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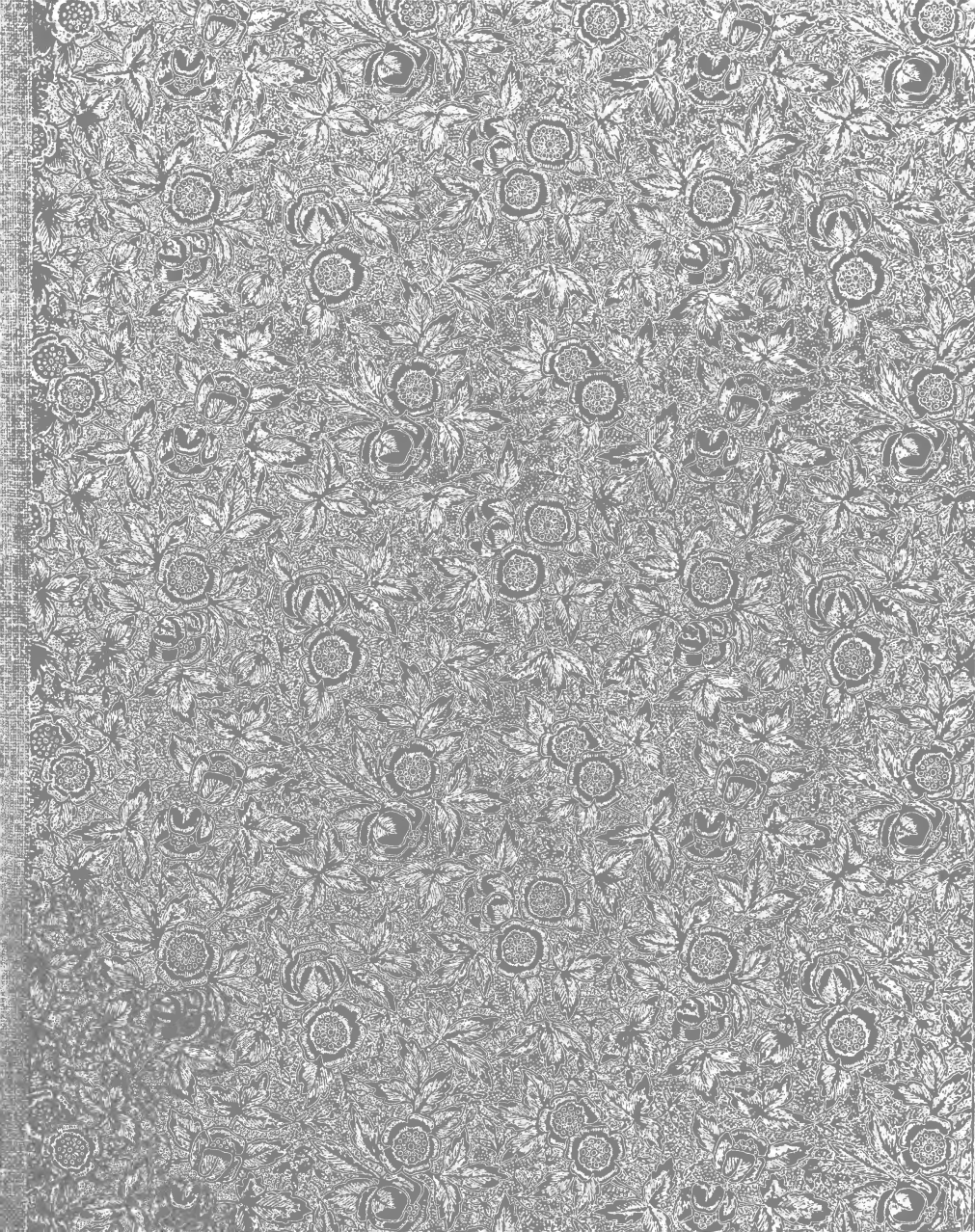
DICK'S
ART
OF
GYMNASTICS

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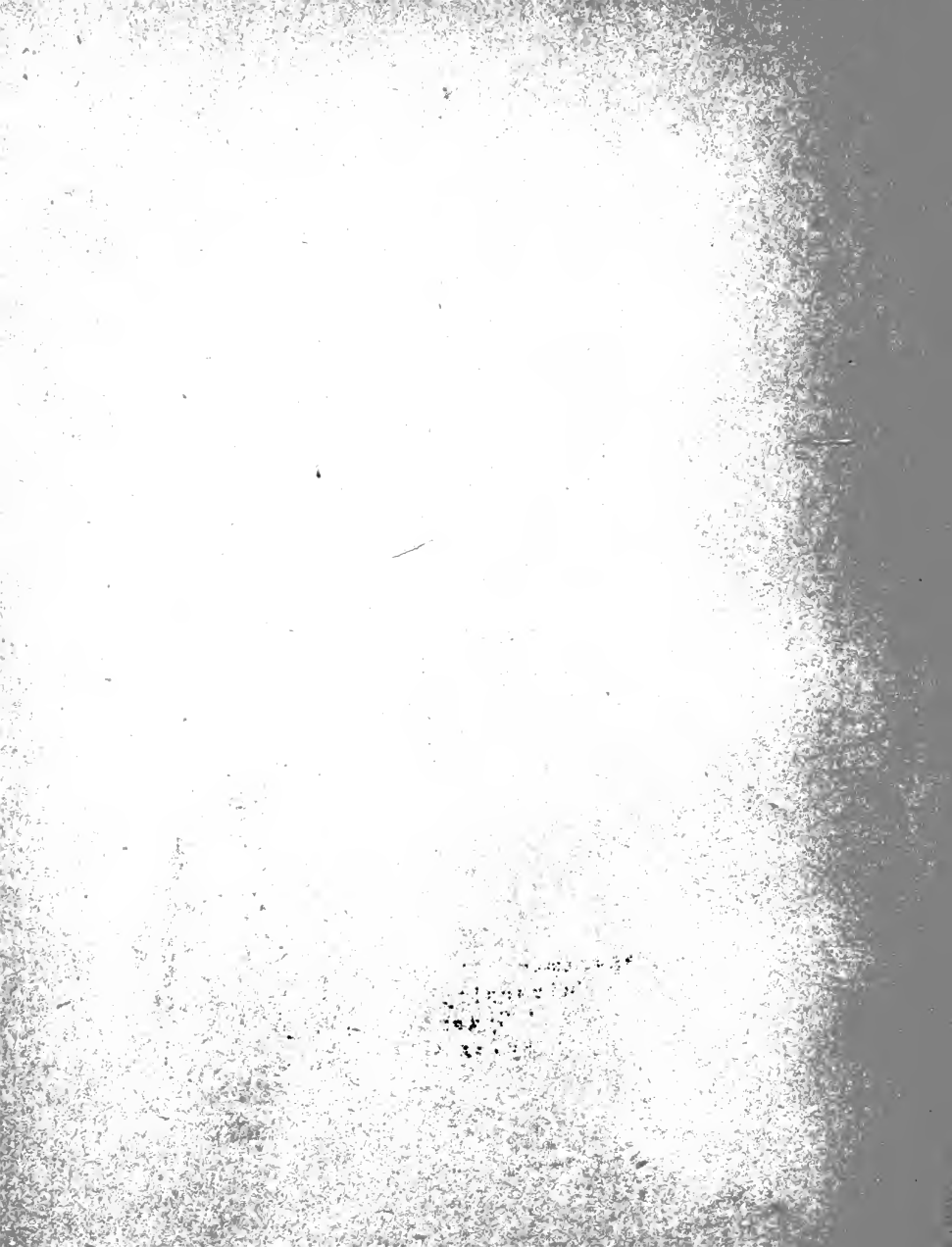
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D I C K ' S

ART OF GYMNASTICS

CONTAINING

PRACTICAL AND PROGRESSIVE EXERCISES APPLICABLE TO ALL THE
PRINCIPAL APPARATUS OF A WELL-APPOINTED GYMNASIUM
PLAINLY DESCRIBED

PROFUSELY ILLUSTRATED

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103 Gymnasium for Men
Berkeley 4, California

NEW YORK

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C O N T E N T S .

	PAGE.
INTRODUCTION.....	5
TECHNICAL TERMS.....	9
FREE EXERCISES.....	11
TUMBLING.....	16
THE LEAPING POLE.....	20
THE VAULTING HORSE.....	23
THE HORIZONTAL BAR.....	39
VAULTING OVER THE BAR.....	61
THE PARALLEL BARS.....	65
THE RINGS.....	83
THE ROW OF RINGS.....	95
THE TRAPEZE.....	97
THE INCLINED LADDER.....	108

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D I C K ' S

ART OF GYMNASTICS.

I N T R O D U C T I O N .

The importance of physical training for the development of muscle and strengthening the human frame has always been freely admitted, and in modern times athletic exercises and field sports form a necessary adjunct to a thorough or collegiate education.

In the early and palmy days of Ancient Greece, periodical exhibitions of individual prowess in feats combining strength, agility and skill were deemed of national importance, and the celebrated Games at Olympia and other prominent places always attracted crowds of visitors, and were highly appreciated by all who assisted at them. In all these games the contestants for supremacy and fame were stripped almost nude, and hence the term "Gymnast" is applied to the votaries of Athletic skill, being derived from a Greek word signifying *naked*.

Those ancient Games included Racing, Wrestling, and various field sports, which in modern times are classed under Athletics, the term "Gymnastics" being specially given to the exercises performed by the aid of those appliances which constitute the modern Gymnasium.

There is no question in regard to the advantages which accrue from a thorough and systematic physical training, prominent among which are ease and freedom of action, endurance, and nerve. Every muscle in the body has its object and use, and when properly developed its functions are per-

formed promptly and effectually, imparting not only additional physical power, but also flexibility and grace. The perfect control which is thus gained over the muscles induces rapidity of action and dexterity; the eye acquires precision, and with the rapidity of thought the well-trained muscles act responsive to the will.

All these advantages evidently tend to give a person presence of mind in danger, and confer a degree of courage, based upon conscious powers, that cannot be attained in any other way; and still further, gymnastic exercises undoubtedly induce a more perfect condition of physical health, exuberance of spirits, a clear brain, and the energy inseparable from success in all enterprises.

Among the Germans, Gymnastics form a prominent part of education commencing with the simple calisthenic drill in the Kindergarten, and followed by the regular juvenile classes in the Turn-Hall, in which both sexes receive almost the same degree of training. The interest in these exercises continues as the young folks grow up, extending in many instances to mature manhood, and the numerous Turnvereins, in which emulation and socialibility are combined, include quite a fair proportion of the young men in every German community. These institutions, together with the numerous well-appointed and deservedly popular Gymnasiums in which the membership is entirely irrespective of nationality, should furnish ample means for the physical education of all who desire to participate in its benefits.

Special words of caution and advice, where they are most needed, will be found interspersed throughout this work, but a few general directions will not be out of place just here.

The learner at first should studiously avoid over-taxing his strength; he should adopt only such exercises as are entirely within his powers, and desist the moment that he begins to experience fatigue. Power of endurance is not attained by violent overstraining; on the contrary, it is the result of moderation, practice and perseverance.

When he has fairly mastered the preliminary Free Exercises, by which he will learn how to preserve a firm balance in all positions, and also acquire some degree of muscular elasticity; then, and no sooner, he may commence to exercise regularly on the various apparatus provided for the purpose. In every instance he should confine himself to one or two of the earlier exercises, and become fairly perfect in those before attempting more advanced and difficult feats. He will find that the order in which the exercises in each

branch are arranged in this work is, as far as possible, progressive, and proficiency in each in its regular turn will result in proficiency in all.

Before attempting any exercise, the nature of every movement in it must be studied and thoroughly understood by precept or example, and in some instances preferably by both combined; the feat should then be attempted carefully, deliberately, and without fear. Indecision invites failure; resolution gives nerve, and insures success.

In this connection the illustrations given in each exercise will be found of indispensable service, making plain at a glance movements which it would be hardly possible to describe without their aid, and in most cases obviating the necessity of the practical example of an expert instructor.

In order to secure entire freedom of action, all superfluous clothing should be dispensed with when exercising. Gymnasts usually supply themselves with a regular costume for the purpose, consisting of a shirt and drawers of light and elastic woolen material, with canvas shoes, belt, etc., complete, which can be obtained at a very moderate cost.

Over-exertion, and consequent over-heating, are both injurious to the system, and when these occur, the regular clothing should be resumed without delay, and change of temperature avoided until the body has regained its natural state. In many gymnasiums, the hurtful effects of necessarily violent exertion are guarded against by the application of friction to the body and limbs, removing all traces of perspiration, and inducing a healthy glow on the skin, and also by the use of a plunge bath provided for the purpose.

The course of instruction embraced in this work prescribes the exercises to be practised upon all the leading apparatus of the gymnasium, and, in the methods laid down and their progressive arrangement, valuable aid has been gathered from the work on Physical Education by Archibald Maclaren, of the University Gymnasium in Oxford, England, and casually from other technical works on the subject.

A well-appointed gymnasium generally includes several minor appliances, such as Pulley-Weights, Rowing-Bench, etc., but their object and use are so simple and obvious as to require no special explanation.

A high degree of perfection in any Art involves not only persevering effort to excel but some degree of natural aptitude, and success is dependent, first on innate talents, and second on their due development.

Even in Gymnastics some will possess a high degree of natural adapt-

ability both of physical form and flexibility of limb, which will make their progress comparatively easy and rapid ; while others, who are less gifted, will arrive at the same proficiency only by arduous perseverance, if at all.

Taking into consideration, however, that the principal aim of Gymnastics, from an educational point of view, is physical training for the improvement of the human frame, and not for any special pre-eminence in the Art, no one should feel discouraged nor allow himself to be deterred by any lack of adaptability from reaping all the benefit he can from the advantages within his reach.

If the student possesses ambition to excel, and perseverance to succeed, he will be able, by following instructions faithfully, to perform the most daring and effective acts upon the Horizontal Bar and Trapeze, and to apply the facilities he has gained to the conception of new and startling feats, all of which depend upon precision, nerve and skill. The more expert he becomes, the more surprised will he be to find how former difficulties appear to have vanished ; and feats, which at first severely taxed his powers, can now be accomplished more by volition than by effort, or, more strictly speaking, by both working together.

This change is due not only to actual increase of strength naturally resulting from the training he has undergone, but also largely to the experience he has gained by which he is able intuitively to apply the proper force at the right moment. This is a great acquirement ; in it lies the secret of some of the most astounding feats of strength and dexterity, and without it no one can attain perfection in the Art of Gymnastics.

TECHNICAL TERMS.

It is very difficult, and in some cases impossible, to give clear and intelligent instructions in any Art without having recourse to Technical Terms, which consist of words to which a much fuller (and sometimes arbitrary) meaning is assigned, than the mere words employed would otherwise convey. The use of such terms serves to avoid needless repetition and assists greatly in difficult explanations.

In Gymnastics but few of these are needed, but whenever they occur in the course of the instructions, they are used exactly in the sense that is given in their definitions.

The Step is the completed action, simple or compound, of which certain continuous exercises, as climbing, are composed; every successive action throughout such exercises being but a repetition of the first step.

The Position is the attitude of body to be assumed previous to the initiatory step.

The Reach is the point to which the hand is raised on the full upward extension of the arm.

The Half Reach is the point, on a level with the face, to which the hand is raised when the fore-arm is bent nearly at a right angle with the upper arm.

The Rest is the point, on a level with the breast, to which the hand is raised or lowered when the arm is completely bent.

The Distance is the space between the hands when they are stretched forwards, the width of the shoulders apart, as in vaulting.

The Space is the distance between any two regularly recurring points of an apparatus, as the rounds of a ladder.

Yielding is the action of the body performed to avoid shock or concussion on dropping from a height.

