

# Salchow *(sal-chow)*

## Definition

n. a figureskating jump made from the inner backward edge of one foot with one two or three full turns in the air returning to the outer backward edge of the opposite foot

## Example Sentence

He executed a perfect **Salchow**.

## Synonyms

figure-skating jump; ice-skating jump; jump in figure skating

## Antonyms

sitting

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