

A Jumps

Toeloop 1T
 Salchow 1S
 Loop 1Lo
 Flip 1F
 Lutz 1Lz

Axel 1A
 Double-Toeloop 2T
 Double-Salchow 2S
 Double-Loop 2Lo
 Double-Flip 2F
 Double-Lutz 2Lz

Double-Axel 2A
 Triple-Toeloop 3T
 Triple-Salchow 3S
 Triple-Loop 3Lo
 Triple-Flip 3F
 Triple-Lutz 3Lz

Triple-Axel 3A
 Quad.-Toeloop 4T
 Quad.-Salchow 4S
 Quad.-Loop 4Lo
 Quad.-Flip 4F
 Quad.-Lutz 4Lz

Example
 combination

3T+2S=
 3T+1Lo+2S

Example
 sequence
 3T+2A+seq

B Spins

Spin with one position and no change of foot

- **upright, layback, camel or sit**

Upright Spin USp
Layback Spin LSp
Camel Spin CSp
Sit Spin SSp

Flying Spin

- **any position - upright, layback, camel or sit**

Flying Upright Spin FUSp
Flying Layback Spin FLSp
Flying Camel Spin FCSp
Flying Sit Spin FSSp

Spin with one change of foot and no change of position

- **upright, layback, camel or sit**

Change Foot Upright Spin CUSp
Change Foot Layback Spin CLSp
Change Foot Camel Spin CCSp
Change Foot Sit Spin CSSp
 - any above spin with flying entry, example FCSSp

Combination Spins

Spin combination with change of position and **no** change of foot

- with flying entry FCoSp

Spin combination with change of position **and** change of foot

- with flying entry FCCoSp

C Steps and Spirals

Step Sequence - any pattern

StSq

Choreographic Sequence(s)

ChSq