Every form of leap or spring terminates in a position of body similar to that taken up in the preliminary movements of the first leap, namely, in the depression of the trunk upon the limbs, and the bending of the joints. This is done, strictly speaking, neither before nor after the descent is made, but as it were in detail, as the different parts of the body successively arrive; the feet first, with the heels raised; the lower limbs next, with the knees bent; the trunk following, pressing the hips to the rear; the whole *yielding* to the encounter with the resisting ground, and thus breaking the shock or concussion.

The Leading hand, foot, or side, is the one which takes the lead in any exercise.

The Supporting hand, foot, or side, *follows* the leading one.

The Reversed Grasp of the hand is when the palm is turned inwards, towards the face.

The thumbs and fingers are said to be *together* when in grasping an object the thumb and forefinger do not separate; they are said to be *meeting* when they partly or wholly encircle an object and meet, or nearly so, from opposite sides.

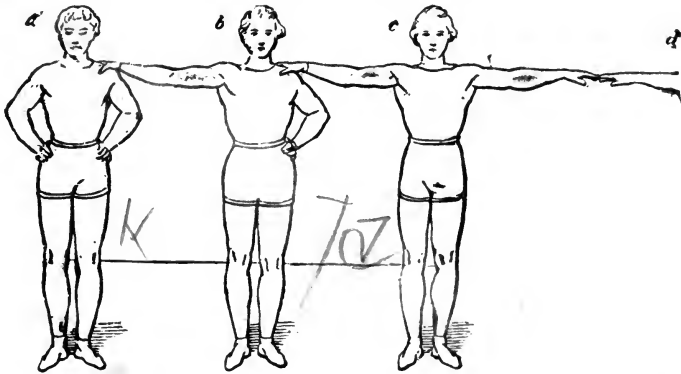
FREE EXERCISES.

Many of these can be performed by several parties, or an entire class, at the same time, and are intended to prepare the body of the pupil for subsequent and more difficult exercises.

At the command of the leader, "Fall in," the pupils should form in line, thus: Feet close together, the body erect, chest out, hands on hips, thumbs bent backward.

At the command, "Half Distance," the first in line remains standing, while the others step aside, each touching his right hand neighbor's shoulder with his extended right hand. (See Fig. 1, *a* and *b*.)

Fig. 1.



At the command, "Whole Distance," the first of the line, who is left standing alone as above described, extends his left arm sideways, and the others step aside until they touch with their extended hands the points of each other's fingers. (See Fig. 1, *c* and *d*.) The distance between the pupils will be regulated by the exercises which the teacher intends to practise.

What are termed "Free Exercises," are intended to strengthen the legs, and give flexibility to the hips and back. The bending of the back should be practised with the greatest care, in order to avoid accidents. Free exercises cannot be too highly recommended; they are indispensable to every gymnast, and greatly assist at exercises upon fixed instruments.

1. Lie on your back, keep the body rigid, with the arms close to the sides, legs and heels in the same line. Without moving the lower limbs raise the body perpendicularly from the hips upward. If the first effort is not successful try again. Clasp the hands over the head and repeat the effort.

Fig. 2.



2. Turn the face downwards, extend the body longitudinally, hands turned inward, the fingers pointed to each other; the body must be supported by the toes and the strength of the arms. Allow the body to sink gradually, bending the arms slightly, still keeping the body extended, without permitting the stomach to touch the floor. Kiss the fingers of each hand alternately and slowly return to the first position. Repeat the exercise several times.

3. Stand erect with the right arm extended horizontally to front in a line with the shoulder, raise the right leg as high as possible without bending the knee, return to the first position, and perform the same exercise with the other arm

Fig. 3.



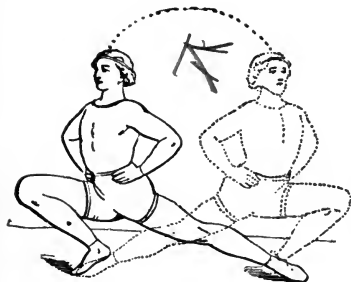
and leg. Repeat ten times. (Fig. 2.) This is simply attempting to kick the extended hand with the toe without bending the knee.

4. Stand erect with the heels close together, stretch out the arms horizontally to the front of the body in a line with the shoulders, fingers extended and the palms close together, slowly separate the hands, keeping them at the same level, the arms straight, and endeavor to make the backs of the hands meet behind the back. Repeat frequently.

5. Stand erect with the arms folded behind, draw up the right thigh rapidly, as high as possible, the body remaining perfectly erect. Repeat with the left thigh. Practise this exercise, until the thighs touch the breast with ease. (Fig. 3.)

6. Stand erect with the hands resting on the hips. (Fig. 1-a.) Bend the right knee and extend the left leg as shown in Fig. 4. Make the movement alternately from one foot to the other. The weight of the body rests on the point of the toe of the bent leg; the extended leg should not be bent at the knee. Repeat several times.

Fig. 4.



8. Position as in the sixth exercise. Lower the body until the breech touches the heels. (Fig. 5.) Repeat frequently. Vary the exercise by hopping backwards, forwards and sideways. This is an excellent exercise for the toes, ankles and knees. It will require much practice to perform the exercise on the extreme tips of the toes as shown in the engraving.

Fig. 5.



Fig 6.

9. Stand erect with the arms extended horizontally in front in a line with the shoulders. Extend the left leg in front of the body in a line with the hip. Bend the right knee gradually until the breech touches the ground. (Fig. 6.) Repeat alternately with both legs.
10. Position as in the sixth exercise. Kneel gradually until both knees touch the ground; then rise again slowly, without moving the hands or feet, and assume the first position. This exercise may be varied by crossing the toes, bending the knees slowly, and setting as a tailor or a Turk; from this position rise without moving the hands from the hip. Repeat both exercises.

11. Position same as sixth exercise. Throw the left leg backwards so as to touch the breech with the heel. (Fig. 7.) Repeat alternately with right and left leg. The body and thighs must be kept straight, and the motion must be quick.

Fig. 7.



12. Position same as the ninth exercise. Bend the body forward without bending the knees, so as to touch the ground with outstretched fingers, or with the full hand. (Fig. 8.) Repeat.

13. Position same as ninth exercise. Bend the body forward so as to place the head between the knees; legs to be kept straight. (Fig. 9.) Repeat.

14. Stand erect, legs close together, arms extended horizontally, sideways, on a line with the shoulders, the body forming a "cross."

Fig. 9.

Move the body sideways, alternately from right to left as represented in Fig. 10. Both legs must be kept straight.

Fig. 10.



15. Stand erect with the hands clasped behind the back. Bend the right knee, extend the left leg horizontally to the rear, reach the body forward and endeavor to take from the ground a piece of wood not more than half an inch in diameter. (Fig. 11), no part of the body excepting the one foot to touch the ground. Return to first position and repeat alternately with right and left leg.

Fig. 11.

16. Position same as sixth exercise. Jump up, spread the legs wide apart and close them before alighting. Keep the toes pointed and the hands on the hips.

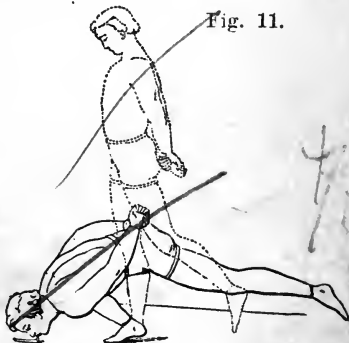
17. Jump over a stick, grasped by both hands, forward and backward as shown in Fig. 12.

18. Bend the body forward, with arms extended in front, until the palms rest flat upon the floor a trifle in advance of the feet; throw the weight of the body forward upon the hands, and, having established a good bal-

Fig. 8.



Fig. 9.



ance upon them, raise the body and legs upwards until they are balanced in a perpendicular position, as seen in Fig. 13.

Fig. 12.



The same result may also be attained by the method described for the "Handspring." (See second exercise in Tumbling.)

When the foregoing exercises have been perseveringly practised, and a fair degree of proficiency attained in their performance, the learner will be well prepared for feats requiring some degree of nerve as well as dexterity.

He will now have acquired the method of obtaining a steady balance in various positions of the body, and also of preserving it while in motion. This is a very necessary acquisition, and confers confidence, which in its turn gives the requisite nerve to attempt more daring feats.

He will, therefore, be ready to apply what he has learned to the more difficult exercises of Tumbling.

Fig. 13.



T U M B L I N G .

The several exercises embraced in what is popularly called Tumbling, are all very arduous, and require great resolution, pluck, and constant practice to achieve in a satisfactory manner; nothing but perseverance against repeated failure, will enable the tyro to overcome these difficulties. Beginners should not attempt these exercises except upon a mattress, and under the instruction of an experienced teacher. To prevent accidents the *Lungers* should be used when practising. (See Fig. 5, page 19.)

1. The Upstart; or Backspring.—Lie on the back, at full length, upon a large mattress, place the arms as shown in Fig. 1, palms of the hands downward upon the mattress, raise the legs over the head, throwing the weight of the body on the shoulders (Fig. 1), and with a good spring from the hands and shoulders, and a quick movement forward, throw the legs forward and endeavor to bring them down smartly under the body, making the feet describe a semi-circle, and at the same time lifting the body as much as possible in the effort. The learner will probably find that as soon as he has made the semi-circle, all control of the body will be lost, and he will fall on his back, instead of coming up on his feet. The chief thing, therefore, is to bring the feet *under*, and on the ground as rapidly as possible, and simultaneously, as the feet are near touching, to bring the hands forward so as preserve a balance when an upright position is being attained.

Another, and more difficult, way of performing this feat, is as follows: Instead of putting the palms of the hands on the mattress, place them upon the thighs, roll over on the shoulders as shown in Fig. 1, spring forward from the shoulders, and as the semi-circle is being described by the feet assist the movement by pushing the thighs with the hands, snap the feet under the body very rapidly and come to an erect position. This feat will require to be practised over and over again, and will tax the patience of the gymnast before it can be performed with anything like ease and precision.



Fig. 1.

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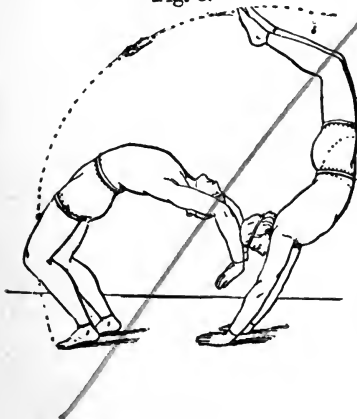
The "Upstart" is a great favorite with performers, and is often employed to mitigate the mortification of failure when the unfortunate gymnast, attempting some difficult feat, happens to land to his back.

2. The Hand-spring.—Stand erect, place the right leg a little in advance of the other, the body slightly bending backward and the arms raised perpendicularly above the head (Fig. 2). Spring forward upon the hands, throw the left leg quickly over, instantly followed by the right leg. Now comes the critical point of the whole movement—during the *moment* that the hands are on the ground keep the arms still, chest out, head back, and just as the legs are going over, (Fig. 3), spring with the arms pushing from the fingers, and this combined with the original spring will enable the gymnast to execute a complete circle landing on his feet.

Fig. 2.



Fig. 3.



3. The Flip-Flap, or Back-Hand-spring.—Stand on one end of the mattress, (which may be raised a little) with the back towards it, legs slightly apart, arms straight; bend down slightly for a spring backwards, quickly throw the arms and head back, and bending the upper part of the body backwards, at the same time throw the legs upward over the head, pitch over on the hands, and with quick spring from the hands and arms come over and alight on the feet.

This feat is considered to be much more difficult than the Forward Hand-spring. The Flip-Flap may be executed from the position of "Bending the Crab"

(see Fig. 4) and many gymnasts learn how to accomplish it in that way. All backward exercises require more practice and confidence than forward movements.

4. The Forward Somersault.—Stand erect with the arms raised up perpendicularly, take a short run, jump up from both feet at once (which should be a little apart), throw the arms down and the head and shoulders forward with a quick spring, at the same time gathering the legs behind. At this point the chief difficulty is to get sufficient impetus to turn the body completely around and alight on the feet, and in this, great assistance may be obtained from what is technically known as the “catch.” When the jump is made sufficiently high *catch* the hands on the under part of the thighs just above the knees and pull the knees up to the body, letting them go when alighting. In the *catch*, the arms being suddenly arrested when in violent action, their momentum is imparted to the lower part of the body, thus, in a great degree, assisting in making the turn.

Fig. 4.



This exercise is very difficult to execute in a finished style; the beginner usually makes a plunge head foremost as if diving into the water; pitching over on to his back, and giving himself a good shaking up; this has such a discouraging effect that he is apt to feel like giving up the exercise, but continued effort soon begets confidence, and this, backed by determination, soon enables him to accomplish the feat.

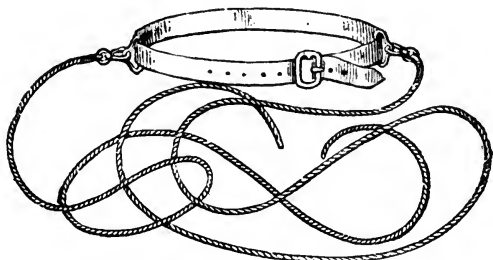
5. The Backward Somersault.—Stand erect with the feet a little apart, and the arms raised perpendicularly, bring the arms down with a quick swinging motion, raise them quickly, as high as possible, as if with an effort to raise the body, at the same instant, with a powerful spring, throw the legs right over the head, catching the thighs, and gathering the legs and body up as it were, and you will in time turn over, and come in an upright position before the head has time to touch the ground.

This exercise must be practised on a good mattress, and with the assistance of the *Lungers*.

The *Lungers* consist of an article of which there should be some two or three in every gymnasium, and be constantly used by gymnasts, especially by beginners, whenever any fear is entertained of being unable to go through any exercise without help of some kind.

The Lungers are composed of a strong leather belt or strap, about $1\frac{1}{4}$ or $1\frac{1}{2}$ inch wide, with a strong buckle wherewith to fasten it round the waist of the gymnast ; two metal fastenings or swivels are fastened to the sides of

Fig. 5.



the belt (See Fig. 5), to which two ropes, about $\frac{3}{8}$ of an inch in diameter and 4 feet long, are fixed.

The strap being adjusted round the waist of the gymnast, two assistants, each taking hold of a rope, stand, one on either side of him, and, no matter what exercise he is about to try—he need be under no fear of any mishap, for, should a slip occur, all that the assistants have to do (they having had their eyes fixed upon him all the time), is quickly to pull the rope firmly upwards, and he is safe.

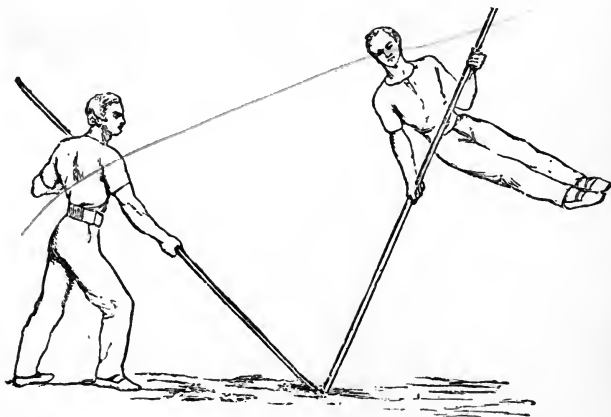
THE LEAPING POLE.

The exercises with the Leaping Pole may almost be viewed as belonging to recreative rather than systematized exercise, being essentially for the open air, and among the few which may be left for free practice, after the learner has acquired a knowledge of the action and position of the different exercises. They are valuable as giving precision to the eye and hand, the faculty of calculating distance, and of rapidly determining the moment for executing a complicated movement, with the presence of mind to execute it, in addition to the physical exercise of the run and leap, the balance and descent.

