

# Gary's Simplified Guide to Identifying Jumps

This page describes jumps for a counter clockwise skater. A clockwise skater would take off and land in the opposite manner.

All jumps are landed backwards on the right foot.

There are 3 edge jumps and 3 toe pick jumps.

The axel is the most difficult jump and the lutz is 2<sup>nd</sup> most difficult. The toe loop is the easiest jump. The remaining 3 jumps (salchow, loop, flip) are listed here in order of increasing difficulty, but some individual skaters often find one of these particularly easy or particularly difficult.

## Edge Jumps

### Axels

Only one jump begins with a forward takeoff, the Axel. The remaining 5 jumps begin with a backwards takeoff. The Axel is an edge jump. It is the most difficult jump. Because it takes off in the forward direction, it always has an extra half revolution compared to all the other jumps, i.e. a triple axel is 3.5 revolutions, whereas the remaining triple jumps are 3 revolutions.

### Loops

The loop is the only jump that takes off on the right foot and lands on the right foot. It is an edge jump.

### Salchows

The Salchow takes off on the left foot. It is an edge jump. If a skater is suddenly in the air and you haven't seen him/her take off, it is probably a Salchow.

## Toe Pick Jumps

### Toe Loops

The toe loop begins with a left toe pick. It is basically a loop jump with a toe pick. It is the easiest jump. 90% of the second jumps that are part of a 2 jump combination are toe loops.

### Flips

The flip is the opposite of a toe loop. It begins with a right toe pick, and takes off on an inside edge.

### Lutzes

A Lutz is identical to a flip, except it takes off on an outside edge. It is the second most difficult jump.