

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