

Figure skating *Iceberg Skating Palace*



Individual

Short programme with seven compulsory moves, four-minute free skate

2010 Olympic champion **Kim Yuna**



Required elements

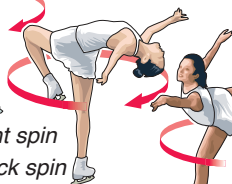
Step sequence: Straight line, circular or serpentine
Men perform two sequences

Spins

Spiral sequence
(free leg higher than hip)



Upright spin
Layback spin



Biellmann spiral



Camel spin



Sit spin

Spin combination

Double Axel



Take off on left forward outside edge



2-3 rotations (3-4 for men)



Land on right foot, back outside edge

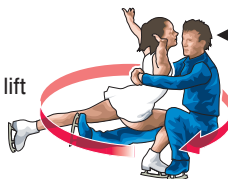
Triple jump (or quadruple for men)

Jump combination

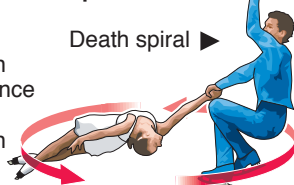
Pairs

Required:

Hand to hand lift
Twist lift
Throw jump
Solo jump



◀ Pair spin combination
Step sequence
Solo spin combination



▶ Death spiral

Gold medal winners

Vancouver Olympics 2010



Evan Lysachek (USA)

Kim Yuna (KOR)

Hongbo Zhao / Xue Shen (CHN)

Tessa Virtue / Scott Moir (CAN)

Individual

Individual

Pairs

Ice Dancing