

LIFTS

Group 1	1Li	
Group 2	2Li	
Group 3	3Li	
Group 4	4Li	
Group 5S	5SLi	
Group 5T	5TLi	
Group 5B	5BLi	
Group 5A	5ALi	
Group 5R	5RLi	
Twist Lift	1Tw	←

PPC FOR PAIRS

(for single elements take a look at the singles file!)

2,3 for double and triple ex. ""2Tw"

THROWN JUMPS

Toeloop	1TTh	←
Salchow	1STh	←
Loop	1LoTh	←
Flip	1FTh	←
Lutz	1LzTh	←
Axel	1ATh	←

2,3 for double and triple

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PIVOTS

Pivot Figure	PiF	
Death Spiral	Ds	←

Add "Bo"; "Bi"; "Fo"; "Fi" depending on the edge, ex. "FiDs"

PAIR SPINS

Pair Spin	PSp
Pair Combo Spin	PCoSp