

**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** F

- **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** C

- **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** Co

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 CCoSp  
 FCCoSp

**C Steps and Spirals**

**Step Sequence - any pattern** StSq  
**Choreographic Sequence(s)** ChSq