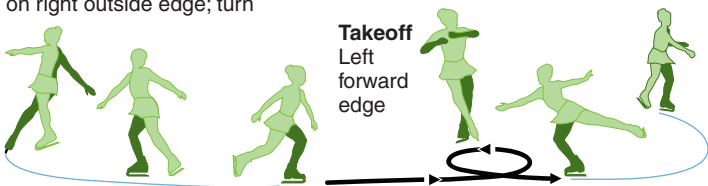


# Guide to jumps

How to identify four jumps in singles routines:

**Axel** Created by Norwegian Axel Paulsen, 1882

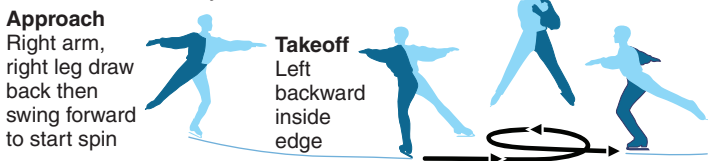
**Approach** Glide backward on right outside edge; turn



**Takeoff**  
Left forward edge

**Salchow** Created by Swede Ulrich Salchow, 1889

**Approach**  
Right arm, right leg draw back then swing forward to start spin

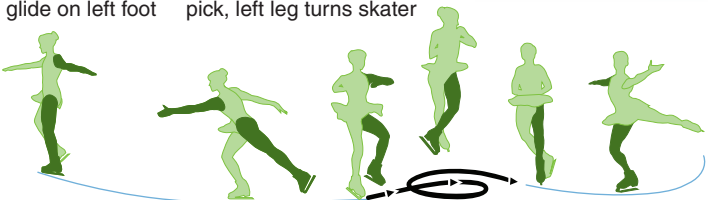


**Takeoff**  
Left backward inside edge

**Lutz** Created by Austrian Alois Lutz, 1913

**Approach**  
Long backward glide on left foot

**Takeoff** Left backward outside edge, right toe pick, left leg turns skater



**Edge** Inside, outside of skate blade allows skater to perform circles, curves

**Loop** Single toe loop created by American Bruce Mapes in the 1920s

**Approach** Forward, left leg slightly crossed in front of right; or backward, left foot dragging close to ice, right knee bent



**Takeoff**  
Left backward outside edge

**Rotation** Midair turn; can be single, double, triple, quadruple

NOTE: Directions assume skater jumps and spins counterclockwise; left-handed skaters may go in reverse direction

Source: Figure Skater's Web site, DK Superguides: Ice Skating

Graphic: Judy Treible, Lee Hulteng