

The triple Axel

The triple Axel is the supreme test of an elite woman figure skater, demanding strength, speed and fearlessness.

The triple Axel is the only jump that takes off from the forward position.

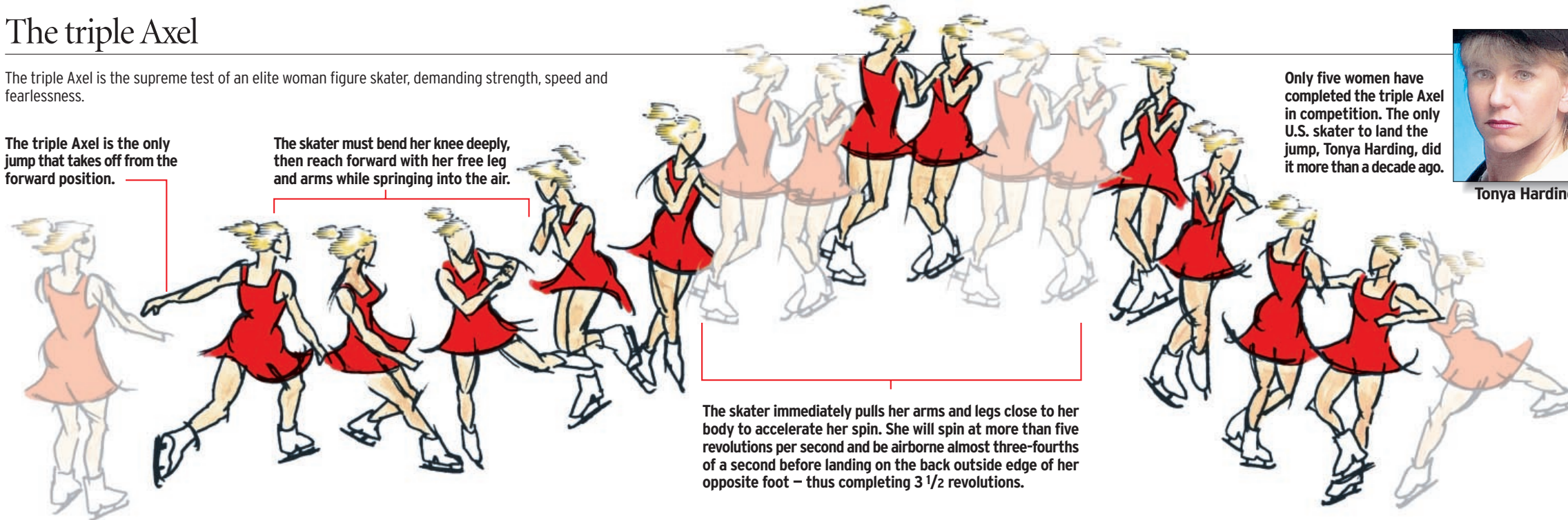
The skater must bend her knee deeply, then reach forward with her free leg and arms while springing into the air.

The skater immediately pulls her arms and legs close to her body to accelerate her spin. She will spin at more than five revolutions per second and be airborne almost three-fourths of a second before landing on the back outside edge of her opposite foot – thus completing 3 1/2 revolutions.

Only five women have completed the triple Axel in competition. The only U.S. skater to land the jump, Tonya Harding, did it more than a decade ago.



Tonya Harding



Source: U.S. Figure Skating

DERRIK QUENZER/THE OREGONIAN