

单人滑技术动作中英文对照表

跳跃

单/双人

缩写	英文全称	中文全称
1T	Single Toeloop	后外点冰1周
1S	Single Salchow	后内1周
1Lo	Single Loop	后外周
1F	Single Flip	后内点冰1周
1Lz	Single Lutz	勾手1周
1A	Single Axel	1周半
2S	Double Salchow	后内2周
2T	Double Toeloop	后外点冰2周
2Lo	Double Loop	后外2周
2F	Double Flip	后内点冰2周
2Lz	Double Lutz	勾手2周
2A	Double Axel	2周半
3S	Triple Salchow	后内3周
3T	Triple Toeloop	后外点冰3周
3Lo	Triple Loop	后外3周
3F	Triple Flip	后内点冰3周
3Lz	Triple Lutz	勾手3周
3A	Triple Axel	3周半
4S	Quad Salchow	后内4周
4T	Quad Toeloop	后外点冰4周
4Lo	Quad Loop	后外4周
4F	Quad Flip	后内点冰4周
4Lz	Quad Lutz	勾手4周
4A	Quad Axel	4周半
一种姿势和不换足 (直立、弓身、燕式、蹲踞式)		
缩写	英文全称	中文全称

USpB	Upright Spin Level B	基础级直立转
USp1	Upright Spin Level 1	1级直立转
USp2	Upright Spin Level 2	2级直立转
USp3	Upright Spin Level 3	3级直立转
USp4	Upright Spin Level 4	4级直立转
LSpB	Layback Spin Level B	基础级弓身转
LSp1	Layback Spin Level 1	1级弓身转
LSp2	Layback Spin Level 2	2级弓身转
LSp3	Layback Spin Level 3	3级弓身转
LSp4	Layback Spin Level 4	4级弓身转
CSpB	Camel Spin Level B	基础级燕式转
CSp1	Camel Spin Level 1	1级燕式转
CSp2	Camel Spin Level 2	2级燕式转
CSp3	Camel Spin Level 3	3级燕式转
CSp4	Camel Spin Level 4	4级燕式转
SSpB	Sit Spin Level B	基础级蹲转
SSp1	Sit Spin Level 1	1级蹲转
SSp2	Sit Spin Level 2	2级蹲转
SSp3	Sit Spin Level 3	3级蹲转
SSp4	Sit Spin Level 4	4级蹲转
旋转（双人滑单人转）		
跳进旋转 （任何姿势-直立、弓身、燕式、蹲踞式）		
缩写	英文全称	中文全称
FUSpB	Flying Upright Spin Level B	基础级跳接直立转
FUSp1	Flying Upright Spin Level 1	1级跳接直立转
FUSp2	Flying Upright Spin Level 2	2级跳接直立转
FUSp3	Flying Upright Spin Level 3	3级跳接直立转
FUSp4	Flying Upright Spin Level 4	4级跳接直立转
FLSpB	Flying Layback Spin Level B	基础级跳接弓身转
FLSp1	Flying Layback Spin Level 1	1级跳接弓身转

FLSp2	Flying Layback Spin Level 2	2级跳接弓身转
FLSp3	Flying Layback Spin Level 3	3级跳接弓身转
FLSp4	Flying Layback Spin Level 4	4级跳接弓身转
FCSpB	Flying Camel Spin Level B	基础级跳接燕式转
FCSp1	Flying Camel Spin Level 1	1级跳接燕式转
FCSp2	Flying Camel Spin Level 2	2级跳接燕式转
FCSp3	Flying Camel Spin Level 3	3级跳接燕式转
FCSp4	FlyingCamel Spin Level 4	4级跳接燕式转
FSSpB	Flying Sit Spin Level B	基础级跳接蹲转
FSSp1	Flying Sit Spin Level 1	1级跳接蹲转
FSSp2	Flying Sit Spin Level 2	2级跳接蹲转
FSSp3	Flying Sit Spin Level 3	3级跳接蹲转
FSSp4	Flying Sit Spin Level 4	4级跳接蹲转
换足不变姿势的旋转 (直立、弓身、燕式、蹲踞式)		
缩写	英文全称	中文全称
(F)CUSpB	Flying Change Upright Spin Level B	(跳进) 基础级换足直立转
(F)CUSp1	Flying Change Upright Spin Level 1	(跳进) 1级换足直立转
(F)CUSp2	Flying Change Upright Spin Level 2	(跳进) 2级换足直立转
(F)CUSp3	Flying Change Upright Spin Level 3	(跳进) 3级换足直立转
(F)CUSp4	Flying Change Upright Spin Level 4	(跳进) 4级换足直立转
(F)CLSpB	Flying Change Layback Spin Level B	(跳进) 基础级换足弓身转
(F)CLSp1	Flying Change Layback Spin Level 1	(跳进) 1级换足弓身转
(F)CLSp2	Flying Change Layback Spin Level 2	(跳进) 2级换足弓身转
(F)CLSp3	Flying Change Layback Spin Level 3	(跳进) 3级换足弓身转
(F)CLSp4	Flying Change Layback Spin Level 4	(跳进) 4级换足弓身转
(F)CCSpB	Flying Change Camel Spin Level B	(跳进) 基础级换足燕式转
(F)CCSp1	Flying Change Camel Spin Level 1	(跳进) 1级换足燕式转
(F)CCSp2	Flying Change Camel Spin Level 2	(跳进) 2级换足燕式转
(F)CCSp3	Flying Change Camel Spin Level 3	(跳进) 3级换足燕式转

(F)CCSp4	Flying Change Camel Spin Level 4	(跳进)4级换足燕式转
(F)CSSpB	Flying Change Sit Spin Level B	(跳进)基础级换足蹲转
(F)CSSp1	Flying Change Sit Spin Level 1	(跳进)1级换足蹲转
(F)CSSp2	Flying Change Sit Spin Level 2	(跳进)2级换足蹲转
(F)CSSp3	Flying Change Sit Spin Level 3	(跳进)3级换足蹲转
(F)CSSp4	Flying Change Sit Spin Level 4	(跳进)4级换足蹲转
不换足联合旋转		
缩写	级别	中文全称
(F) CoSpB	Flying Combination Spin Level B	(跳进)基础级不换足联合转
(F) CoSp1	Flying Combination Spin Level 1	(跳进)1级不换足联合转
(F) CoSp2	Flying Combination Spin Level 2	(跳进)2级不换足联合转
(F) CoSp3	Flying Combination Spin Level 3	(跳进)3级不换足联合转
(F) CoSp4	Flying Combination Spin Level 4	(跳进)4级不换足联合转
换足联合旋转		
缩写	级别	中文全称
(F) CCoSpB	Flying Change Combination Spin Level B	(跳进)基础级换足联合转
(F) CCoSp1	Flying Change Combination Spin Level 1	(跳进)1级换足联合转
(F) CCoSp2	Flying Change Combination Spin Level 2	(跳进)2级换足联合转
(F) CCoSp3	Flying Change Combination Spin Level 3	(跳进)3级换足联合转
(F) CCoSp4	Flying Change Combination Spin Level 4	(跳进)4级换足联合转
接续步与编排接续步		
缩写	级别	中文全称
StSqB	Step Sequence Level B	基础级接续步
StSq1	Step Sequence Level 1	1级接续步
StSq2	Step Sequence Level 2	2级接续步
StSq3	Step Sequence Level 3	3级接续步
StSq4	Step Sequence Level 4	4级接续步
ChSq	Choreo Sequence	编排接续步