

| 双人动作 | | |
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| 托举 | | |
| 缩写 | 英文全称 | 中文全称 |
| 1LiB | Group 1 Lift Level B | 1组托举基础级 |
| 1Li1 | Group 1 Lift Level 1 | 1组托举1级 |
| 1Li2 | Group 1 Lift Level 2 | 1组托举2级 |
| 1Li3 | Group 1 Lift Level 3 | 1组托举3级 |
| 1Li4 | Group 1 Lift Level 4 | 1组托举4级 |
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| 2LiB | Group 2 Lift Level B | 2组托举基础级 |
| 2Li1 | Group 2 Lift Level 1 | 2组托举1级 |
| 2Li2 | Group 2 Lift Level 2 | 2组托举2级 |
| 2Li3 | Group 2 Lift Level 3 | 2组托举3级 |
| 2Li4 | Group 2 Lift Level 4 | 2组托举4级 |
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| 3LiB | Group 3 Lift Level B | 3组托举基础级 |
| 3Li1 | Group 3 Lift Level 1 | 3组托举1级 |
| 3Li2 | Group 3 Lift Level 2 | 3组托举2级 |
| 3Li3 | Group 3 Lift Level 3 | 3组托举3级 |
| 3Li4 | Group 3 Lift Level 4 | 3组托举4级 |
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| 4LiB | Group 4 Lift Level B | 4组托举基础级 |
| 4Li1 | Group 4 Lift Level 1 | 4组托举1级 |
| 4Li2 | Group 4 Lift Level 2 | 4组托举2级 |
| 4Li3 | Group 4 Lift Level 3 | 4组托举3级 |
| 4Li4 | Group Lift 4 Level 4 | 4组托举4级 |
| | | |
| 5组（拉索）托举 | | |

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| Group 5 Toe/Step Lift in Lasso | | 5组点冰/步法进入托举 |
| 缩写 | 级别 | 中文全称 |
| 5T/SLiB | Group 5 Toe/Step Lift in Lasso Level B | 5组点冰/步法进入托举基础级 |
| 5T/SLi1 | Group 5 Toe/Step Lift in Lasso Level 1 | 5组点冰/步法进入托举1级 |
| 5T/SLi2 | Group 5 Toe/Step Lift in Lasso Level 2 | 5组点冰/步法进入托举2级 |
| 5T/SLi3 | Group 5 Toe/Step Lift in Lasso Level 3 | 5组点冰/步法进入托举3级 |
| 5T/SLi4 | Group 5 Toe/Step Lift in Lasso Level 4 | 5组点冰/步法进入托举4级 |
| Group 5 Backward Lift in Lasso | | 5组向后起跳托举 |
| 缩写 | 级别 | 中文全称 |
| 5BLiB | Group 5 Backward Lift in Lasso Level B | 5组向后起跳托举基础级 |
| 5BLi1 | Group 5 Backward Lift in Lasso Level 1 | 5组向后起跳托举1级 |
| 5BLi2 | Group 5 Backward Lift in Lasso Level 2 | 5组向后起跳托举2级 |
| 5BLi3 | Group 5 Backward Lift in Lasso Level 3 | 5组向后起跳托举3级 |
| 5BLi4 | Group 5 Backward Lift in Lasso Level 4 | 5组向后起跳托举4级 |
| Group 5 Axel/Reverse Lift in Lasso | | 5组阿克谢尔/反身起跳托举 |
| 5A/RLiB | Group 5 Axel/Reverse Lift in Lasso Level B | 5组阿克谢尔/反身起跳托举基础级 |
| 5A/RLi1 | Group 5 Axel/Reverse Lift in Lasso Level 1 | 5组阿克谢尔/反身起跳托举1级 |
| 5A/RLi2 | Group 5 Axel/Reverse Lift in Lasso Level 2 | 5组阿克谢尔/反身起跳托举2级 |
| 5A/RLi3 | Group 5 Axel/Reverse Lift in Lasso Level 3 | 5组阿克谢尔/反身起跳托举3级 |
| 5A/RLi4 | Group 5 Axel/Reverse Lift in Lasso Level 4 | 5组阿克谢尔/反身起跳托举4级 |
| 捻转托举 | | |
| 缩写 | 级别 | 中文全称 |
| 1TwB | Single Twist Lift Level B | 1周基础级 |
| 1Tw1 | Single Twist Lift Level 1 | 1周1级 |
| 1Tw2 | Single Twist Lift Level 2 | 1周2级 |

