

Small Jumps

The contribution of small jumps can make in an overall integrated artistic expression is frequently under estimated by skaters whose primary focus is multi-revolution jumps.

Small jumps can serve as connecting elements/transitions between required jumps and spins in a well-choreographed program. Unfortunately many skaters fail to recognize the importance small jumps until late in their skating careers.

It is only the lack of imagination and abilities of both the skater and the choreographer that limits its use of small jumps as possible connecting elements in lower level competitive events.

The following list of small jumps may be included in a free skating program, but are not limited to:

➤ **Half Flip**

The Half Flip is a half rotation turn that takes off backwards and lands forward. The entry is on a left back inside (LBI) edge. The left arm is extended forward and the right arm and free leg is extended backward as the skater slightly bends the skating leg.

The right free leg acts a pole value causing the skater to spring upwards. The half turn rotation should occur at the apex of the jump. After turning forward, the skater lands briefly on the toe pick of the left foot and gliding right forward inside edge.

The jump preparation usually is a LFO 3-turn or an RFI Mohawk to end on the LBI takeoff edge of the jump. This jump forms the basis for the Split jump.

➤ **Half Lutz**

The Half Lutz is a half rotation turn that takes off backwards and lands forward. The entry is on a left back outside (LBO) edge. The left arm is extended forward and the right arm and free leg is extended backward as the skater slightly bends the skating leg.

The right free leg acts a pole value causing the skater to spring upwards. The half turn counter rotation should occur at the apex of the jump. After turning forward, the skater lands briefly on the toe pick of the left foot and gliding on the right forward inside edge.

The jump preparation usually is a LFO rocker turn or LFI Mohawk. Changing feet to a LBO takeoff edge of the jump. This jump forms the basis for the Split 1/2 and full Lutz jump.

➤ **Split**

The Split Jump is very dramatic when fully split. It is simply a very big and very open half flip. The initial entry is exactly the same as for the half flip, except the skater begins to turn while springing into the air, extending left leg (the takeoff leg) forward and right leg (picking the ice) backwards.

The skater needs to practice their flexibility off ice so both legs can achieve

a leg extension that is parallel to the ice at the apex of the jump. The arms are usually held out to the side, with their face and chest in the general direction of travel.

If the jump is well executed, the skater can bring their legs back together in the air prior to landing. The skater then lands on their left toepick, and glides out on their right foot (RFI edge). In a great split, the skater's legs will be horizontal and in a straight line at the apex of the jump.

➤ **Russian Split**

The Russian Split is a spectacular jump that takes off and lands like a Split Jump; however, while in the air the face and body of the skater are perpendicular to the direction of travel.

The legs are extended to the side in a "V" position, and the hands reaching out to touch the boots. The air position is the same as sitting on the floor and doing toe-touch exercises with your legs spread wide.

➤ **Stag Jump**

The Stag Jump is a variation of the Split jump. It takes off and lands like a Split, but the air position is different. In a Stag, the forward leg is bent down at the knee, while the back leg remains straight.

Basic Beginning Jumps

➤ **Bunny Hop**

The Bunny Hop is usually the first jump taught to beginners. The skater takes off forward from either the right or left foot and lands forward without any rotation occurring. While gliding in a straight line on the left foot, the right free leg swings backwards and then forwards.

The skater springs from the left skating foot as a continuation of the forward free leg swing. The skater comes down (lands) initially on the right toe pick of the jump's freeleg, then quickly transfers to the left foot in a controlled glide.

➤ **Cross Foot Mazurka**

Similar to a Falling Leaf, the Mazurka is a half-revolution jump starting on an RBO edge. The skater faces OUTSIDE of the circle while gliding backwards. When ready to jump, the skater picks with the left toe and leaps up off the right leg.

The right leg "scissors" forward while the skater turns, and then taps briefly on the right toepick. The skater quickly lands and glides on the left foot following this quick stabilizing tap.

➤ **Ballet Jump**

The Ballet Jump is a half-revolution jump starting on an RBO edge. The skater faces to the outside of the circle on a deep back outside curve and side taps with the left toe springing from the right leg while extended turning the free leg back as their head faces forward.

The skater executes a half-rotation to the left, briefly lands forward on the left toe pick (the tapping foot) and glides out on an RFI edge.

➤ **Mazurka Jump**

The Mazurka Jump is a half-revolution jump starting on an RBO edge. The skater faces to the outside of the circle on a deep back outside curve and side taps with the left toe springing from the right leg to achieve a position with the right and left leg straight and close together while the head faces out.

The skater executes a half-rotation to the left, briefly landing forward on the left toe pick (the same foot that tapped) and gliding out on an RFI edge.

➤ **Falling Leaf**

Like the Mazurka, the Falling Leaf is a half-revolution jump that starts on an RBO edge. The skater faces outside the circle while gliding backwards; the left leg is extended forward in the direction of travel.

The skater springs off the right leg while kicking the left foot forward to rotate a half revolution. The skater lands forward briefly on the left toepick and then glides out on the RFI edge.

➤ **Split Falling Leaf**

The Split Falling Leaf jump is very similar to a Falling Leaf, except in the air the freeleg position is dramatically extended into a full split.

The freeleg is extended forward in the direction of movement and the takeoff leg is extended backward to form an angle approaching 180 degrees resulting in both feet an equidistant from the ice. The landing is the same as for a Falling Leaf.

➤ **Back Split**

The Back Split jump is very similar to a Split Jump, except that a split is executed without any revolution occurring so the landing is backwards on the tap foot used to spring into the air.

The tapping foot helps to vault the skater into the air. The skating foot kicks up and forward, while the tapping foot is kicks up and backward to form an angle approaching 180 degrees with both feet an equidistant from the ice. The landing foot is the same as the tapping foot.

➤ **Half Loop**

The half loop jump is very similar to a Falling Leaf except that for the backward landing is on the LBI. The jump is actual 3/4 of a revolution.

➤ **Walley**

The Walley jump is a full revolution that is not given credit as a jump and thus can be used in footwork and transitions sequences.

Other jumps rarely seen include:

- ❖ Toeless Lutz
- ❖ One Foot Waltz Jump
- ❖ Inside 3 Jump)
- ❖ Rocker Jump