The Leaping Pole should be of ash, about $1\frac{3}{4}$ inches in diameter, and from nine to ten feet long, perfectly smooth, and shod with iron at the butt or lower end.

Fig. 1.

Fig. 2.



1. To Leap Distance.—*Position of attention*, one pace from the mark, with the pole at the balance, *i.e.* held horizontally across the body with the

arms bent, the butt of the pole held slanting to the front, the hands at *the distance*, the right hand to the front, the palms of the hands upwards, the fingers and thumbs meeting; or with the palm of the right hand downwards.

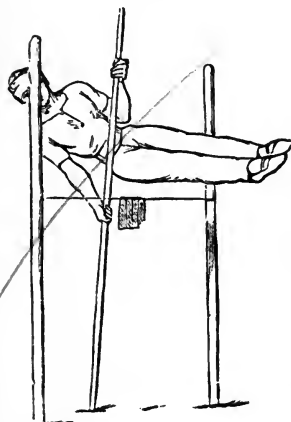
1. Advance the right foot to the edge of the mark, advance the butt of the pole to the utmost reach, and fix it on the ground without displacing the feet or changing the grasp of the hands (Fig. 1).

2. Spring from the feet, and pass by the left of the pole, the whole body with the lower limbs straight and extended in one line when passing the pole (Fig. 2); descend yielding, and as the feet meet the ground raise the pole to the balance.

This exercise to be repeated, advancing the left foot to the mark, the left hand to the front, and passing by the right of the pole.

2. To Leap Height.—*Position as in first exercise*, a short distance from the barrier (in proportion to its height).

Fig. 3.



1. As in first exercise, advancing the butt of the pole to within a few feet of the barrier (according to its height).

2. Spring from the feet and clear the barrier, passing by the left of the pole, the body in position as in first exercise when clearing the barrier (Fig. 3); after clearing the barrier, quit the grasp of the pole, throwing it back to the starting-point, and descend yielding, facing the barrier.

This exercise to be repeated, advancing the left foot, the left hand to the front, and passing by the right of the pole.

3. To Leap Depth.—*Position as in first exercise*, the toes at the edge of the platform.

1. Advance the pole and firmly plant the butt on the ground.

2. Press lightly from the feet, quit the platform or ground, passing by the right of the pole, the trunk of the body in the line of the pole when passing it, the lower limbs at a right angle with it, the toes pointed to the front; continue the descent (Fig. 4), and when nearing the ground quit the grasp of the pole, throw it slightly to the left, and descend yielding.

This exercise to be repeated, passing by the left of the pole.

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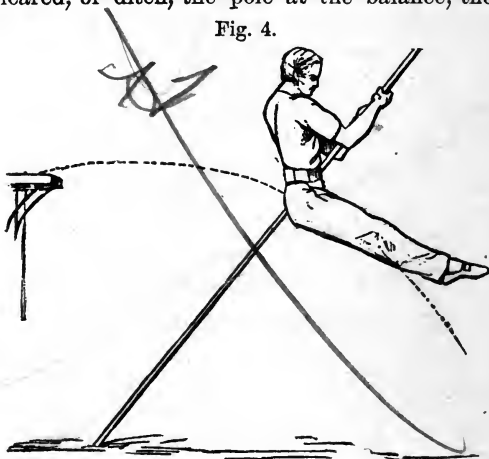
4. To Leap Width.—*Position of attention* twenty or thirty paces from the edge of the place to be cleared, or ditch, the pole at the balance, the right hand to the front.

1. Begin the advance with a short, light, and well-measured step, fixing the eye on the ditch and regarding it steadily, quicken the pace when nearing it, select the spot and plant the pole without halt, springing by the left, the position of body and lower limbs as in first exercise, descend yielding, bringing the pole to the balance.

This exercise to be repeated, advancing the left foot, passing by the right of the pole, the left hand to the front.

These four exercises are amply sufficient to give the learner full command of the leaping-pole; they will teach him how to preserve his balance when depending upon the pole for support, and serve to give him the confidence and nerve necessary for more difficult gymnastic exploits.

Fig. 4.



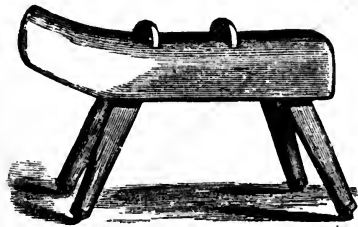
THE VAULTING HORSE.

The exercises on the Vaulting Horse can scarcely be too frequently practised, as they give valuable and widely varied employment to both upper and lower limbs, as well as to the trunk. This apparatus is always found an excellent one with which to begin the lesson in gymnastics, because it affords much and rapid movement without severe or localized effort. The exercises are divided into two very distinctly marked series, and admit of progressive practice long after the correct action and position have been attained, by increasing the elevation of the horse.

The first series is introductory to the second, and the different exercises may be performed upon a horse devoid of neck or pommels. The second series is very artistic and effective, and cultivates to the highest attainable point that precision and security of grasp and spring which are so valuable in exercises when practically applied. A few general hints will be found of great importance to the tyro.

Before making a spring from a *run*, strike *both* feet full and *flat* upon the ground. When *standing* beside the horse, the reverse is the case, and the spring is made from the toes.

When alighting on the ground, do so on the toes, and descend *yielding* (see Technical Terms page 9); if these precautions are not observed a sudden shock will be the consequence.



The horse is made of various lengths, but the two sizes generally in use are those of 6 feet and 4 feet long, the former size having the neck slightly raised (see illustration), while the latter may or may not have this modification.

The width of the horse should be somewhat less than the distance between the parallel bars, say about 19 inches, the neck-piece in the larger horse tapering a little towards the end, and raised

about 3 inches above the level of the back of the horse ; in the larger horse the neck-piece begins about 4 feet from the opposite end or croup, and will therefore be 2 feet long.

The horse is generally covered with leather, or, as some prefer, with stout canvas, and padded at the sides to make it a little softer, in the event of the legs coming in contact with it when not required, and likewise to ensure its being perfectly smooth all over, and to prevent the chance of a splinter being met with while being used.

The legs being made hollow, and having a sliding leg inside, it can be raised to any height, varying from the exact height of the horse, which should be about 3 feet 6 inches, to about 6 feet, the horse being kept at the required height by 4 iron pins, one of them passing through one of the holes made in each sliding or loose leg.

The pommels are cut circular, and fit into two grooves cut across the back of the horse, about 6 inches down the sides, and are kept in their places by means of an iron pin fixed to each, which, passing through the body of the horse, is screwed tight with a nut underneath. These pommels are to be placed the same distance apart as the parallel bars, viz. 19 inches, which they also resemble in point of size, to enable them to be readily grasped, and should therefore be about 4 inches above the back of the horse, and placed about the middle of it as it stands upon the legs. The pommels may be covered in the same manner as the horse, and they should be hollowed a little on the sides, to allow the fingers to have a firmer grasp. Besides the above, two flush pommels must be made, which are to replace the others when not required, and which, when fixed in their places, make the back of the horse apparently smooth.

Should the gymnasium not allow of a portion of it being boarded (in which case the horse is placed on the tanned part close to the edge of the flooring), a kind of spring board is necessary to give the feet a firm footing in making a spring, or "beat" off. This board is made of thick wood about 3 feet long by 2½ feet broad, and composed of narrow pieces of 5 or 6 inches wide, securely fastened, forming a small platform, bevelled off at one edge and the opposite edge elevated somewhat from the ground by a cross piece underneath it.

EXERCISES ON A HORSE WITHOUT POMMELS.

The position of the instructor should be close to the horse in front of the learner, directing every motion, and in the early stages of his practice counting the time of his movements, and pointing out to him the features of the position in the ascent, rest and descent. The instructor should also repeatedly execute the exercise himself in the manner most likely to make the learner comprehend its peculiarities, at the same time encouraging him, if timid or hesitating, and losing no opportunity of obtaining his entire confidence and trust in every situation however critical, remembering always that nothing will so readily make a man fall as the fear of falling.

1. To Vault upon the Horse in Two Movements.—*Position of attention close* beside the horse.

1. Raise the hands and place them at *the distance* (see Technical Terms) on the back of the horse, the thumbs and fingers straight and together, and pointed to the front (Fig. 1); bend the legs, spring from the ground, inclining the body to the front, press strongly with the hands, extend the

Fig. 1.

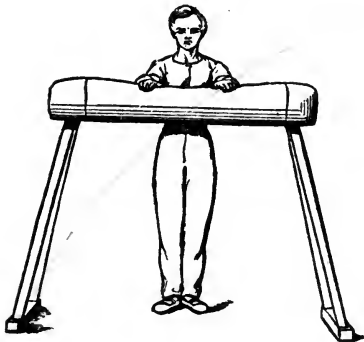
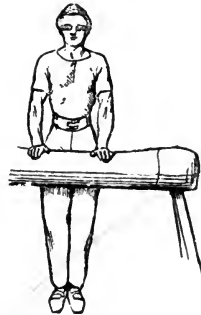


Fig. 2.



arms, and raise the trunk of the body above the horse, the legs straight and together, the feet together, and pointed to the ground (Fig. 2).

2. Elevate the right leg, and by a continuous movement bring it over the back of the horse, the column of the body turning with it, and as the right thigh approaches the right hand, advance the latter in a line with the

left hand, and slowly lower the body on to the saddle, bringing the head erect and the chest and trunk well advanced, the hands lightly resting on the thighs; the lower limbs pendent, the toes pointed to the front (Fig. 3).

In descending, incline the head and trunk of the body to the front, elevate the left leg to the rear until it clears the back of the horse, the right rising to meet it, press from the hands, and descend yielding, facing the horse.

This exercise to be repeated on the left.

2. To Vault Upon the Horse in One Movement.—

Position as in first exercise.

1 and 2. As in first exercise, except that the right leg should ascend and clear the back of the horse, in a continuous movement from the ground to the seat in the saddle.

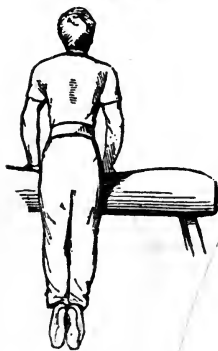
Descend as in first exercise.

This exercise to be repeated on the left.



Fig. 3.

Fig. 4.



3. To Vault Over the Horse in Two Movements.—

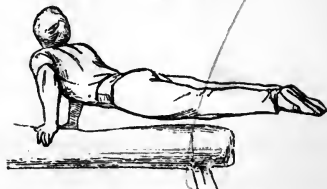
Position as in first exercise.

1. As in first exercise to the extension of the arms (Fig. 4).

2. Elevate both limbs in position to the right, and pass them over the horse, incline the head and shoulders forward, advancing the right hand in a line with the left (Fig. 5), press from both hands, and descend yielding, facing the horse.

This exercise to be repeated, passing by the left.

Fig. 5.



4. To Vault Over the Horse in One Movement.—*Position as in first exercise.*

1. and 2. As in preceding exercise, except that the legs should ascend and clear the back of the horse in one continuous movement; after the advance of the right hand, press strongly from both and descend yielding, facing the horse.

As the body clears the horse the trunk and lower limbs should be extended in the line of the horse, the arms bent, the chest advanced, the head thrown back.

This exercise to be repeated, passing by the left.

5. To Vault Upon the Horse Resting on the Knees.—*Position as in first exercise.*

1. Raise the hands and place them at the distance on the back of the horse, as in first exercise; bend the legs, spring from the ground, press strongly with the hands, incline the head and shoulders forward, extend the arms, and bring the knees straight up between them, resting on the saddle (Fig. 6). In descending, rapidly throw the hands to the front, as high as the face, spring with the

lower limbs, upward and forward (Fig. 7), and descend yielding (Fig. 8).



6. To Vault Upon the Horse Resting on the Feet.—*Position as in first exercise.*

1. As in preceding exercise, except that the knees should be brought up between the arms until they are as high as the breast, and the feet (instead of the knees) brought to rest on the saddle; immediately straighten the legs and come to the position of attention (Fig. 9).

In descending, spring straight to the front, and descend yielding.

7. To Vault Over the Horse Between the Hands.—*Position as in first exercise.*

1. As in preceding exercise, except that the feet, instead of resting on the saddle, should be shot through the space between the hands

(Figs. 10, 11, and 12); press from the hands, and descend yielding.



Fig. 10.

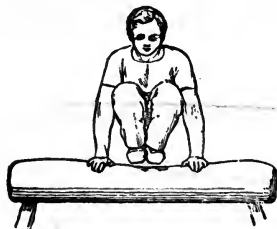


Fig. 11.



Fig. 12.



8. To Vault Upon the Horse With One Hand.—*Position of attention facing the line of the horse.*

1. Raise the left hand and place it on the horse, and extend the right arm to the rear (Fig. 13).

2. Bend the legs as in first exercise, and spring, elevating the right leg, and pass it over the horse, at the same time rapidly elevating the right arm above the head, the hand closed, and come to the seat in the saddle (Fig. 14).

In descending, incline the head and shoulders to the front, press strongly from the left hand and descend as in first exercise.

This exercise to be repeated with the right hand.

Fig. 13.

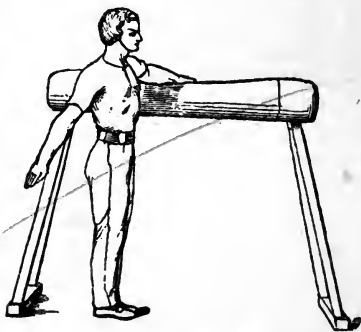
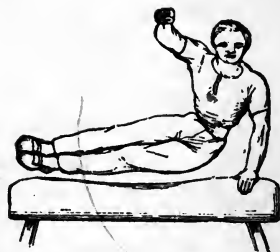


Fig. 14.



Fig. 15.



9. To Vault Over the Horse With One Hand.—*Position as in eighth exercise.*

1. As in eighth exercise.

2. As in eighth exercise to the spring; press strongly with the left hand, elevate the right, pass the lower limbs in position over the horse (Fig. 15) and descend yielding, facing the horse.

This exercise to be repeated with the right hand.

10. Running Vault Upon the Horse.—*Position of attention 25 or 30 feet from the horse.*

Fig. 16.

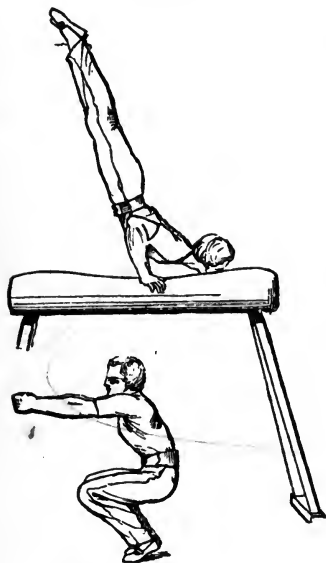
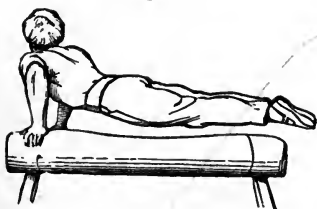


Fig. 17.

pace to the utmost speed; spring as in preceding exercise, passing the lower

Fig. 18.



limbs over the horse to the right (Fig. 18), advance the right hand opposite the left, pressing strongly, and descend yielding, facing the horse.

1. Slowly begin the run, quickening the pace on the advance, and looking straight at the horse; when within 2 or 3 feet of the horse, spring from both feet, striking them full and flat upon the ground, the hands taking their place on the back of the horse immediately after the spring, pass the right leg over the horse, and come to the seat in the saddle in one movement, as in Fig. 3.

In descending, incline the head and trunk of the body to the front, elevate the lower limbs to the rear straight above the horse, the toes pointed upward (Fig. 16); slowly let the lower limbs, with the entire column of the body fall to the right and gradually descend over the arm until the feet come to the ground, the horse on the right (Fig. 17); descend yielding.

