



OFF-ICE ELEMENTS

A	Take-off position #1 (entry edge) on floor
B	Take-off position #2 (step up) on floor
C	Air position on floor
D	Landing position on floor
E	Axel (1A) walk-through
F	Axel (1A) on the floor

ON-ICE ELEMENTS

A	Gliding take-off position #1 (entry edge)
B	Take-off position #2 (step up and weight transfer)
C	Gliding backward in air position
D	Gliding landing position
E	Straddle waltz jump-back spin-jump out to landing position
F	Axel (1A) from a standstill, side toe hop, or forward outside edge roll
G	Axel (1A) from backward crossovers

ADDITIONAL EXERCISES

There are many useful exercises that can be used to assist skaters in learning and accomplishing Axels in an efficient and safe manner. Below are a few examples. We recommend that instructors research, utilize and create more exercises, keeping in mind that each exercise should be safe for the level, age, strength and coordination of the skater.

OFF-ICE EXERCISES

A	Off-ice vertical jump exercises
B	Off-ice rotational jump exercises

ON-ICE EXERCISES

A	Lunge + bunny hop + lunge + bunny hop
B	Half-bell jump
C	Bell jump
D	Waltz jump-loop jump (1Wz+1Lo)
E	Back spin (USp) (for jumps) exercises
F	Traveling back three-turns