

9+

- Lutz
- Flip – euler – salchow (combi jump)
- Walley's binnenwaarts landen L EN R met change of edge

drawing

- Combi spin 3 basic positions (min 2 turns each position)
- Upright spin change of foot executed by jump (each foot min. 3 turns)

10+

- Salchow binnenwaarts landen (3e buitenwaarts uitrijden -> controle)
- Axel
- AW sit spin OF camel spin (min 3 turns)
- Camel spin -> sit spin combi
 - ➔ Executed by jump
 - ➔ Jump into OR jump change of foot
- Eagle OR Ina Bauer
 - ➔ Inside OR outside edge

