EXPLANATION OF ARESTI SYMBOLS

Symbol	Description
	Beginning of flight
	End of flight
	Start of manoeuvre
	End of manoeuvre
	End of manoeuvre with exit higher than entry
	End of manoeuvre with exit lower than entry
	Upright flight (positive G)
	Inverted flight (negative G)
	90 degree angle (1/4 loop)
	45 degree angle (1/8 loop)
	135 degree angle (3/8 loop)
	180 degree angle (1/2 loop, reversal)
	Cuban 8 (1/8 loop and 5/8 loop)
	Stall turn
	One full roll (aileron roll, slow) Arrow always curved in direction of flight
	Half roll
	1 ½ roll
	1 ½ rolls, reversed
	2-Point roll (numeral at tip of arrow indicates type of point-roll)
	4-Point roll
	8-Point roll
	2 of 4-point roll (fraction opposite arrow indicates number of points)
	3 of 2-point roll
	Positive G snap roll
	Negative G snap roll on inverted flight
	Two positive snap rolls in opposite directions
	1 ½ positive G snap roll
	Knife-edge flight
	Inside loop (positive G)
	Outside loop (negative G)
	¾ outside loop (Figure 9)
	Loop with negative snap (Avalanche)
	Loop with 4-point roll, over full curve of top ¼ loop
	Rolling loop (roll is integrated with entire loop
	Upright spin (positive G, inside)
	Inverted spin (negative G, outside)
	1 ½ inverted spin (negative G, outside)
	Two upright spins, opposite (positive G, inside)
	Humpty bump (centre manoeuvre)
	Humpty bump (centre manoeuvre)
	Humpty bump (turnaround manoeuvre)
	Cross box manoeuvre (Inverted top hat, shown without rolls). Horizontal cross-box flight is always inverted
	Rolling circle (with three rolls to the outside)
	Inverted rolling circle (with one roll to the inside)
	Connector lines between manoeuvres