

# Planes & Axes – Key Terms

<b><u>Planes</u></b>	<b>Sagittal</b> ( <b>Split</b> down the middle)	<b>Transverse</b> ( <b>Top</b> and bottom)	<b>Frontal</b> ( <b>Front</b> and back)
<b><u>Axes</u></b>	<b>Transverse</b> (Hip <b>to</b> hip)	<b>Longitudinal</b> (Vertical <b>line</b> )	<b>Frontal</b> (Stab through the middle)
<b><u>Sporting Action</u></b>	Forward/Backward Roll	Twist Jump	Cartwheel