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| 1Tw3 | Single Twist Lift Level 3 | 1周3级 |
| 1Tw4 | Single Twist Lift Level 4 | 1周4级 |
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| 2TwB | Double Twist Lift Level B | 2周基础级 |
| 2Tw1 | Double Twist Lift Level 1 | 2周1级 |
| 2Tw2 | Double Twist Lift Level 2 | 2周2级 |
| 2Tw3 | Double Twist Lift Level 3 | 2周3级 |
| 2Tw4 | Double Twist Lift Level 4 | 2周4级 |
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| 3TwB | Triple Twist Lift Level B | 3周基础级 |
| 3Tw1 | Triple Twist Lift Level 1 | 3周1级 |
| 3Tw2 | Triple Twist Lift Level 2 | 3周2级 |
| 3Tw3 | Triple Twist Lift Level 3 | 3周3级 |
| 3Tw4 | Triple Twist Lift Level 4 | 3周4级 |
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| 4TwB | Quad Twist Lift Level B | 4周基础级 |
| 4Tw1 | Quad Twist Lift Level 1 | 4周1级 |
| 4Tw2 | Quad Twist Lift Level 2 | 4周2级 |
| 4Tw3 | Quad Twist Lift Level 3 | 4周3级 |
| 4Tw4 | Quad Twist Lift Level 4 | 4周4级 |
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| 抛跳 | | |
| 缩写 | 英文全称 | 中文全称 |
| 1TTh | Single Toeloop Throw | 抛后外点冰1周 |
| 1STh | Single Salchow Throw | 抛后内1周 |
| 1LoTh | Single Loop Throw | 抛后外1周 |
| 1F/Lz/Th | Single Flip/Lutz Throw | 抛内点/勾手 |
| | | |
| 1ATh | Single Axel | 抛阿克谢尔1周 |

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| 2TTh | Double Toeloop Throw | 抛后外点冰2周 |
| 2STh | Double Salchow Throw | 抛后内2周 |
| 2LoTh | Double Loop Throw | 抛后外2周 |
| 2F/2Lz/Th | Double Flip/Lutz Throw | 抛内点/勾手2周 |
| | | |
| 2ATh | Double Axel Throw | 抛阿克谢尔2周 |
| 3TTh | Triple Toeloop Throw | 抛后外点冰3周 |
| 3STh | Triple Salchow Throw | 抛后内3周 |
| 3LoTh | Triple Loop Throw | 抛后外3周 |
| 3F/Lz/Th | Triple Flip/Lutz Throw | 抛内点/勾手3周 |
| | | |
| 3ATh | Triple Axel Throw | 抛阿克谢尔3周 |
| 4TTh | Quad Toeloop Throw | 抛后外点冰4周 |
| 4STh | Quad Salchow Throw | 抛后内4周 |
| 4LoTh | Quad Loop Throw | 抛后外4周 |
| 4F/2Lz/Th | Quad Flip/Lutz Throw | 抛内点/勾手4周 |
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| 螺旋线 前/后内刃 | | |
| 缩写 | 级别 | 中文全称 |
| Fi/BiDsB | Forward/Backward inside Death Spirals Level B | 前内/后内螺旋线基础级 |
| Fi/BiDs1 | Forward/Backward inside Death Spirals Level 1 | 前内/后内螺旋线1级 |
| Fi/BiDs2 | Forward/Backward inside Death Spirals Level 2 | 前内/后内螺旋线2级 |
| Fi/BiDs3 | Forward/Backward inside Death Spirals Level 3 | 前内/后内螺旋线3级 |
| Fi/BiDs4 | Forward/Backward inside Death Spirals Level 4 | 前内/后内螺旋线4级 |
| | | |
| 螺旋线 前/后外刃 | | |
| 缩写 | 级别 | 中文全称 |
| Fo/BoDsB | Forward/Backward outside Death Spirals Level B | 前外/后外螺旋线基础级 |
| Fo/BoDs1 | Forward/Backward outside Death Spirals Level 1 | 前外/后外螺旋线1级 |

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| Fo/BoDs2 | Forward/Backward outside Death Spirals Level 2 | 前外/后外螺旋线2级 |
| Fo/BoDs3 | Forward/Backward outside Death Spirals Level 3 | 前外/后外螺旋线3级 |
| Fo/BoDs4 | Forward/Backward outside Death Spirals Level 4 | 前外/后外螺旋线4级 |
| PiF | Pivot Fi'gu're | 男伴螺旋姿势 |
| | | |
| 双人转 | | |
| 缩写 | 英文全称 | 中文全称 |
| PSpB | Pair Spin Level B | 双人转基础级 |
| PSp1 | Pair Spin Level 1 | 双人转1级 |
| PSp2 | Pair Spin Level 2 | 双人转2级 |
| PSp3 | Pair Spin Level 3 | 双人转3级 |
| PSp4 | Pair Spin Level 4 | 双人转4级 |
| | | |
| 双人转 联合旋转 | | |
| 缩写 | 级别 | 中文全称 |
| PCoSpB | Pair Spin Combination Level B | 双人联合旋转 基础级 |
| PCoSp1 | Pair Spin Combination Level 1 | 双人联合旋转 1级 |
| PCoSp2 | Pair Spin Combination Level 2 | 双人联合旋转 2级 |
| PCoSp3 | Pair Spin Combination Level 3 | 双人联合旋转 3级 |
| PCoSp4 | Pair Spin Combination Level 4 | 双人联合旋转 4级 |