This exercise to be repeated on the left.

11. Running Vault Over the Horse.—*Position as in tenth exercise.*

1. As in tenth exercise, quickening the pace to the utmost speed; spring as in preceding exercise, passing the lower limbs over the horse to the right (Fig. 18), advance the right hand opposite the left, pressing strongly, and descend yielding, facing the horse.

In this exercise the body should be thrown well forward in the spring, the feet should describe a semicircle, beginning at the point where they quit the ground, and finishing where they alight, the hands being the centre

upon which the trunk and lower limbs turn; during this exercise, therefore,

the chest should be continually turning towards the horse, the legs should be straight and together, the toes pointed, the whole body, when in the act of clearing the horse, forming one horizontal line over it.

This exercise to be repeated on the left.

12. Running Vault Upon the Horse, Resting on the Knees.—*Position as in tenth exercise.*

1. As in tenth exercise; spring straight to the front, the hands taking their place on the back of the horse immediately after the spring, bring both legs, with the knees closely bent up, between the arms and come to rest on the knees, as in fifth exercise, Fig. 6.

Descend as in fifth exercise, Figs. 7 and 8.

13. Running Vault Upon the Horse, Resting on the Feet.—*Position as in tenth exercise.*

1. As in preceding exercise, except that the feet, instead of the knees, are placed on the saddle, straighten the legs, as in sixth exercise, Fig. 9.

In descending, extend the arms, spring straight to the front, and descend yielding.

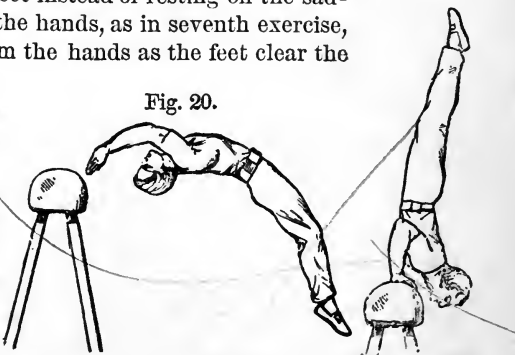
14. Running Vault Over the Horse Between the Hands.—*Position as in tenth exercise.*

1. As in preceding exercise, except that the legs are still more closely bent up, and the feet instead of resting on the saddle, are shot through between the hands, as in seventh exercise, Figs. 10, 11, and 12; press from the hands as the feet clear the horse, and descend yielding.

Fig. 19.

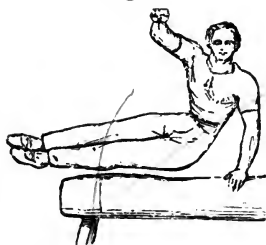
15. Running Vault Over the Horse by the Back Lift.—*Position as in tenth exercise.*

1. As in tenth exercise to the spring; place the hands upon the horse, depress the head and shoulders until the latter are as low as the hands, and at the same time elevate the lower limbs, hips, and loins by the rear, until they rise perpendicularly over the hands (Fig. 19), the legs straight and together, the toes pointed upwards; continue the sweep of



the lower limbs, let the feet fall backwards bending the back inwards (Fig. 20), and descend yielding.

Fig. 21.



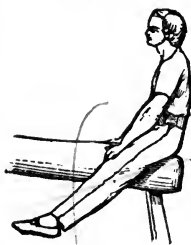
16. Running Vault Over the Horse With One Hand.—*Position as in tenth exercise.*

1. As in tenth exercise to the spring; place the left hand on the back of the horse, throw the right arm above the head, and pass the lower limbs over the horse (Fig. 21), lean forward when clearing it, press strongly with the left hand, and descend yielding, the horse on the left.

This exercise to be repeated with the right hand.

17. Running Vault to the Croup.—*Position of attention 25 or 30 feet from the horse, facing the croup.*

Fig. 22.



1. Slowly begin the run, quickening the pace on the advance, and when within 2 or 3 feet of the croup, spring from both feet, immediately placing the hands on the croup, right and left; fully separate the lower limbs during the rise, and as the body reaches the croup advance the hands 6 or 8 inches along the back of the horse, and lightly sink to the seat on the croup (Fig. 22); the head and column of the body slightly inclined to the front, the lower limbs straight, the toes pointed to the front.

In descending, incline the head and trunk to the horizontal line of the horse; elevate the lower limbs, straight and together, until they are in a line with the body (Fig. 23), shoot them out far to the rear, at the same time pressing from the hands, and descend yielding, facing the croup.

Fig. 23.



18. Running Vault to the Saddle.—*Position as in seventeenth exercise.*

1. As in preceding exercise, until the lower limbs rise above the croup, but instead of allowing them to rest, continue the momentum of the spring, rapidly advance both hands to the saddle and lightly sink to the seat, place

the hands on the thighs, the head erect, the breast advanced, as in Fig. 3.

In descending, replace the hands on the horse (Fig. 24), elevate the lower limbs, and descend as in tenth exercise, Figs. 16 and 17.

19. Running Vault to the Croup, Resting on the Knees.—*Position as in seventeenth exercise.*

1. As in seventeenth exercise to the spring; bring both legs, with the knees closely bent, up between the arms, and let them lightly rest on the croup between the hands (Fig. 25).

In descending, incline the head and trunk of the body to the front, slowly elevate the lower limbs, and shoot them to the rear, as in seventeenth exercise (Fig. 23), and descend yielding.

20. Running Vault to the Croup, Resting on the Feet.—*Position as in seventeenth exercise.*

1. As in preceding exercise, except that the knees are lifted above the croup, as high as the breast, and the soles of the feet placed on the horse, straighten the legs, rising from the palms to the tips of the fingers, and stand upright on the croup (Fig. 26).

In descending, re-bend the knees, spring backwards, and descend yielding, facing the croup.

21. Running Vault to the Croup, the Legs on the Right.—*Position as in seventeenth exercise.*

1. As in seventeenth exercise to the spring, but instead of separating the lower limbs, keep them together, and during the rise to the croup, pass them to the right, and slowly sink to the side-seat on the croup (Fig. 27).

Fig. 27



In descending, incline the head and shoulders to the front, press strongly from the hands, elevate the lower limbs over the horse until they are above the head (Fig. 28), slowly let the lower limbs, with the entire column of the body, fall to the left, and gradually descend over the arm, until the feet come to the ground, the horse on the left.

Fig. 24.



Fig. 25.



Fig. 26.



Fig. 28.



This exercise to be repeated on the left, descending on the right.

Running Vault to the Croup, the Legs Passing From Right to Left.—*Position as in seventeenth exercise.*

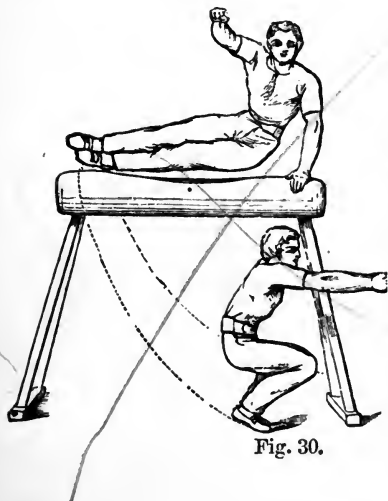
1. As in preceding exercise, until the rise above the croup, but instead of allowing the legs to rest upon it, continue the momentum of the spring, lifting the right hand, and extending it rapidly above the head, and carry the limbs forward and upward over the horse in front (Fig. 29), and turning completely round upon the left hand, descend yielding, facing the line of the horse, the horse on the left (Fig. 30).

This exercise to be repeated, the legs passing from left to right.

EXERCISES ON THE HORSE WITH POMMELS.

The more difficult of the following exercises should not be attempted until the whole of the preliminary exercises have been mastered by progressive practice.

Fig. 29.



23. Preliminary Exercises.—I. *Position of attention close* beside the horse, directly opposite the pommels.

1. Raise the hands and place them on the pommels (Fig. 31), spring from the ground, projecting the chest well forward, press strongly with the hands, extend the arms, and raise the trunk of the body above the horse (Fig. 2), carry the legs well back, without bending them, and at the same time well against the side of the horse. Descend yielding.

Repeat this exercise several times without pausing between the ascent and descent, making one continuous movement of the whole.

Fig. 30.

II. *Position of attention 25 or 30 feet from the horse.*

1. Same as in last exercise but with a preparatory run. Slowly begin a run, quickening the pace on the advance; when within 2 or 3 feet of the horse, spring from *both* feet, striking them full and flat upon the ground, the hands grasping the pommels at the same time the spring is made. Elevate the body, the arms extended, and descend again yielding.

Repeat this exercise several times without pausing between the movements.

III. Proceed as in exercise I, and after the body is upright carry the *right* leg up at the side of the horse into a horizontal position, but without touching the horse, then let it drop again, and carry up the *left* leg in like manner.

Repeat this exercise elevating each leg three times in succession, without resting or touching the ground between the movements.

IV. Proceed as in the last exercise, but carry up both legs (instead of one), as slowly as possible, first to the right, then to the left, keeping them straight during the movements. The trunk must not be carried too much in the opposite direction to the legs; a slight deflection of the body cannot always be avoided, but the more upright the trunk is kept, the greater will be the benefit derived, and the more graceful the execution of the exercise.

Repeat this exercise, elevating both legs three times in succession each way, without resting or touching the ground between the movements.

V. Repeat exercise II, and as the body rises carry the trunk a little to the right, then give it a slight turn to the left, elevate the right leg and throw it over the horse facing the pommels (Fig. 32). As the grasp upon the pommels is not to be relinquished during the execution of this exercise, the body must necessarily be inclined a little forward.

To dismount, incline the head and trunk well forward, raise the body,

Fig. 31.



Fig. 32.



bring the right leg over the horse again, and by a judicious use of the wrists, alight on the ground as far from the horse as possible, yielding.

Repeat this exercise without the run.

VI. Same as preceding exercise, but turn the trunk to the *right*, and carry the left leg over the left side of the pommels (near the neck-piece) facing the pommels, and looking towards the croup.

Dismount as in the preceding exercise.

Repeat this exercise without the run.

VII. Same as exercise V, see Fig. 32. Lean well forward and dismount, spring up again, *instantly*, and carry the left leg over the horse as in exercise VI.

This exercise may be repeated several times, alternately employing the right and left leg.

24. The Swinging Exercise.—*Position of attention close beside the horse, directly opposite the pommels.*

1. As in the preceding exercise (VII), but, instead of alighting on the ground, let the body resume an upright attitude without allowing the feet to touch the ground or the arms to be bent, and, then without any other spring than that which can be given to the body when suspended in that position, carry the left leg over the horse, descend and resume the first position; then carry the right leg over again, repeating the exercise three times each way, alternately, without permitting the feet to touch the ground. The legs should be kept perfectly straight, but not stiff. The head and trunk should be inclined a little forward each time the leg is carried over the horse; this will make the exercise less difficult to execute. This exercise is also called the "Saddle Vaulting Movement."

25. The Reverse Swing.—*Position as in preceding exercise.*

1. Proceed as in exercise V, page 34, but instead of resting between the change, lean the body forward, throw the whole weight upon the arms, and, while bringing the *right* leg back, give the body a kind of turn towards the opposite end of the horse, and throw the *left* leg over it, facing the croup. To reverse the movement, lean forward as before, and, as the body turns, throw the *right* leg over again, the legs each time describing a semicircle.

When able to accomplish this with ease, practise it with a quicker movement, which will give it the nature of a swing.

26. Mounting.—*Position as in twenty-fourth exercise.*

1. Grasp the pommels, one with each hand (Fig. 31), spring up, giving

the body a turn towards the *left*, pass the *right* leg, well extended, over the croup into the saddle, at the same time shifting the hand to the front pommel (Fig. 33).

Repeat the same exercise, pass the *left* leg over the horse, making use of the *left* hand where the *right* is stated, and the *right* for the *left*; dismount by either of the following methods, though all three should be practised :

To dismount :

First.—Place one hand on either pommel, then, raising up, bring the right leg back over the horse, and alight on the ground, yielding.

Second.—Place both hands on the front pommel, lean forward so as to throw the whole weight of the body upon the arms, bring the right leg over the horse, and alight, yielding, as far as possible from the horse.

Third.—Place the right hand on the saddle with the wrist turned towards the *left*, and grasp the pommel with the *left* hand, then, throwing the body forward as before, alight on the ground, yielding.

27. Swinging Round the Circle.—*Position as in twenty-fourth exercise.*

1. Grasp the pommels, one with each hand (Fig. 31); spring up, pass both legs over the croup (Fig. 34-*a*) behind the saddle (*b*) and jump to the ground. Return the same way by a strong impulse of the body, completely round the horse, spreading the left leg (*c*) and bringing the body into a sitting position in the saddle.

Fig. 33.



Fig. 34.

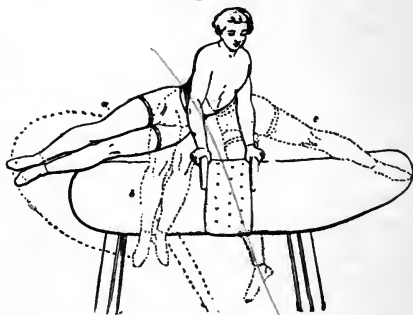
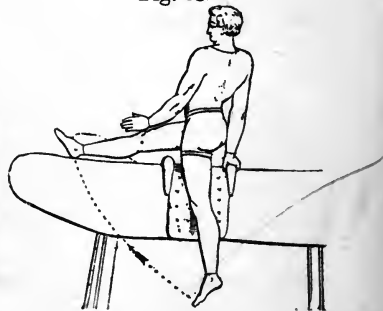


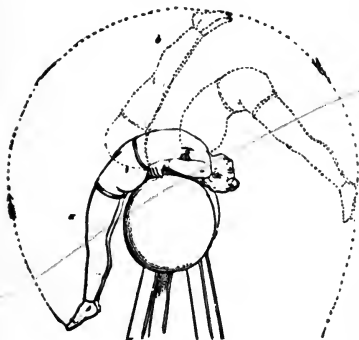
Fig. 35.



28. The Maiden Jump.—*Position as in twenty-fourth exercise.*

1. Grasp the pommels, spring up, let go the left hand, pass the right leg over the horse (Fig. 35) and light on the saddle. Return in same manner to first position.

Fig. 36.



29. The Roll Over.—*Position of attention close beside, but with the back to the horse.*

1. Raise the arms behind and grasp the pommels, fingers outward and thumbs inward, so as to place the elbows a little beyond the centre of the saddle (Fig. 36-a), lift the lower limbs with a strong impetus (b); carry the body over the head (c), relinquish the grasp of the pommels when the feet are on a level with the head, and alight on the ground. Keep the legs

straight, and the feet together. In the early stages of practice this exercise should be performed slowly, gradually increasing the rapidity of the movements until it can be executed without pause.

30. The Hugging Jump.—*Position as in twenty-fourth exercise.*

Fig. 37.



1. Vault to the saddle as in the twenty-sixth exercise.

2. Embrace the neck of the horse, and with a powerful effort throw the legs over so as to alight on the ground, with back to the front of the horse (Fig. 37).

31. The Giant Leap; or Long Fly.—*Position as in the seventeenth exercise.* The jumping board should be placed about 3 feet from the croup.

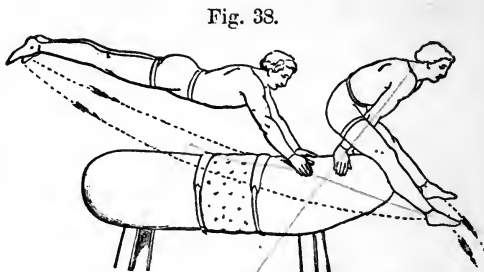
1. Vault to the saddle as in the eighteenth exercise, and dismount.

