

(1) Single Skating**Jumps:**

1T	Single Toeloop
1S	Single Salchow
1Lo	Single Loop
1Eu	Single Euler (only used in jump combinations)
1F	Single Flip
1Lz	Single Lutz
1A	Single Axel
2T	Double Toeloop
2S	Double Salchow
2Lo	Double Loop
2F	Double Flip
2Lz	Double Lutz
2A	Double Axel
3T	Triple Toeloop
3S	Triple Salchow
3Lo	Triple Loop
3F	Triple Flip
3Lz	Triple Lutz
3A	Triple Axel
4T	Quad. Toeloop
4S	Quad. Salchow
4Lo	Quad. Loop
4F	Quad. Flip
4Lz	Quad. Lutz
4A	Quad. Axel
5T	Quint. Toeloop
5S	Quint. Salchow
5Lo	Quint. Loop
5F	Quint. Flip
5Lz	Quint. Lutz

Spins:

USp	Upright Spin
LSp	Layback Spin
CSp	Camel Spin
SSp	Sit Spin
FUSp	Flying Upright Spin
FLSp	Flying Layback Spin
FCSp	Flying Camel Spin
FSSp	Flying Sit Spin
CUSp	Change Foot Upright Spin
CLSp	Change Foot Layback Spin
CCSp	Change Foot Camel Spin
CSSp	Change Foot Sit Spin
FCUSp	Flying Change Foot Upright Spin
FCLSp	Flying Change Foot Layback Spin
FCCSp	Flying Change Foot Camel Spin
FCSSp	Flying Change Foot Sit Spin
CoSp	Combination Spin no change of foot
CCoSp	Change Foot Combination Spin
FCoSp	Flying Combination Spin no change of foot
FCCoSp	Flying Change Foot Comb. Spin

Steps:

StSq	Step Sequence
ChSq	Choreographic Sequence