SINGLES SKATING TERMS

Jumps

Waltz Jump:

Generally the first rotational jump that skaters learn.

The skater takes off from a forward outside edge, completes ½ revolution in the air, and lands on the back outside edge of the opposite foot.

***Salchow Jump*:**

A jump in which the skater takes off from the back inside edge of the skating foot rotates in one rotation in the air and lands on the back outside edge of the opposite foot.

Named after its originator, Ulrich Salchow.

Variations: double Salchow, triple Salchow, and quadruple Salchow, one foot Salchow.

***Toe Loop Jump*:**

A toe jump in which the skater takes off from the back outside edge of the skating foot with assistance of the toe of the free foot and turns one rotation in the air, landing on the back outside edge of the take-off foot.

Variations: double toe loop, triple toe loop, and quadruple toe loop.

***Loop Jump*:**

A jump in which the skater takes off from the back outside edge of the skating foot, turns one rotation in the air and lands on the back outside edge of the take-off foot.

Variations: double loop, triple loop, Y.loop (a one-rotation jump in which the skater lands on the back inside edge of the opposite foot from take-off)

Flip Jump:

A toe jump in which the skater takes off from the back inside edge of the skating foot with assistance from the toe of the free foot, turns one rotation in the air and lands on the back outside edge of the original free foot.

Variations: double flip, triple flip.

Lutz Jump:

A toe jump in which the skater takes off from the back outside edge of the skating foot with1 assistance of the free foot toe, rotates in the reverse direction one rotation in the air and lands on the back outside edge of the opposite foot. Variations: double Lutz, triple Lutz.

***Axel*:**

The skater takes off from the forward outside edge of the skate, completes 1 ½ revolution in the air and lands on the back outside edge of the opposite foot.

Originator: Axel Paulsen.

Variations: double Axel, triple Axel, inside Axel, one-foot Axel.