2. Place the board a little farther off, vault as before, pitching on to the *hands first*, and bring the feet up on to the back of the horse in a stooping position, then raise and pitch forward with the hands on to the neck of the horse and go over as in leap-frog.

This must be persevered in until the gymnast is able to jump the whole length of the horse by resting the hands on it but *once*. (Fig. 38.)

When commencing to practise this exercise it is better to use a shorter horse, and when able to go over that with ease try a longer one. A mattress

and an assistant will serve to guard against any mishap when practising this, as well as similar exercises.



In all of the vaulting exercises, the learner must proceed with great caution at first; he will find that sometimes his legs will come in contact with the horse with more violence than is agreeable; but, as he gains dexterity, and becomes familiar with the various movements, he will discover that in these, as in all gymnastic exercises, will-power and determination will wipe out difficulties which at first are discouraging.

Whenever the spring has to be made for a vaulting movement, he must be sure to make sufficient spring to accomplish the end in view; but, at the same time, he must be exceedingly careful not to apply more force to his spring than is actually necessary, because the excess of motion attained is likely to lead to violent contact with the horse, and consequent contusions.

These exercises are, therefore, especially valuable for training the judgment, and obtaining full control of the muscular powers.

THE HORIZONTAL BAR.

Taking all things into consideration this may be said to be the most useful of all apparatus in a gymnasium. The variety of the feats that may be performed upon it, and its adaptability to being raised or lowered, as the nature of the exercises or the age of the gymnast requires, makes it very attractive. The exercises on the horizontal bar bring into play nearly all the muscles of the body, but those most exercised and benefitted are the muscles of the arms, wrists, hands, chest, spine, loins, hips, legs, and abdomen.

The Horizontal or Stationary Bar also affords the means of practising and perfecting movements which are performed upon the swinging bar or trapeze.

The position of the instructor should be on the right or left of the bar, facing the learner.

The Horizontal Bar should be made of ash or hickory (specially selected for its straightness and freedom from knots) turned perfectly round, $1\frac{1}{4}$ inches in diameter, except at the ends, where the shoulders or tenons, should be formed to slide up and down in the grooves between the standards. The bar should be bored throughout its length, and a specially tempered steel rod or *core*, $\frac{3}{4}$ of an inch in diameter, inserted, terminating at each end in a brass cap, fitting the shoulder of the bar. The standards should be 7 feet apart, and 7 feet high, formed in two pieces with a space or continuous groove, of $1\frac{1}{4}$ inches between them to receive the shoulders at the ends of the bar, and pierced with holes 2 inches apart, through which moveable wrought-iron pins are inserted for the bar to rest on. Thus the bar may be adjusted to any desired height.

To ascertain the proper height for the bar, stand on tiptoes and reach up so as to just touch it with both hands, this height will enable the gymnast to swing clear of the ground when hanging by the hands.

1. Hanging by the Hands.—*Position of attention facing the bar.*

1. Spring from the ground and grasp the bar, the hands at the *distance*,

the fingers and thumbs *together* (see "Technical Terms"), the arms straight, the trunk of the body upright, the legs straight and together, the feet together, and the toes pointed to the ground.

2. Remain suspended as long as possible without over-fatigue.

This simple exercise may be varied by hanging by each hand alternately, letting the other hang straight down by the side. This exercise may also be varied by raising the body and lowering it alternately with the right and left arm.

2. To Swing By The Arms.—*Position as in first exercise.*

1. As in first exercise.

2. Swing the legs and body a little in front, then suddenly drop them, swing forward again and endeavor to gain sufficient impetus on the return oscillation to almost describe a semi-circle and carry the body back and beyond the bar; similar motions given to the legs and body when dropping from behind, on the return forward swing, will cause them to rise higher to the front than before, and these movements repeated will soon enable the learner to swing the body forward and backward *above* the level of the bar. When practising avoid *jerking* the legs.

Do not be afraid of swinging too high, as many feats, to be hereafter mentioned, depend greatly on the neatness of the swing, and the facility with which the requisite height is obtained.

Swing backward and forward five or six times, and leave the bar in the forward swing when the feet have risen to a level with the face. Just before releasing the hands from the bar, a slight *forward* impetus should be given, by a spring from the wrists—this will enable the learner to alight on the toes.

This method of leaving the bar gives a neat finish to a great many of the succeeding exercises, and should, therefore, be practised until the learner can alight on his toes, in a graceful manner, at some distance forward from the bar.

Another, and fully as graceful a method of leaving the bar, is to watch for the exact point of equipoise at the end of a backward swing; and then, letting go of the bar, drop gracefully to the ground.

The point of equipoise is obtained when the swing assumes a direction somewhat above the horizontal line of the bar.

3. To Rise Above the Bar, the Right Leg Acting.—*Position of attention*

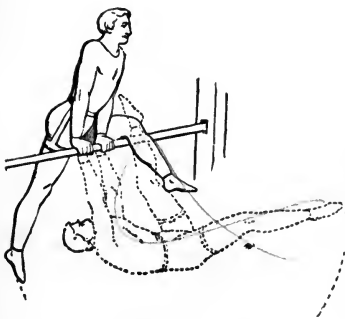
Fig. 1.



Fig. 2.



Fig. 3.



under the bar, the shoulders being at right angles to the bar.

1. Spring from the ground and grasp the bar with both hands, right and left of the bar, the left in advance, the fingers and thumb meeting.

2. Bend the arms, lift the lower limbs, separating the feet as they rise, pass the left leg over the bar, resting on it under the knee, pass the right leg over the left, the calf of the right overlying the instep of the left, the head held back, the trunk sustained.

3. Quit the grasp of the right hand, pass it under the bar to the opposite side next the body and grasp the bar, elevate the elbow and rest the fore-arm along the bar (Fig. 1); detach the right leg from the left, straighten it and rapidly swing it under the bar, with a momentum sufficient to enable the body to rise above it, press strongly with both hands, extend the arms, advance the left leg, and rest above the bar (Fig. 2). In descending re-bend the right arm, draw back the left leg, lower the body, and place the right leg over the left as in the ascent; sustain the body, detach the legs from the bar, straighten the arms, and descend yielding.

This exercise to be repeated, with the left leg acting, the right hand in advance, the right leg resting on the bar.

4. To Swing up Above the Bar Outside of the Arms.—Position as in first exercise.

1. As in first exercise.

2. Swing forward, and at the moment the body is extended horizontally and at arms length, throw the head back, and raise the left leg over the bar to the left of the arms (Fig. 3, a), the momentum of the return swing aided by the arms, will bring the body above the bar in a sitting position.

Repeat the exercise by throwing the right leg over the bar.

This exercise should be practised until it can be done without the least pause in the movements.

5. To Swing up Above the Bar Between the Arms.—*Position as in first exercise.*

1. As in first exercise.
2. Same as last exercise, except that the *left* leg is passed *between* the arms instead of outside, or on the one side of them. (Fig. 4.)

Repeat with the right leg.

6. To Turn Round the Bar.—*Position as in first exercise.*

1. As in first exercise, the fingers and thumb meeting.
2. Lift the lower limbs in position to the front until the feet are as high as the bar, retaining the arms straight (Fig. 5); bend the arms, carry the feet and lower limbs over the bar, letting the hips pass up the side of the bar and over it, while the head and shoulders ascend, the legs descending to the rear, until the whole body has cleared the bar, and rests in a perfectly vertical line on the hands, above the bar, the arms extended (Fig. 12).

In descending, set the body free from the bar, straighten the arms, and descend yielding.

7. To Turn Round the Bar, the Hands Reversed.—*Position as in first exercise.*

1. As in preceding exercise, but with the grasp of the hands *reversed*. See "*Technical Terms*."

2. As in preceding exercise, retaining the *reversed* grasp of the hands.

In descending, bring the elbows close in by the sides, tighten the grasp of the hands, slowly incline the head and shoulders to the front, elevate the lower limbs to the rear, sustaining the body upon the fore-arms (Fig. 6); return over the bar, passing the body again under it, bring the lower limbs to the vertical line, and descend yielding.

Fig. 4.

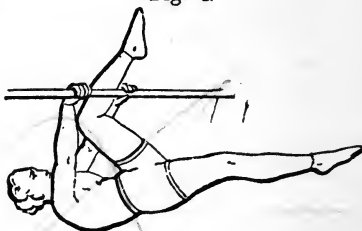


Fig. 5.



Fig. 6.



8. To Rise to the Bar.—*Position as in first exercise.*

Fig. 7.



Fig. 8.



1. As in sixth exercise (Fig. 7).

2. Bend the arms, raising the body until the chin rises above the bar (Fig. 8), sink again to the full extension of the arms quit the grasp, and descend yielding.

This exercise to be repeated with the lower limbs extended horizontally to the front.

This exercise should be repeated three six, nine, twelve, or more times consecutively and without pause, according to the capacity of the learner.

The same exercise may be repeated with the grasp reversed.

9. To Rise Above the Bar by the Fore-arm, Right and Left.—*Position as in first exercise.*

Fig. 9.



1. As in sixth exercise.

2. Bend the arms until the chin rises above the bar, raise the right elbow and extend the fore-arm along the surface of the bar, the left elbow following on the left (Fig. 9), press strongly with the hands, straighten the right arm to its full extension, the left following, and remain sustained by the hands, in the vertical line, above the bar.

In descending, let the left fore-arm return to the bar, the right following, pass the left fore-arm beneath the bar, the right following, quit the grasp, and descend yielding.

10. To Rise Above the Bar by the Fore-arm, Both Hands at Once.—*Position as in first exercise.*

1. As in preceding exercise.

2. Bend the arms as in preceding exercise, raise both elbows and extend both fore-arms along the surface of the bar, press strongly with the hands,

straighten both arms to their full extension, and rise above the bar as in preceding exercise.

In descending, let both fore-arms slowly return to the bar, pass both arms beneath the bar, quit the grasp and descend yielding.

11. To Rise Above the Bar, Right and Left.

—*Position as in first exercise.*

1. As in sixth exercise.

2. Bend the arms until the chin rises above the bar, and raise the right elbow vertically above the bar, (Fig. 10), the left following, straighten both arms to their full extension, and rise above the bar in the vertical line, as in preceding exercise.

In descending, re-bend the left arm, the right following, let the left arm sink below the bar, the right following, straighten the arms, and descend yielding.

This exercise to be repeated with the left hand leading.

Fig. 10.



Fig. 11.



12. To Rise Above the Bar, Both Hands at Once.— *Position as in first exercise.*

1. As in sixth exercise.

2. Bend the arms until the chin rises above the bar, and without pause press strongly upon the bar with both hands at once, continue the upward movement

and rise above it (Fig. 11), immediately

completing the extension of the arms, and

sustain the body, on the hands, in the vertical line above the bar (Fig. 12). This series of movements to be executed without pause and at the same pace throughout.

In descending, slowly re-bend the arms, sink beneath the bar, quit the grasp, and descend yielding.



13. To Rise Above the Bar Backwards, Right and Left.— *Position as in first exercise.*

1. As in sixth exercise, but the grasp of the right hand reversed.

2. Raise the lower limbs by the front in position until the feet are as high as the bar, pass the feet under the bar, between the

hands, straighten the lower limbs and let them descend by the rear (Fig. 13), elevate the right side of the body, bringing it close up by the bar, and pressing strongly with the right hand until the fore-arm is straight above the bar, slackening but not quitting the grasp of the left hand (Fig. 14); support the weight of the body entirely on the right arm, quit the grasp of the left hand and re-grasp the bar at the *distance* beyond the right, at the same time turning the breast fully round to the bar, and resting equally on both hands (Fig. 15).

Fig. 13.



Fig. 14.

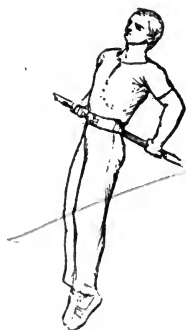


Fig. 15.



In descending, reverse the movements of the ascent, or descend as in twelfth exercise.

This exercise to be repeated, left and right.

14. To Rise Above the Bar Backwards, Both Hands at Once.—*Position as in first exercise.*

1. As in sixth exercise but the grasp of both hands reversed.

2. As in preceding exercise to the elevation of the right fore-arm above the bar; from this point instead of quitting the grasp of the left hand, elevate the left side and raise the fore-arm above the bar, press strongly from both hands and rise seated on the bar.

In descending, reverse the movements of the ascent.

15. The Leg Swing Backward.—*Position as in first exercise.*

1. Swing up on the bar as in fourth exercise.

2. Grasp the bar with both hands, the fingers and thumbs meeting,

throw the right leg as far behind as possible, slipping the left leg backward and catching the bar by the bend of the knee, keep the arms straight, throw the head back, and with a good swing of the right leg, make one turn backward round the bar.

The pupil will soon find that in this exercise the great difficulty to be avoided is making a half turn too much (See Fig. 16), a little practice, however, will enable him to regulate the swing so as to come up on the bar and remain there, as shown in Fig. 3.

When the pupil finds himself in the above awkward position, his only escape from the dilemma is to "swing up" on the bar and proceed as before.

After the gymnast has learned to execute one turn on the bar with ease, the exercise should be practised, with the right and left leg alternately, until several revolutions can be executed without stopping.

Fig. 16.



16. The Leg Swing Forward.—*Position as in first exercise.*

1. Swing up on the bar as in fourth exercise.
2. *Reverse* the grasp of the hands, throw the whole weight of the body on the arms, the body erect, and head well to the front, keep a firm grasp with the hands, throw the body well forward, keeping as far as possible from the bar, and make one turn round the bar.

Practise with the right and left leg alternately, until several revolutions can be executed without stopping.

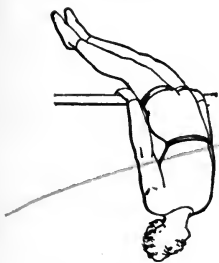
The pupil is liable to experience a difficulty exactly the reverse of the one referred to in the description of the last exercise, from want of confidence, when plunging forward, he is apt to keep too close to the bar and thus prevent the body from getting sufficient swing or impetus to make a complete turn. This difficulty will soon be overcome with a little practice.

17. To Sit on the Bar.—*Position as in first exercise.*

1. Rise above the bar as in twelfth exercise (Fig. 12).
2. Throw the left leg over the bar (Fig. 2), grasp the bar with the left hand outside the left thigh, throw the right leg over the bar, grasp the bar with the right hand outside the right thigh, and assume an upright sitting position. For another method see fourteenth exercise.

18. To Sit on the Bar, (Slow Movement).—*Position as in first exercise.*

Fig. 17.



1. As in the first exercise.

2. Throw the head and body back, bring the legs up under the bar between the arms, the head back far as possible, so that the face is parallel with the ground (Fig. 17), shorten the arms with an effort, pulling the body up, so that the seat is a little over the bar; *bend* the legs backward over the bar as much as possible, and then lengthen the arms, bringing the body over the bar into an upright sitting position.

The above exercise is not very difficult. When the position, as shown in Fig. 17, is gained, the body is drawn up so that the centre of gravity is above the bar; when this is gained, the bending of the legs naturally brings the body up to a sitting position.

19. To Extend the Legs from a Sitting Position.—*Position as in first exercise.*

Fig. 18.

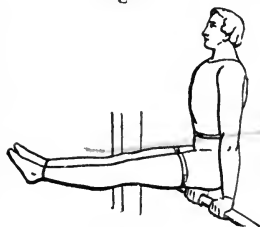
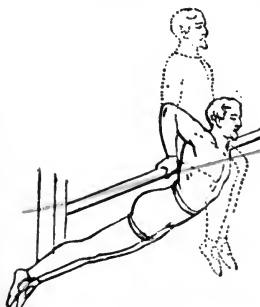


Fig. 19.



