

JUMPS

SINGLE SKATING PPC

Waltz Jump	W	←
Euler	Eu	←
Toeloop	1T	
Salchow	1S	
Loop	1Lo	
Flip	1F	
Lutz	1Lz	
Axel	1A	

Remember that Waltz Jump is not a listed jump and has got no value
Just for Jump combinations

Things to know:

Doubles and triples:

Jump combination:

Jump sequence:

just change the number ex. 1Lo for single Loop; 2Lo for double Loop etc.

connect with "+" and add "+COMBO" ex. 1A+Eu+2S+COMBO

connect with "+" and add "+SEQ" ex. 1Lz+1A+SEQ

SPINS

Upright Spin	Usp	
Layback Spin	LSp	
Camel Spin	CSp	
Sit Spin	SSp	
Combo Spin	CoSp	←

Remember: the Combo spin is a spin that has more than one position

Things to know:

Flying and Change:

Examples:

Add "F" for flying entrance and "C" for change of foot in this order of priority

FCSp is a Flying Camel Spin ; CCoSp is a Combo Spin with change of foot

SEQUENCES

Step Sequence	StSq
Choreo Sequence	ChSq