **opposite** 3/4 roll on downline, exit upright.
10. **90 Degree Rolling Turn** - 1 Roll inside 90 rolling turn (*Left Out, Right In*), exit upright cross-box.

## **End of Sequence**