1. Sit on the bar as in last exercise.

2. Grasp the bar with both hands, the fingers and thumb meeting, raise the legs up slowly until they are at right angles with the body, the arms being straightened as rigidly as possible, raising and sustaining the entire body above and over the bar (Fig. 18).

20. To Lower the Body from a Sitting Position.—*Position as in first exercise.*

1. Sit on the bar as in eighteenth exercise.

2. Seize the bar with both hands, reversed grasp; keep the legs close together, lower the body as far as possible, and return again to a sitting position (Fig. 19). This requires considerable muscular effort.

21. To Sit on the Bar and Swing Round Backwards.—*Position as in first exercise.*

1. Sit on the bar as in eighteenth exercise.

2. Grasp the bar with both hands *between the legs*, the fingers and thumbs meeting, straighten the arms so that they will support the weight of the body, swing the body

backward with a strong impetus (Fig. 20), keeping a firm hold of the bar with both hands, making a complete revolution round the bar and returning to an upright sitting position. As the body swings around, the bar will slip down under the bent knees, the seat on the bar being resumed at the completion of the swing.

Although similar to the leg swing, this exercise is much more difficult to execute.

No person can be expected to succeed in this exercise upon a first trial, and most of those who attempt it lose the momentum of the swing when they get half round the bar. Some succeed in getting almost round, and, without having sufficient swing to regain a balance, fall forward again; but repeated trial will soon reward the pupil with success.

This exercise may also be executed with the hands grasping the bar *outside* of the legs, instead of *between* them.

22. To Sit on the Bar and Swing Round Forwards.—Position as in first exercise.

1. Sit on the bar as in eighteenth exercise.

2. Seize the bar with both hands, *reversed* grasp; straighten the arms so that they will support the whole weight of the body (see Fig. 21), raise the body as far upwards from the bar as possible, throw the chest out, head back, legs straight, hands firmly grasping the bar, swing the body forward with as much impetus as possible, keeping the arms straight, and make a complete turn forward around the bar.

This is much more difficult than the backward swing.

The remarks at the conclusion of the last exercise also apply to this.



Fig. 22.

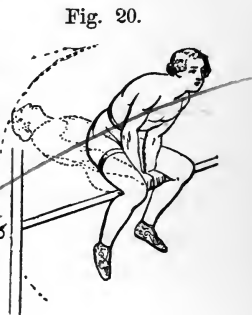


Fig. 20.

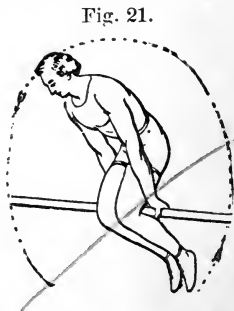


Fig. 21.

23. To Encircle the Bar. No. 1.—Position as in first exercise.

1. As in first exercise, the fingers and thumb meeting

2. Bend the arms, raising the body until the chin rises above the bar (Fig. 8), throw the head back, the legs forward, and at the same time upward

Fig. 23.



aided by a simultaneous effort of the wrist (see Fig. 22). While the legs are passing over and around the bar, straighten the arms and come down on the other side in the position as shown in Fig. 12.

This is a difficult exercise, and will require considerable practice before it can be executed with success.

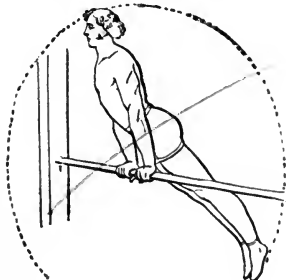
24. To Encircle the Bar. No. 2.—*Position as in first exercise.*

1. Spring from the ground and grasp the bar with both hands, the fingers and thumbs meeting, bend the arms and instantly shoot the lower limbs and the whole column of the body to the front, over the bar (Fig. 23), continue the circle, lowering the body by the rear, quit the grasp, and descend yielding.

25. The Short Swing or Circle, Backwards.—*Position as in first exercise.*

1. Rise above the bar as in exercise twelve, Fig. 12.
2. Rest the body against the bar, at the pit of the stomach, move the legs to and fro, with a gentle but determined movement, throw the head back, the legs forward and upward, this movement greatly assisted by the wrists will (if properly done) give sufficient impetus to enable the body to revolve around the bar and resume the original position as shown in Fig. 12.

Fig. 24.



At first the pupil may be satisfied with executing one revolution, but a little practice will enable him to accomplish several in succession.

The beginner will find this a rather difficult exercise; after throwing the body back, if he does not succeed in getting sufficient impetus, he will come into a hanging position as shown in Fig. 22.

After some little practice this exercise should be effected without allowing the body to touch the bar at all whilst going round; but this will be found to be much more difficult,

as the wrists will then have to do all the work (see Fig. 24).

26. The Short Swing or Circle, Forwards.—*Position as in first exercise.*

1. As in seventh exercise. (In all forward movements the hands must be reversed.)

2. Rise above the bar as in twelfth exercise (Fig. 12), but with the grasp reversed.

3. Incline the body forward so that the knees will be pressed firmly against the bar (Fig. 25), throw the body over forward, at the same time extending it straight out at arms' length, and with an effort of the arms as the body swings round come up again on the other side of the bar in an upright position. The arms must be kept perfectly straight.

Like the preceding exercise, this is difficult, and requires considerable practice before it can be executed with ease.

When a single revolution has been properly accomplished, the pupil must persevere until he can execute several in succession without pause between the movements.

Fig. 25.



27. To Hang by the Legs. No 1.—*Position as in first exercise.*

1. As in first exercise, hands a little wider apart.

2. As in eighteenth exercise, to the bringing of the legs up under the bar between the arms (Fig. 17).

3. Bend the knees over the bar with a firm grip, at the same time let go the hands (Fig. 26), and hang by the knees, the arms folded across the chest.

After having remained in this position a short time, raise the body up, grasp the bar with both hands, remove the right leg from the bar (the left leg still remaining over the bar), carry the right leg over the instep of the left foot, let go the hands, and hang by the left leg. Hang in this manner alternately by the right and the left legs.

This exercise, if constantly practised, will be found to so materially strengthen the knee joint, that the benefit derived from it will be of great advantage in climbing.

Fig. 26.



28. To Hang by the Legs. No 2.—*Position as in first exercise.*

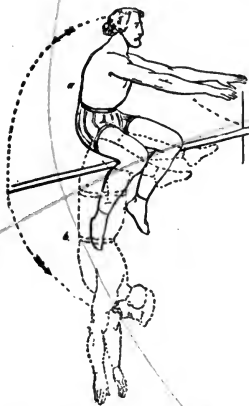
1. Sit on the bar as in eighteenth exercise.

2. Grasp the bar on either side, fingers and thumb meeting, gradually

slide back over the bar, leaning the body forward until the bar reaches the bend of the knees, bend the legs so as to catch the bar with a firm grasp at the knees, let the body fall backward, and when steady let go with the hands.

This exercise should be practised on a low bar, so that when hanging by the legs, the hands will touch the ground. It should be practised until it can be executed in an easy manner, as it is very useful in shifting from one exercise to another.

Fig. 27.



29. To Hang by the Legs. No. 3.—*Position as in first exercise.*

1. Sit on the bar as in eighteenth exercise.
2. Get a steady balance on the bar, extend the arms horizontally in front (Fig. 27-a), swing backward so as to hang by the legs (b).

This feat requires great strength in the legs, and confidence in the performer. It should never be attempted, even by a good gymnast, without the assistance of the *Lungers*, see page 19.

30. To Swing by the Legs.—*Position as in first exercise.*

1. Hang by the legs as in the preceding exercise, keeping the feet well towards the ground.
2. Move the body to and fro to get into a good swing, the body being drawn up in the forward movement, and carried with the arms as far back

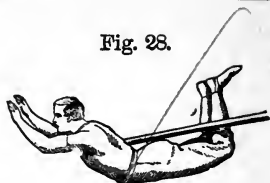
as possible in the backward swing.

This exercise should be practised until the pupil is able to swing the body either backward or forward on a level with the bar. At first the friction will make the legs a little sore, but they will soon harden with practice. This exercise is of great benefit to the knees and legs.

31. The Leg Swing Off, Backward.—*Position as in the first exercise.*

1. As in the preceding exercises.
2. Proceed with the Leg Swing as in the preceding exercise, and when sufficiently high in the backward swing, that is, with the body in a horizontal position face downward, unhitch the legs and alight on the feet (Fig. 28).

In practising this exercise it is of the greatest importance to learn the EXACT time to disengage the legs from the bar. The tyro is apt to hold on too long, not allowing sufficient swing to turn in order to alight on the feet. The first object is to swing high enough (Fig. 28), the next is to disengage the legs *exactly* as the body reaches the highest point on the backward swing and before it commences the return swing. If the learner leaves the bar on the return he will, as a matter of course, fall on his head or hands. If he unhitches his legs before swinging back sufficiently high, he will land on all-fours. This, and all similar exercises, should be practised with the *Lungers* until the pupil acquires the knack of disengaging the legs at the precise time. This is not a very difficult feat.



32. The Half Fall Back and Swing Off.—*Position as in first exercise.*

1. Sit on the bar as in eighteenth exercise.
2. As in twenty-ninth exercise, but, instead of hanging by the legs, swing up, as in Fig. 28, and alight on the feet as directed in the preceding exercise.

When balancing on the bar, lean the body forward as much as possible, in order to give it a greater distance to swing; throw the body backward with as great impetus as *possible*, the momentum acquired by this effort, if done with sufficient force, will cause the body to swing round and rise up on the other side, as shown in Fig. 28.

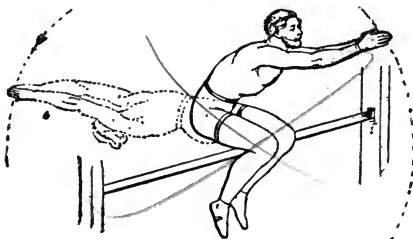
In the execution of this exercise the arms must be freely employed, the proper use of them is all-important in giving the necessary impetus to the body. The pupil must not be nervous about throwing the body from the bar with too great force, the greater the force used the better.

33. The Fall Back, or Hock Swing.—*Position as in first exercise.*

1. Sit on the bar as in eighteenth exercise.
2. As in twenty-ninth exercise up to the swing backwards; from this point throw the body back with all the impetus and determination possible, keeping a firm grip on the bar with the knees, straighten the body before it reaches the point immediately under the bar, throw the arms back, the chest out; this, if properly done, should give sufficient momentum to swing the body quite round the bar into a sitting position (see Fig. 29).

This is similar to the preceding exercise, but, in making the swing backward, much more impetus is necessary in order to get the required swing to make the complete revolution. It is a feat that requires confidence as well as continued practice, and the pupil should be able to execute the preceding exercise with ease before attempting this one. When well done, however, this is one of the most showy feats in gymnastics.

Fig. 29.



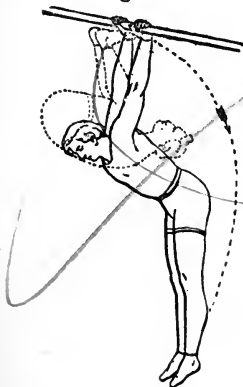
A balance may be attained between each revolution, or several turns may be made, "in a swing," without any pause; the former is more difficult.

34. To Pass Through the Arms.—*Position as in first exercise.*

1. As in first exercise.

2. Bring the feet up between the hands without touching the bar, pass the feet through between the hands and drop them until they nearly touch the ground (Fig. 30); return in the same way. Repeat several times.

Fig. 30.

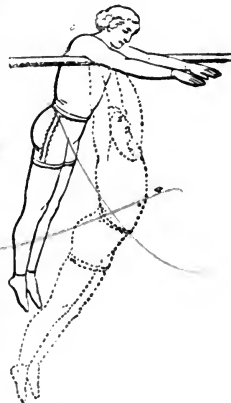


35. To Hang with the Arms Over the Bar.—*Position as in first exercise.*

1. As in first exercise.

2. Raise the body up by an effort of the arms and chest (Fig. 31-a), let go the hands and thrust the arms over the bar, so as to remain suspended by the upper arms (b). To return raise the body, draw the

Fig. 31.



arms quickly back, catch the bar with the hands, and drop to the first position.

36. The Tilt Upon the Bar.—*Position as in first exercise.*

1. As in first exercise, the fingers and thumb meeting.

2. Swing forward (Fig. 32-*a*), raise the feet to the bar keeping the legs straight (*b*), with a strong effort of the arms, aided by a corresponding motion of the legs raise the body quickly on the bar (*c*).

In descending, set the body free from the bar, and descend yielding.

Fig. 32.

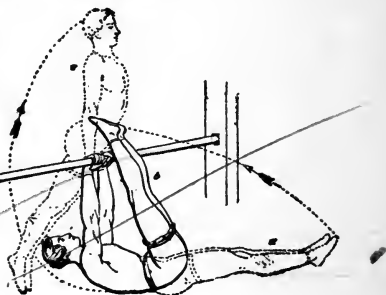
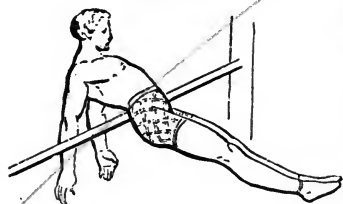


Fig. 33.



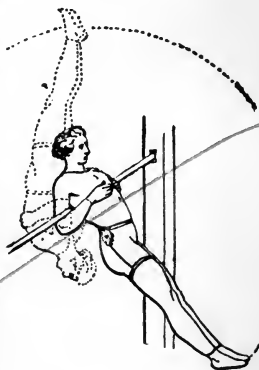
37. The Arm Mill.—*Position as in first exercise.*

1. Sit on the bar as in eighteenth exercise.

2. Straighten the body, put the arms straight

behind, slip gradually down until the bar catches the arms (see Fig. 33), hold the arms firmly to the side, the hands well distended on the chest, the legs straight. Swing backward and forward until sufficient impetus is attained to make an entire revolution around the bar (Fig. 34).

Fig. 34.



Continue practising until several revolutions can be performed without pause. A showy feat when executed rapidly. This exercise may also be executed with a forward movement.

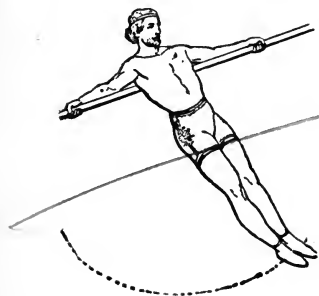
38. The T Mill.—*Position as in first exercise.*

1. Sit on the bar as in eighteenth exercise.

2. As in preceding exercise, but instead of bringing the arms down behind the bar, extend them at the sides, grasp the bar a little underneath

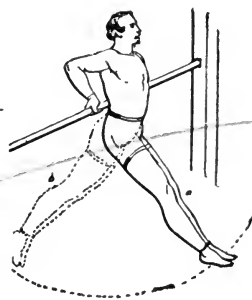
with the thumb uppermost (Fig. 35), and in this position revolve round the bar.

Fig. 35.



The concluding remarks to the preceding exercises apply also to this.

Fig. 36.

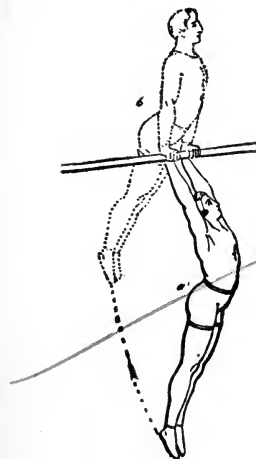


39. The Back Mill— *Position as in first exercise.*

1. Sit on the bar as in eighteenth exercise.
2. Reverse the grasp of the hands, jump forward, support the body

with the arms, middle of the back close to the bar (Fig. 36), in this position swing backward and revolve round the bar.

Fig. 37.

