

### IDENTIFYING DIFFERENT JUMPS

Have you ever wondered what the difference is between a Lutz and a triple toe loop? Why is it called a double Salchow and why is it spelled that way? What makes an Axel so difficult?

#### JUMPS FALL INTO TWO BASIC CATEGORIES:

**EDGE JUMPS:** Axel, Salchow and loop.

**PICK JUMPS:** toe loop, flip and Lutz.

Since all air positions and landings are primarily the same, the only way to truly identify jumps is by the take off. You can also memorize the take-off patterns and locations on the ice surface, but this is not a fool-proof method since some skaters prefer variations on patterns and placements. Also, all double, triple and quadruple jumps look the same once they are rotating in the air, just the speed of rotations is faster and tighter.

Jumps are learned as a developmental sequence beginning with the easiest and gradually gaining difficulty depending on a skater's ability and dedication. There are only six main different types of jumps, but they increase in difficulty by variation of take off, number of revolutions in the air, quality of jumping technique and if it is successfully landed (on one foot, balanced position with a strong easy run out of the jump). The easiest jumps are the half jumps and single revolutions, then increase in difficulty with doubles, triples and quads.

### BASIC SKATING TERMINOLOGY TO HELP UNDERSTAND DIFFERENT TAKE-OFF PATTERNS

**EDGES:** The two sides of the skate blade on either side of the grooved center determine edges. The outside edge is on the outer side of the leg and the inside edge is on the inside of the leg. There is a forward and backward to each edge depending which direction the skater is traveling. There are four edges (eight including both feet).

**THREE-TURNS:** A turn from forward to backward or from backward to forward on the same foot without changing feet. The mark left on the ice looks like a "3."

**MOHAWKS:** A turn from forward to backward or from backward to forward changing from one foot to the other on the same edge.

# Identifying Different Jumps

**ASPIRE TO JUMP HIGHER**



## HOW TO IDENTIFY EACH JUMP BY TAKE OFF

**AXEL (A):** Named after the Norwegian skater Axel Paulsen, this is the only jump that takes off moving forward with no assisted turn. A single Axel is one-and-a-half revolutions in the air. This edge jump starts from a backward outside one-foot edge. The skater then steps forward and the free leg marches through to make an "h" position, helping the skater to jump into the air (face first into the jump). Landing this jump is a huge milestone in figure skating. This jump is also performed in doubles (two-and-a-half revolutions) and triples (three-and-a-half revolutions).

**SALCHOW (S):** Named after the Swedish skater Ulrich Salchow, this edge jump starts on a backward outside one-foot edge, just like the Axel. Normally skaters use a forward outside three-turn to perform this jump, but some skaters use a mohawk or simply jump from a backward inside edge. The skater steps forward onto the free foot into a forward outside three-turn and then takes off from a backward inside edge. The backward inside edge is on a bent leg with the free leg extended behind. The skater then draws the free leg toward and around the skating leg to the front in a circular motion as the skater springs into the air, drawing in the arms forward at the same time. This creates a fishhook edge on the ice. To do a Salchow successfully, proper timing is critical, and the entrance should not be rushed, holding the back inside edge of the take off. A Salchow can be performed as a single, double, triple or quad.

**TOE LOOP (T):** A skater typically utilizes a forward inside three-turn for the take off of this pick jump. However, a skater can also perform a toe loop with a forward outside three-turn, changing feet and then placing the free foot on a back outside edge and reaching back to pick with the free leg (this version is called a toe walley). Both jumps are similar in nature and equal in value. Once the skater is backward on the back outside edge, the free leg stretches directly backward, and the toe pick is placed in line with the free hip. Once the skater taps, the free leg bends like a pole-vaulting technique, the skating heel draws past the toe with a pivot action and the free leg passes through into the air. On the single toe loop, the arms draw forward and through. As you increase rotation, you increase the tightness of the arms to the chest. This is the most common jump used in combination. If the skater should turn forward in the take off, it will be considered a "toe Axel" and a downgraded jump.

**LOOP (LO):** This is the most fundamental of all jumps. The take off and landing are on the same foot and on a backward outside edge. This jump is recognized by the curve, like a fishhook or the number "6." The weight is placed on the skating leg with the free foot trailing. The desired way to teach the loop jump is from a forward inside three-turn. Once the skater understands the concept, the jump then should be taught on a backward outside edge entry. Many coaches choose to put the skater on a circle to help facilitate the back outside edge. This is a counterrotated jump, which means the skater starts with the shoulders twisted in one direction and releases in the opposite direction. The air position looks like a lowercase "h" and is seen in the flip and Lutz jumps as well. This jump is also commonly used for jump combinations.



# Identifying Different Jumps

## ASPIRE TO JUMP HIGHER



**FLIP (F):** The skater typically uses a forward outside three-turn, but some skaters use a mohawk for the take off. Once the skater is backward on an inside edge, the free leg stretches directly behind and the toe pick is placed in line with the free hip. The toe pick taps it into the ice and, like a pole vault, the skater draws (pull) the feet together and pivots (or turns) up into the loop position, vaulting into the air. A skater will pick and land on the same foot. This can be performed as a double, triple or quad jump.

**LUTZ (LZ):** Named after Alois Lutz of Vienna, this jump is difficult because it is a counterrotational jump, meaning that the skater sets it up twisting one way and jumps the other, just like the loop jump. A Lutz should have a strong backward outside edge before the skater draws back and taps into the ice, much like a pole vault. The jump is most easily recognized by where it is placed on the ice (corner of the arena).

| JUMP     | TAKE-OFF                 | LANDING               |
|----------|--------------------------|-----------------------|
| Axel     | Forward Outside Edge     | Backward Outside Edge |
| Salchow  | Backward Inside Edge     | Backward Outside Edge |
| Toe loop | Backward Outside w/ Pick | Backward Outside Edge |
| Loop     | Backward Outside Edge    | Backward Outside Edge |
| Flip     | Backward inside w/ Pick  | Backward Outside Edge |
| Lutz     | Backward Outside w/ Pick | Backward Outside Edge |

