

## Recognizing Figure Skating Jumps and Spins – <http://wvupe.mdfsc.org/jumpspin.pdf>

This guide will assist in recognizing commonly performed moves in Free Skating programs. Most skaters rotate their jumps and spins in a counter-clockwise direction (CCW). These descriptions are based on that. A few skaters rotate in a clockwise (CW) direction. For them, reverse right and left in the descriptions. Single jumps are described; doubles and triples are the same, but with additional rotations. Common approaches are listed, but only the takeoff edge is mandatory. Most full and multi-rotation jumps land on a backward outside edge. This means that only the jumps that take off from that edge can be done as the second of a combination. These are the Loop and Toe Loop.

The standard abbreviations for the eight edges:

LFO – Left Fwd Outside      RFO – Right Fwd Outside      LFI – Left Fwd Inside      RFI – Right Fwd Inside  
LBO – Left Back Outside      RBO – Right Back Outside      LBI – Left Back Inside      RBI – Right Back Inside

### Jumps

Bunny hop – skate forward, jump off left toe pick, kicking right leg forward, land on right toe pick, no rotation.

Waltz jump – RBO edge, step to LFO edge, kick through with right foot, half rotation, land on RBO edge.

Toe loop – RFI 3-turn, RBO edge, pick in with left toe pick, kick through with right leg, single rotation, land on RBO.

Mazurka – toe loop takeoff, half revolution, land on right toe pick.

Salchow – LFO 3-turn to get on LBI edge, kick through with right leg, single rotation, land on RBO.

Flip – LFO 3-turn or R Mohawk to LBI edge, pick in with right toe pick, single rotation, land on RBO.

Half Flip – flip approach and take off, but half rotation and land on forward right or left toe pick.

Split jump – like half flip, but achieving split position in air.

Lutz – long LBO edge, pick in with right toe pick, single rotation, land on RBO.

Half Lutz – Lutz approach and take off, but half rotation and land on forward right or left toe pick.

Loop – backwards x-overs to RBO edge with L foot crossed in front, jump up off R foot, single rotation, land on RBO.

Half loop – loop takeoff, full revolution, land on LBI edge. Often used as transition to Salchow or Flip.

Falling Leaf – loop takeoff, half revolution, land on left toe pick.

Axel – RBO edge, step to LFO edge, kick through with right foot, one and a half rotations, land on RBO.

### Spins

Scratch spin – upright spin on left leg (for CCW skaters)

Back spin – upright spin on right leg (for CCW skaters)

Sit spin – free leg is extended forward and skating leg bent

Camel spin – upper body lowers and free leg is raised to arabesque position

Layback – free leg is bent back, back arched and head tilted backwards.

### Miscellaneous

3-turn – a turn on one foot which traces the shape of a 3 on the ice (ex: LFO edge to LBI edge). Named for first edge. Other advanced 1 foot turns – Bracket, Counter, Rocker

Mohawk – a turn which changes feet while staying on type of edge. (ex. RFI edge to LBI edge.)

Choctaw – a turn which changes feet while changing type of edge. (ex. RBI edge to LFO edge)

Spiral – an edge held in arabesque position; straight skating leg with free foot extended behind at hip height or above

Shoot-the-Duck - an edge held on bent knee with free foot extended forward ~ Lunge - free foot drags behind

Spread Eagle – edges on both feet with toes turned out 180°. ~ Ina Bauer – similar but with feet on different tracks.