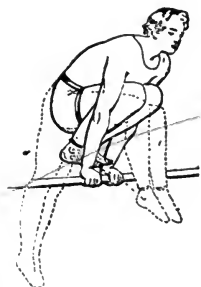


40. The Quick Pull Up.—*Position as in first exercise.*

1. As in first exercise.
2. Throw the upper part of the body forward so as to distend the chest, with a strong effort of the arms raise the body at the same instant that it receives the backward impulse given to it by throwing forward the chest and shoulders (Fig. 37).

This feat consists in raising the body quickly from position (a) to position (b) without bending the arms, and without the aid of a swing.

Fig. 38.



41. To Pass the Legs Between the Arms.—*Position as in first exercise.*

1. As in first exercise.
2. Spring up, gathering the legs as much as possible, so as to pass them between the arms without touching the bar (Fig. 38), when the legs are fairly over let go the hands and alight on the ground.

42. To Jump Over the Bar Outside the Arms.—*Position as in first exercise.*

1. As in first exercise.
2. As in preceding exercise, except that the legs are spread so as to pass over the bar on each side of the arms instead of between them (Fig. 39).

Fig. 39.

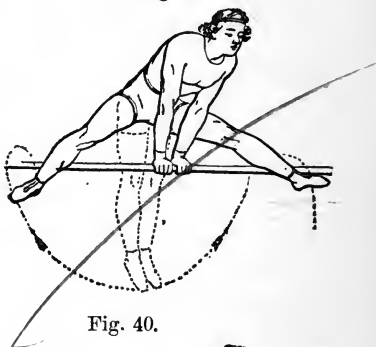


Fig. 40.

43. To Swing up to the Bar Without Bending the Arms.—*Position as in first exercise.*

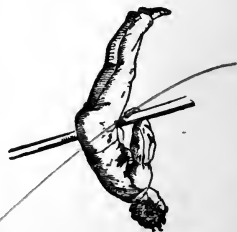
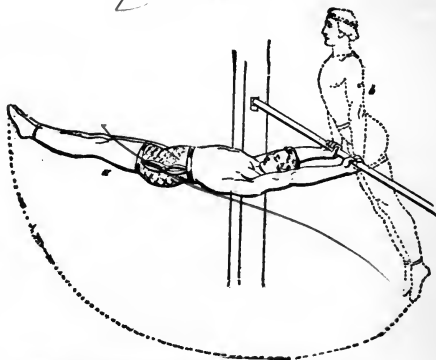
1. As in first exercise.
2. Swing forward as in Fig. 40 (a), and with the assistance of the momentum gained by the return swing, aided by a strong effort of the wrists, rise up to the bar without bending the arms (b).

44. The Upstart.—*Position as in first exercise.*

1. As in first exercise.
2. Swing the feet up to the bar, as in Fig. 41, at the same time raising the body by bending the arms; shoot out the feet with a quick movement as far as possible, bring them down again with a *snap*, so that they describe a semicircle, and as the body rises from the impetus of this movement assisted by the wrists, straighten the arms and rise erect above the bar, as in Fig. 12.

This showy exercise affords the gymnast a means of rising above the bar with a quick movement, something like a *start*, or *snap*.

Fig. 41.



45. The Jerk Up.—*Position as in first exercise.*

1. As in first exercise.
2. Draw the legs up, keeping the arms straight (Fig.

42), throw the head back a little, jerk or carry the legs down suddenly, the feet describing a semicircle, and by the strength of the wrists, without bending the arms, assisted by the momentum or *send* given to the body by the sudden motion of the legs, rise erect above the bar as in Fig. 12.

This is somewhat like the preceding exercise, and is intended to accomplish the same purpose, it is, however, executed without a swing and without bending the arms.

46. The Back Horizontal.—*Position as in first exercise.*

1. Pass through the arms as in exercise thirty-four (Fig. 30), but on carrying the legs through raise them up straight with the body, then, keeping them in that position, lower them until they are horizontal with the body, as shown in Fig. 43. Remain in this position a short time.

Return through the arms.

47. The Front Horizontal.—*Position as in first exercise.*

1. As in first exercise, with the grasp of the hands *reversed*.
2. Raise the legs to the bar, lower them slowly into a horizontal line with the body (Fig. 44); remain in that position as long as possible without straining.

If properly done, this is one of the most difficult of all the exercises.

48. Skinning the Cat.—*Position as in first exercise.*

1. As in twenty-seventh exercise.
2. Swing, and when the legs are extended forward as in Fig. 45, pass them rapidly through the arms (b), and over the

bar (c). From this position the gymnast may sit on the bar and proceed with other exercises.

49. The Giant Swing Forward.—*Position as in first exercise.*



Fig. 42.

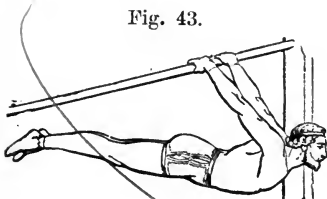


Fig. 43.

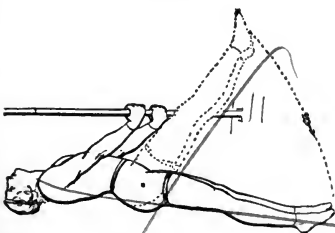


Fig. 44.

1. Rise above the bar as in twelfth exercise (Fig. 12). Grasp the bar firmly, the fingers and thumbs *together*.

2. Move the legs backwards and forwards a few times, leaning the body forward a little with the same motion of the legs, fling the body *upward* and backwards at arms' length off the bar (Fig. 46-*a*) without losing the momentum of the swing; in descending slightly bend the body backward, when the body is *under* the bar, throw the legs suddenly forward and the head back (this movement will give an upward impetus); while going up draw the body a little closer by

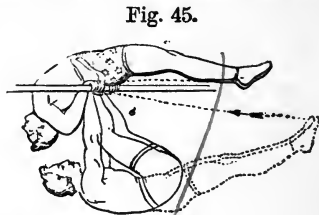
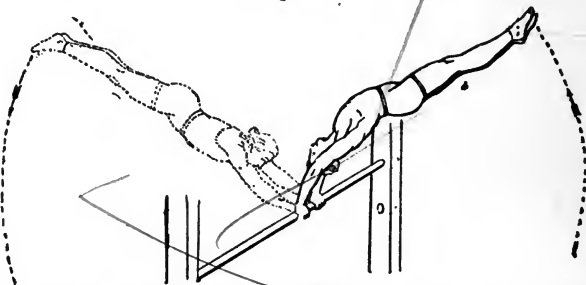


Fig. 45.

Fig. 46.



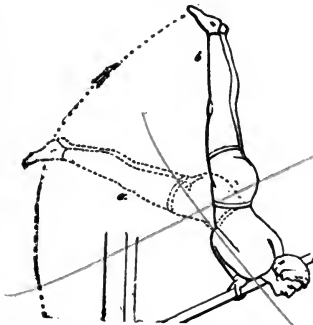
bending the arms (this shortens the distance from the bar and greatly assists the momentum already gained), come up over the bar with the arms still bent and chest thrown forward; at this point the gymnast will find that the hands are rather too far over the bar, the arms being bent, and the body nearly perpendicular. This is what may be called the "dead point" of the swing, and is a very awkward posture to be in; but the secret of getting out of it, and regaining the full force of the swing is what is called "the shift," which is, to give the hands a sudden turn, and bring the palms on to the top of the bar, which gives power to straighten the arms again and start for another revolution. With practice the pupil will be able to get the necessary impetus without bending the arms (*b*). This is one of the most difficult feats in gymnastics and requires great strength, energy and nerve. Before attempting it the pupil should be able to execute the "short swing" with ease.

50. The Giant Swing Backward.—Position as in first exercise.

1. Rise above the bar as in twelfth exercise (Fig. 12), seize the bar firmly with the *reversed* grasp.

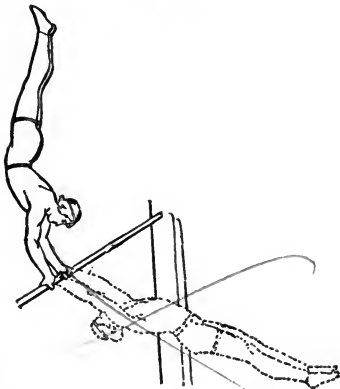
2. Incline forward so as to balance the body in a horizontal position, arms bent, body resting on the elbows, gradually raise the body to a vertical position over the bar, arms still bent (Fig. 47), at the moment the body begins to fall over the bar straighten the arms quickly as in Fig. 48, and this movement will impart sufficient impetus to swing the body completely round the bar. When the revolution has been nearly completed as the body is again rising to the vertical position shift the hands round a little, bend the arms as in Fig. 47, ready for a second revolution.

Fig. 47.



Forward" (Exercise Forty-ninth), and as soon as the body is horizontal with the bars, that is, a little lower than the position shown in (b) Fig. 46, and rather above the horizontal, let go the hold of the hands, and alight on the feet (Fig. 49).

Fig. 48.

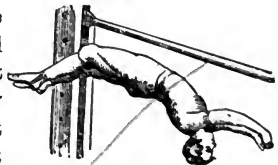


51. **The Backaway.**—Position as in first exercise.

1. Swing as directed in the "Long Swing

This graceful feat makes a brilliant finish to the preceding exercise; it is not very difficult, but demands great confidence and care when practising it. The gymnast should not attempt to execute it without the assistance of the *Lungers* (see page 19). When practising the Backaway the principal thing is to get

Fig. 49.



a good swing, but not too much or the feet may catch against the bar; experience will teach just how much is necessary. It will be observed that when the hands are released the body seems to turn a complete somersault.

52. The Roll Off.—*Position as in first exercise.*

1. Sit on the bar as in eighteenth exercise.

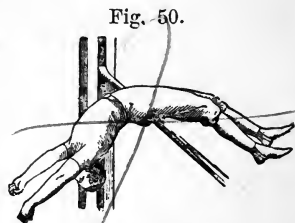
2. Balance the body perfectly straight, bring the arms up over the head, drop the body backward (Fig. 50), this movement gives sufficient impetus to cause the body to execute a sort of a backward somersault, and the gymnast to alight in safety on his feet.

Like the preceding exercise this pretty feat requires confidence, and should not be practised without the *Lungers*. It is not difficult, and when once acquired the gymnast is astonished at its simplicity. The Roll Off serves as a graceful finish for many of the bar exercises.

These fifty-two exercises cover all the principal evolutions on the Horizontal Bar; and, when fully mastered, the student may consider himself a proficient in this branch of gymnastic exercises.

Some of the feats involve severe strain on the muscles, especially of the arms, but constant practice will enable the learner to reduce the strain in a great degree, by discovering the exact point at which the greatest exertion is needed, and thus concentrate his energies at the proper time.

The concluding remarks on page 8 are especially applicable to the Horizontal Bar exercises, in which will-power will be found, not to replace muscular effort, but to so aid and regulate it as to lessen very greatly the severity of the strain requisite to success.



VAULTING OVER THE HORIZONTAL BAR.

The beginner should practise upon different heights gradually ; beginning by placing the bar as low as the pit of the stomach, and not increasing the height until able to clear it with ease, and then only raising the bar two

Fig. 1. inches at a time until able to vault over it at the proper height.

1. To Vault Over the Bar in Three Movements.—*Position of attention*, facing the bar, close to it.

1. Raise the hands and grasp the bar ; the hands at *the distance*, (see *Technical Terms*) the fingers and thumbs meeting ; lift the feet from the ground, press strongly with the hands, rising to the full extension of the arms and inclining the body slightly forward during its ascent ; the head erect, the column of the body upright, the legs straight and together, the feet together, the toes pointed to the ground (Fig. 1).

2. Raise the left leg, retaining its extension, and place the foot upon the bar, the hollow of the foot resting on it (Fig. 2).

3. Raise the right leg, and bring the right foot up to the left, clear the bar, the whole column of the body and the lower limbs in one horizontal line over it, the arms bent, the chest turned towards the bar (Fig. 3), quit the grasp, and descend yielding, facing the bar opposite the point grasped by the hands.

This exercise to be repeated on the right.

2. To Vault Over the Bar in Two Movements.—*Position as in first exercise.*

1. As in first exercise.

2. Lean for-

ward across the bar, press the lower limbs to the front under the bar and as they return to the rear throw them to the left, clear the bar, as in



Fig. 2.



Fig. 3.



preceding exercise (Fig. 3), quit the grasp of the hands, and descend yielding, facing the bar.

3. To Vault Over the Bar in One Movement.—*Position as in first exercise.*

1. Raise both hands and grasp the bar as in first exercise, press from both hands and feet simultaneously, throw both feet with the lower limbs in position to the left, clear the bar, the trunk and lower limbs in the position of first exercise (Fig. 3), quit the grasp, and descend yielding.

During this exercise the body should make a complete turn, the feet describing a semicircle diagonally, the chest at each point of the ascent and descent being continually turned towards the bar, the position of the body on the completion of the descent being as distinctly facing the bar as it was preparatory to the ascent.

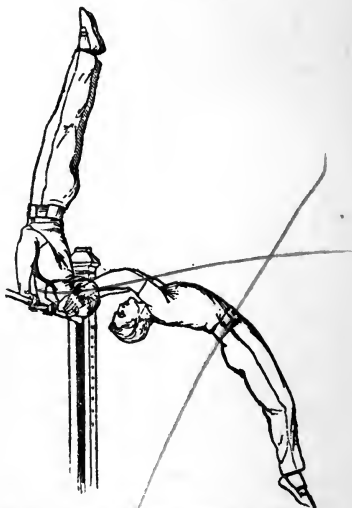
This exercise to be repeated on the right.

Fig. 4.

Fig. 5.

4. To Vault Over the Bar by the Back Lift.—*Position as in first exercise.*

1. Raise both hands and grasp the bar, as in first exercise; press strongly with the hands and feet simultaneously, and throw the body over the bar in a straight line vertically above the head, the arms bending during its ascent, the elbows held close in by the sides, the head and shoulders inclined to the front, the column of the body and the lower limbs with the toes pointed upward in a vertical line when above the bar (Fig. 4); from this point throw the feet to the front, bending the back inwards, and raising the head as the feet approach the ground, quit the grasp (Fig. 5), and descend yielding, the back to the bar.



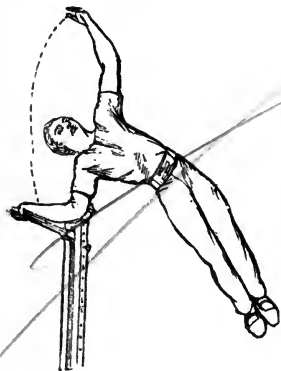
5. To Vault Over the Bar by the Back Lift in Two Movements.—*Position as in first exercise.*

1. As in first exercise (Fig. 1)

2. Press the lower limbs to the front, as in second exercise, and as they return to the rear, throw them straight above the head as in fourth exer-

ercise (Fig. 4, the arms bending during the ascent; clear the bar and descend as in fourth exercise.

Fig. 6.



6. To Vault the Bar Over One Hand.—
Position as in first exercise.

1. As in fourth exercise, but during the elevation of the lower limbs above the bar, instead of retaining the body between the hands, incline it over the right arm, the trunk and lower limbs turning towards the right; complete the elevation of the lower limbs until they rise straight above the bar over the grasp of the right hand, quit the grasp of the left, and pass it above the head; let the feet descend (Fig. 6), the right side next the bar, quit the grasp of the right hand, and descend yielding.

This exercise to be repeated over the left hand.

7. To Vault the Bar with the Hands Only.—*Position as in first exercise.*

1. Spring up and grasp the bar with both hands, as in first exercise, and in lifting the feet from the ground, press them to the front under the bar; on their return oscillation, rapidly bend the arms, until the breast rises above the bar, press strongly with the hands, continue the upward movement of the body, and at the same time throw the lower limbs in position to the right, clear the bar, and descend yielding.

This exercise to be repeated on the left.

