

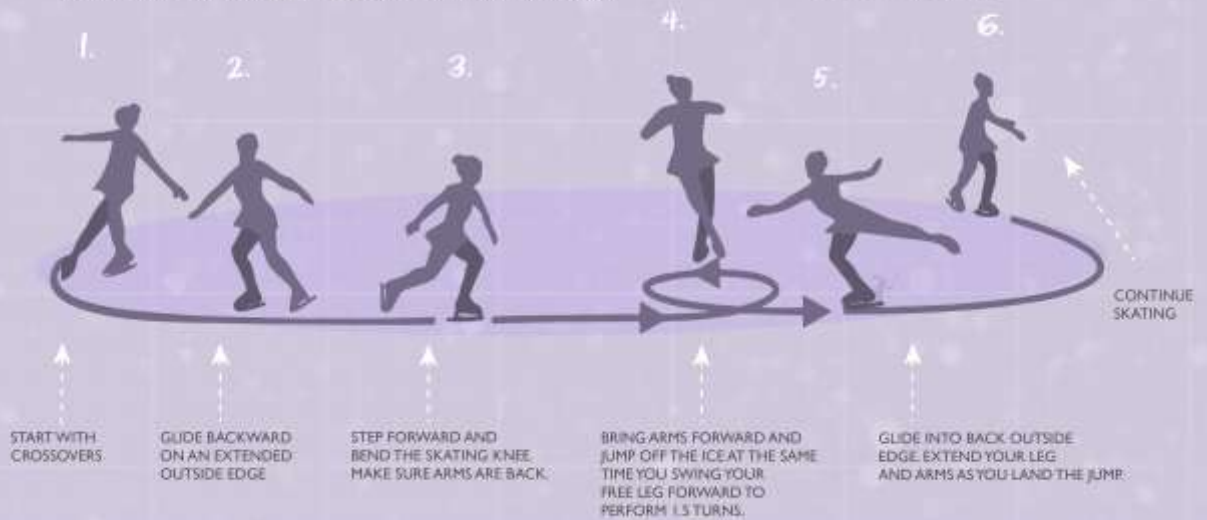
THE AXEL JUMP

AXEL IS A JUMP IN FIGURE SKATING FROM THE OUTER FORWARD EDGE OF ONE SKATE WITH 1.5 TURNS TAKEN IN THE AIR AND A RETURN TO THE BACKWARD EDGE OF THE OTHER SKATE. THE JUMP IS NAMED AFTER **AXEL PAULSEN**, A NORWEGIAN FIGURE SKATER, WHO FIRST PERFORMED THE JUMP IN 1882.

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1882 AXEL PAULSEN WAS THE FIRST PERSON TO PERFORM THE JUMP NAMED AFTER HIM.

1953 CAROL HESSE WAS THE FIRST WOMAN TO PERFORM A DOUBLE AXEL.

1988 MIDORI ITO WAS THE FIRST WOMAN TO LAND A TRIPLE AXEL IN COMPETITION.

1948 DICK BUTTON WAS THE FIRST SKATER CREDITED WITH A DOUBLE AXEL JUMP IN COMPETITION.

1978 CANADIAN SKATER VERN TAYLOR WAS THE FIRST TO LAND A TRIPLE AXEL IN COMPETITION AT THE WORLD FIGURE SKATING CHAMPIONSHIPS.

2010 MAO ASADA BECAME THE FIRST WOMAN TO LAND THREE TRIPLE AXEL JUMPS IN THE SAME COMPETITION AT THE WINTER OLYMPICS.

SOURCES

AXEL JUMP. WIKIPEDIA. [HTTP://WIKIPEDIA.ORG/WIKI/AXEL_JUMP](http://wikipedia.org/wiki/axel_jump)
JOHN HISHA. PETERHOE. FIGURE SKATING: CHAMPIONSHIP TECHNIQUES

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