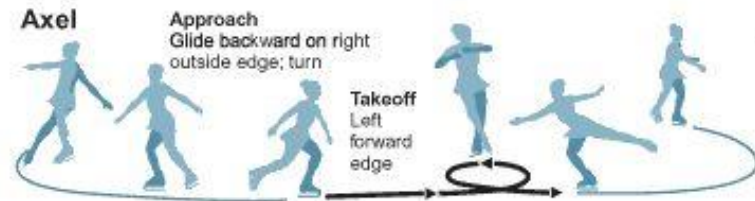
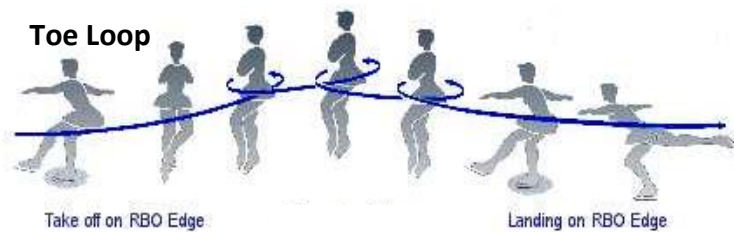
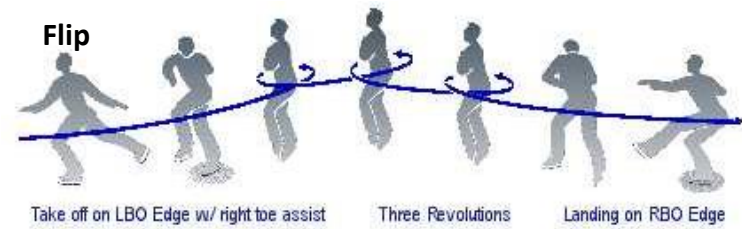


Freeskate- Jumps



Doubles

Jump Combinations: add a toe and/or loop to every jump

Jump Sequence: 3 or more jumps in a row

Challenge Sequence: Waltz/Axel, Toe Loop, 3 turn Salchow, Loop, 3 turn Flip