

## ANEXO I

## GLOSARIO Y NOMENCLATURA DE LOS ELEMENTOS

**Salto (Jumps)**

Single Toeloop	1T
Single Salchow	1S
Single Loop	1Lo
Single Flip	1F
Single Lutz	1Lz
Single Axel	1A
Double Toeloop	2T
Double Salchow	2S
Double Loop	2Lo
Double Flip	2F
Double Lutz	2Lz
Double Axel	2A
Triple Toeloop	3T
Triple Salchow	3S
Triple Loop	3Lo
Triple Flip	3F
Triple Lutz	3Lz
Triple Axel	3A
Quad Toeloop	4T
Quad Salchow	4S
Quad Loop	4Lo
Quad Flip	4F
Quad Lutz	4Lz
Quad Axel	4A

**Trompos (Spins)**

**Trompos en una posición sin cambio de pie (Alto(Uprighth), Layback, Paloma (Camel) o Bajo (Sit)).**

Upright Level B	USpB
Upright Level 1	USp1
Upright Level 2	USp2
Upright Level 3	USp3
Upright Level 4	USp4
Layback Level B	LSpB
Layback Level 1	LSp1
Layback Level 2	LSp2
Layback Level 3	LSp3
Layback Level 4	LSp4
Camel Level B	CSpB
Camel Level 1	CSp1
Camel Level 2	CSp2
Camel Level 3	CSp3
Camel Level 4	CSp4
Sit Level B	SSpB
Sit Level 1	SSp1
Sit Level 2	SSp2
Sit Level 3	SSp3
Sit Level 4	SSp4

**Trompos con entrada Flying), (Alto(Uprighth), Layback, Paloma (Camel) o Bajo (Sit)).**

Upright Level B	FUSpB
Upright Level 1	FUSp1
Upright Level 2	FUSp2
Upright Level 3	FUSp3
Upright Level 4	FUSp4
Layback Level B	FLSpB
Layback Level 1	FLSp1
Layback Level 2	FLSp2
Layback Level 3	FLSp3

Layback Level 4	FLSp4
Camel Level B	FCSpB
Camel Level 1	FCSp1
Camel Level 2	FCSp2
Camel Level 3	FCSp3
Camel Level 4	FCSp4
Sit Level B	FSSpB
Sit Level 1	FSSp1
Sit Level 2	FSSp2
Sit Level 3	FSSp3
Sit Level 4	FSSp4

**Trompos con un cambio de pie y sin cambio de posición (Alto(Uprighth), Layback, Paloma (Camel) o Bajo (Sit)).**

Upright Level B	(F)CUSpB
Upright Level 1	(F)CUSp1
Upright Level 2	(F)CUSp2
Upright Level 3	(F)CUSp3
Upright Level 4	(F)CUSp4
Layback Level B	(F)CLSpB
Layback Level 1	(F)CLSp1
Layback Level 2	(F)CLSp2
Layback Level 3	(F)CLSp3
Layback Level 4	(F)CLSp4
Camel Level B	(F)CCSpB
Camel Level 1	(F)CCSp1
Camel Level 2	(F)CCSp2
Camel Level 3	(F)CCSp3
Camel Level 4	(F)CCSp4
Sit Level B	(F)CSSpB
Sit Level 1	(F)CSSp1
Sit Level 2	(F)CSSp2
Sit Level 3	(F)CSSp3
Sit Level 4	(F)CSSp4

**Trompos con cambio de posición y sin cambio de pie (dos posiciones)**

Level B	(F)CoSp2pB
Level 1	(F)CoSp2p1
Level 2	(F)CoSp2p2
Level 3	(F)CoSp2p3
Level 4	(F)CoSp2p4

**Trompos con cambio de posición y sin cambio de pie (tres posiciones)**

Level B	(F)CoSp3pB
Level 1	(F)CoSp3p1
Level 2	(F)CoSp3p2
Level 3	(F)CoSp3p3
Level 4	(F)CoSp3p4

**Trompos combinados con cambio de posición y cambio de pie (dos posiciones)**

Level B	(F)CCoSp2pB
Level 1	(F)CCoSp2p1
Level 2	(F)CCoSp2p2
Level 3	(F)CCoSp2p3
Level 4	(F)CCoSp2p4

**Secuencias de pasos (Step Sequences)**

Level B	StSqB
Level 1	StSq1
Level 2	StSq2
Level 3	StSq3
Level 4	StSq4

**Secuencia coreográfica (Choreo Sequence)**

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ChSq