## N-13 Schedule

## N-13.01 Half Clover Leaf

From upright, pull through a $1 / 4$ loop into a vertical up-line, push through a $3 / 4$ loop into a horizontal line, push through a $3 / 4$ loop into a vertical down-line, pull through a $1 / 4$ loop, exit upright.

## N-13.02 Stall Turn

From upright, pull through a $1 / 4$ loop into a vertical up-line, perform a stall turn into a vertical down-line, pull through a $1 / 4$ loop, exit upright.

N-13.03 Roll Combination with consecutive two $1 / 4$ rolls, two $1 / 4$ rolls in opposite direction
From upright, perform consecutively two $1 / 4$ rolls, $1 / 4$ rolls in opposite direction, exit upright.
N-13.04 Half Square Loop with $1 / 2$ roll
From upright, pull through a $1 / 4$ loop into a vertical up-line, perform a $1 / 2$ roll, push through a $1 / 4$ loop, exit upright.
N -13.05 Triangle with two $1 / 2$ rolls
From upright, push through a $1 / 8$ loop into a $45^{\circ}$ down-line, perform $1 / 2$ roll, pull through a $3 / 8$ loop into a horizontal line, pull through a $3 / 8$ loop into a $45^{\circ}$ up-line, perform $1 / 2$ roll, push through a $1 / 8$ loop, exit upright.

N-13.06 Split S with $1 / 2$ roll
From upright, perform a $1 / 2$ roll and immediately pull through a $1 / 2$ loop, exit upright.

## N -13.07 $45^{\circ}$ Up-line with roll

From upright, pull through a $1 / 8$ loop into a $45^{\circ}$ up-line, perform a roll, push through a $1 / 8$ loop, exit upright.
N -13.08 Reverse Top Hat with $1 / 4$ roll down, $1 / 4$ roll up
From upright, push through a $1 / 4$ loop into a vertical down-line, perform a $1 / 4$ roll, pull through a $1 / 4$ loop into a horizontal line, pull through a $1 / 4$ loop into a vertical up-line, perform a $1 / 4$ roll, push through a $1 / 4$ loop, exit upright.

## N-13.09 Spin with 3 turns

From upright, perform a upright spin with 3 turns, perform a vertical down-line, pull through a $1 / 4$ loop, exit upright.
N-13.10 Pull-Push-Pull Humpty-Bump with $1 / 4$ roll up, $1 / 4$ roll down (Option: Two $1 / 4$ rolls up)
From upright, pull through a $1 / 4$ loop into a vertical up-line, perform a $1 / 4$ roll, push through a $1 / 2$ loop into a vertical down-line, perform a $1 / 4$ roll, pull through a $1 / 4$ loop, exit upright.
Option: From upright, pull through a $1 / 4$ loop into a vertical up-line, perform two consecutive $1 / 4$ rolls, push through a $1 / 2$ loop into a vertical down-line, pull through a $1 / 4$ loop, exit upright.

## N-13.11 Cuban 8 with roll.

From upright, pull through a $5 / 8$ loop into a $45^{\circ}$ down-line, push through a $3 / 4$ loop into another $45^{\circ}$ down-line, perform a roll, pull through a $1 / 8$ loop, exit upright.

## N-13.12 ½ Loop

From upright, pull through a 1/2 loop, exit inverted.

## N-13.13 Square Loop

From inverted, pull through a $1 / 4$ loop into a vertical down-line, pull through a $1 / 4$ loop into a horizontal line, pull through a $1 / 4$ loop into a vertical up-line, pull through a $1 / 4$ loop into a horizontal line, exit inverted.

## N -13.14 Figure 9

From inverted, push through a $3 / 4$ loop into a vertical down-line, pull through a $1 / 4$ loop, exit upright.

## N -13.15 Roll Combination with two consecutive rolls

From upright, perform consecutively a two rolls in the same direction, exit upright.

## N-13.16 ½ Square Loop on Corner

From upright pull through a $1 / 8$ loop into a $45^{\circ}$ up-line, pull through a $1 / 4$ loop into a $45^{\circ}$ up-line, pull through a $1 / 8$ loop, exit inverted.

N -13.17 Figure $\mathbf{Z}$ with $1 / 2$ roll
From inverted, pull through a $3 / 8$ loop into a $45^{\circ}$ down-line, perform a $1 / 2$ roll, pull through a $3 / 8$ loop, exit upright.

## Nordic Schedule (N-13)

## $\mathrm{N}-13$

| No | Description | K |
| :---: | :--- | :--- |
| 1 | Half Clover Leaf | 3 |
| 2 | Stall Turn | 3 |
| 3 | Roll Combination with consecutive two $1 / 4$ rolls, two <br> $1 / 4$ rolls in opposite direction | 4 |
| 4 | Half Square Loop with $1 / 2$ roll | 3 |
| 5 | Triangle with roll | 4 |
| 6 | Split S with $1 / 2$ roll | 2 |
| 7 | $45^{\circ}$ Up-line with roll | 5 |
| 8 | Reverse Top Hat with $1 / 4$ roll down, $1 / 4$ roll up | 4 |
| 9 | Spin with 3 turns | 4 |
| 10 | Pull-Push-Pull Humpty-Bump with $1 / 4$ roll up, $1 / 4$ roll <br> down (Option: Two $1 / 4$ rolls up) | 3 |
| 11 | Cuban 8 with roll | 5 |
| 12 | $1 / 2$ Loop | 1 |
| 13 | Square Loop | 5 |
| 14 | Figure 9 | 3 |
| 15 | Roll Combination with two consecutive rolls | 4 |
| 16 | $1 / 2$ Square Loop on Corner | 3 |
| 17 | Figure Z with $1 / 2$ roll | 4 |