8. To Vault the Bar with the Hands Only, by the Back Lift.—*Position as in first exercise.*

1. As in preceding exercise until the breast rises above the bar, at this point press the elbows close in by the sides, incline the head and shoulders to the front, elevate the lower limbs vertically above the head as in fourth exercise (Fig. 4), and descend yielding (Fig. 5).

9. To Vault the Bar with Hands Only, Over One Hand.—*Position as in first exercise.*

1. As in preceding exercise, but during the elevation of the lower limbs

above the bar, incline the body over the right arm, complete the elevation of the lower limbs, and the descent as in sixth exercise (Fig. 6).

This exercise to be repeated over the left hand.

10. To Vault the Bar with One Hand.—

Position of attention facing the line of the bar, the bar on the left.

1. Grasp the bar strongly with the left hand, slightly bend the lower limbs, and on their return extension, spring from the ground, incline the body strongly over the right arm, rapidly elevate the left hand above the head, and pass the lower limbs, straight and together, over the bar (Fig. 7), quit the grasp, and descend yielding, facing the bar.

These vaulting exercises are mainly the application to the Horizontal Bar of some of the similar movements with the Vaulting Horse, previously described, and may profitably be practised at the same time, as they all unite agility with precision and nerve.

Fig. 7.

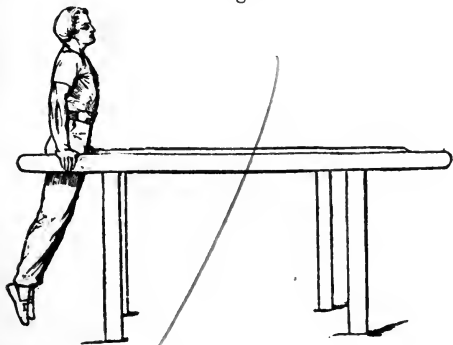


THE PARALLEL BARS.

The exercises upon the Parallel Bars are all virtually executed by the trunk and upper limbs, and all of them tend to strengthen and develop the chest, muscles of the back, arms, shoulders and abdomen. This apparatus is not, however, so popular as the Horizontal Bar, as the free use of the legs enables the gymnast to perform a greater number of exercises upon the latter. Again, upon the single bar, the performer can change from one exercise to another, executing an infinite variety of combinations without leaving the bar or touching the ground with the feet. On the other hand, there is no single exercise on the parallel bars which requires violent or sudden effort, and the exercises are not only numerous, but capable of much artistic effect, and requiring equally muscular power and dexterity of action.

The Parallel Bars should be about 8 feet long, 19 inches apart inside, 4 feet 8 inches from the ground or floor, 2½ inches wide, and 3 inches deep, the upper surface rounded off to fit the hands. The height of the bars from the ground should be regulated according to the height of those for whose use they are intended. The above will be suitable for the average height.

Fig. 1.



1. The Single March Forwards.—*Position of attention* at the entrance to the bars.

1. Raise the hands and place them on the bars, the thumbs inside, the fingers outside,

extended, and pointed downwards; press from the hands until the arms are completely extended, the head upright, the eyes directed to the front, the chest advanced, the shoulders square to the front, the column of

the body upright and firm, the lower limbs straight and together, the feet together and pointed to the ground (Fig. 1).

2. Rest on the left hand, advance the right six inches beyond it along the bar, advance the left six inches beyond the right (Fig 2). Repeat. When this can be done with ease vary the exercise by turning the arms so as to walk with the fingers on the *inside* of the bars. Repeat.

Every exercise is here given in its perfect form, but with beginners of ordinary physical capacity, they may and should be approached through several stages of less difficulty. Thus, in those from number one to number twelve, inclusive, the perfectly upright position of body, advanced breast, straight limbs, and erect head, may be departed from in the earlier stages of practice. Also, a free lateral inclination from hand to hand; and, in the front and rear exercises, with both hands at once, a more energetic upright lift of lower limbs may be allowed.

Fig. 3.



2. The Single March Backwards.

—*Position of attention*, the back to the bars.

1. As in first exercise (Fig. 3).
2. Rest on the left hand and advance the right backwards, the left following on the left, as in first exercise. Repeat.

3. The Double March, or Hop Forwards.—*Position as in first exercise.*

1. As in first exercise, except that the lower limbs are bent at the knee at a right angle with the body, the

toes pointed to the rear (Fig. 4).

2. Spring or hop forward with both hands, the distance of the step in first exercise, retaining the body and lower limbs in position. The

Fig. 2.

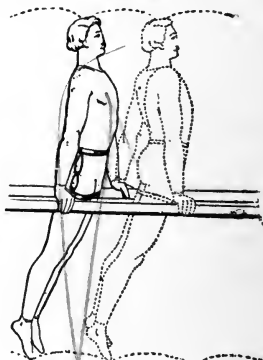
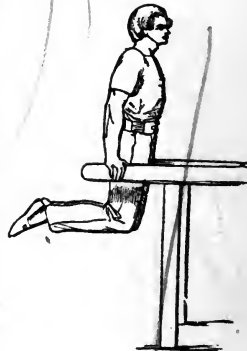
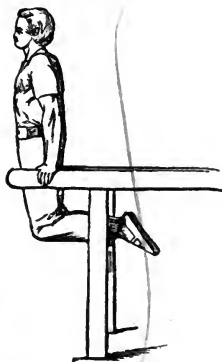


Fig. 4.



hop may be done by bending the arms a little, thereby sinking the shoulders, and straightening them again suddenly, or by raising the legs a little,

Fig. 5.



and dropping or jerking them down again directly. In either case it must be done so very slightly as to be scarcely perceptible. Repeat.

4. The Double March, or Hop Backwards.—*Position as in second exercise.*

1. As in third exercise (Fig. 4).
2. Spring backwards with both hands the distance of the step in first exercise, retaining the body and lower limbs in position (Fig. 5).

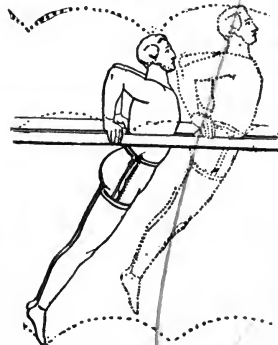
5. To Rise and Sink Between the Bars.—*Position as in first exercise.*

1. As in first exercise, head a little advanced.
2. Lower the body as much as possible by an effort of the arms, raise it again by a similar effort (Fig. 6).

Fig. 6.

Repeat the movement several times, both slowly and quickly. The exercise may be varied

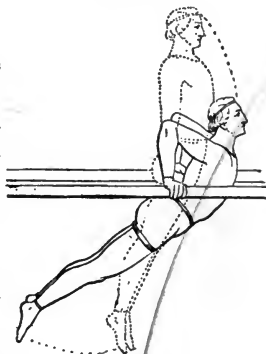
Fig. 7.]



by marching forwards and backwards as in exercises one and two.

6. The Stooping Hop.
—*Position as in first exercise.*

1. As in first exercise.
2. As in preceding exercise.
3. Spring or hop forward the distance of the step in first exercise, the body must not be raised high enough to permit the arms being straightened (Fig. 7). The legs should be kept perfectly straight, but the pupil may depart



from this rigid rule in the earlier stages of practice, and to assist in executing the exercise may draw the legs up a very little, and jerk them down again at the time the hop is made. This must, however, be dis-

continued as soon as possible, as the spring ought to be made from the wrist and arms without any other assistance. This movement is also called "The Grasshopper."

When this can be executed with ease, vary the exercise by performing it backwards.

7. The Swing.—*Position as in first exercise.*

1. As in first exercise.

2. Keep the arms, body, and legs perfectly straight, swing the legs and body forward and backward sufficiently high to form a right angle with the arms (Fig. 8).

The pupil must not attempt to swing too high at first, but gradually increase the height by continued practice, and in doing this, the legs must be made to do their utmost, especially in the forward swing, when they should be brought up well in

front, then carried down and up behind with increased impetus, describing a semicircle. In either the forward or backward swing the feet must be carried as high as the head, and if higher, so much the better.

When the exercise can be executed with freedom, the legs may be opened and struck together (Fig. 9).

8. The Stooping Swing.—*Position as in first exercise.*

1. As in first exercise.

2. As in fifth exercise.

3. Swing as high and as long as convenient, without fatigue (Fig. 13).

This should not be attempted until all the preceding exercises can be executed with ease.

9. The Swing March and Jump.—*As in first exercise.*

1. As in first exercise.

Fig. 8.

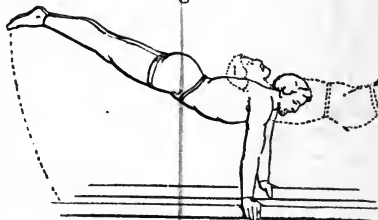
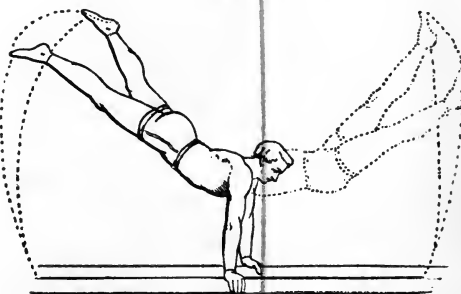
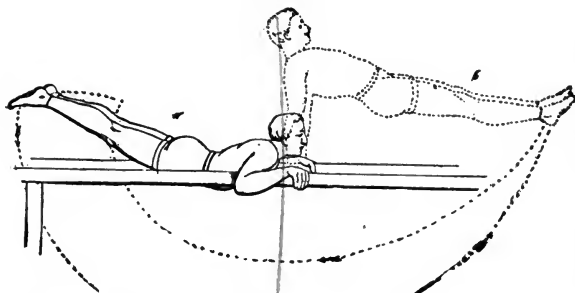


Fig. 9.



2. *First*.—Swing high as in the seventh exercise, and when the legs are rising in the *forward* swing, advance, first the right arm, then the left.

Fig. 10.



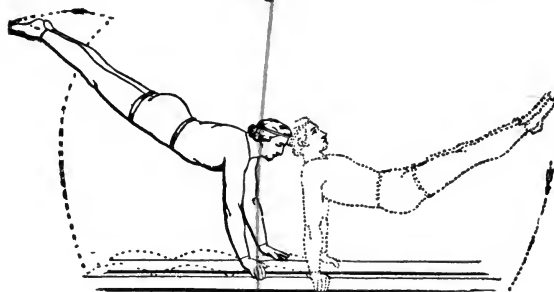
These movements must be made in the *forward* swing only.

Second.—Swing and advance each arm alternately, in the *backward* swing only.

Third.—Advance the arms alternately one in the *forward*, and one in the *backward* swing.

Fourth.—Advance *both* arms at once, as in the third exercise, in the *forward* swing only (Fig. 11).

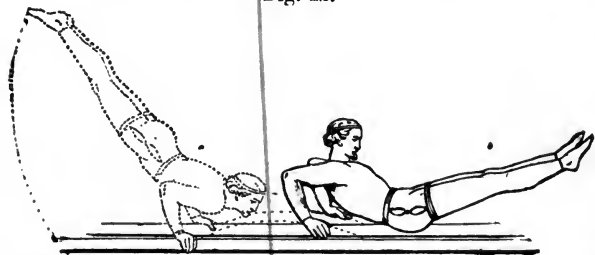
Fig. 11.



Fifth.—Advance both arms at once, in the *backward* swing only.

Sixth.—Advance both arms in the *forward* and *backward* swing.

Fig. 12.



(Fig. 12-a), bend the arms, thereby sinking the body before the legs have

10. The Stooping or Grasshopper Spring Forward.—*Position as in first exercise.*

1. As in first exercise.

2. Swing as in the seventh exercise, and in the *backward* swing

had time to drop, while the body is rising in the *forward* swing (b), carry up the legs well in front, and at the same time, with the aid of the swing and a sudden impulse given with the arms, leap forward as far as possible on the hands; on alighting on the bars, straighten the arms as in (Fig 11), and proceed with the backward swing before allowing the body to sink again. Care must be taken to preserve the balance of the body. In the early stages of practising, the learner should only leap short steps, increasing the length gradually until able to go the length of the bars in three springs.

This is a difficult exercise to execute well, and requires great strength in the wrists, arms and shoulders, as well as resolution and constant practice.

11. The Grasshopper Spring Backward.—*Position as in second exercise.*

1. As in second exercise.
2. As in the preceding exercise, but reversing the movements, sink the body in the *forward* swing, and on rising in the *backward* swing, spring backward, alighting on the bars with straightened arms, sink again and continue the exercise. This is more difficult than the preceding.

12. To Rest and Swing Forward.—*Position as in first exercise.*

1. As in first exercise.
2. Rest on the bars with the arms (Fig. 10), and with the aid of a swing forward, raise the body on the hands at arms' length; then, as the body drops in the return swing backward, catch the bars under the arms again, and so on alternately. The exercise may be varied by raising the body at the backward swing.

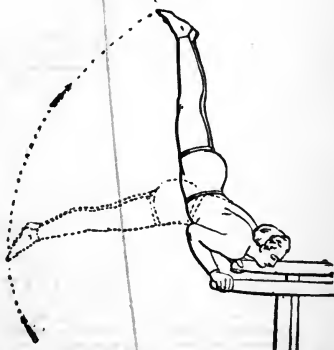
13. To Raise the Body Verticaly.—*Position as in first exercise.*

1. As in first exercise.
2. Bend the upper part of the body forward, the whole weight being on the wrists (Fig. 14), raise the legs up

Fig. 13.

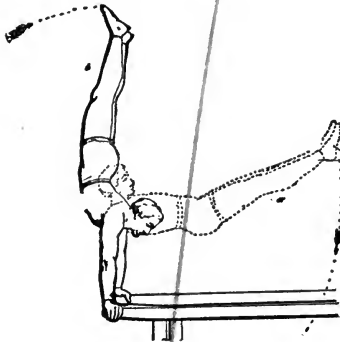


Fig. 14.



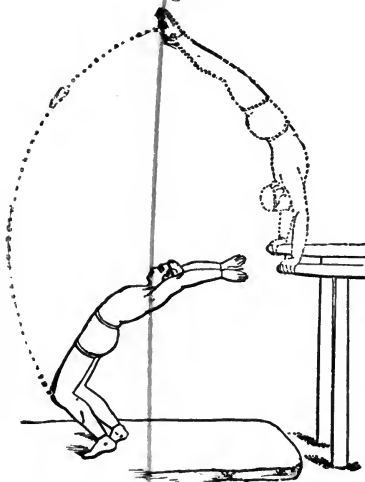
slowly to position, remain a few seconds, and then return as slowly as possible to first position. It would be much less difficult to *swing* up to the same position, but that would not exercise the muscles in the same degree.

Fig. 15.



This exercise may be continued, with a forward march each time that the body is in a vertical position.

Fig. 16.



14. The Hand Balance.—*Position as in first exercise.*

1. As in first exercise.
2. Swing from position (a), to position (b), head well back on the neck, to prevent the body going over too far (Fig. 15).

In the earlier stages of practising the learner may bend the arms a little when the legs are rising above the head, this will assist in preserving the balance, and the arms can be straightened afterwards. This modification must, however, be gradually relinquished and the exercise executed without bending the arms at all.

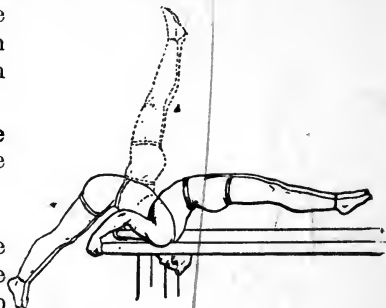
15. The Hand-Spring from the Bars.—*Position as in second exercise.*

1. Swing up in a vertical position (Fig. 16), and when the body is well over (almost half-way to the ground) spring with the hands from the bars, and alight on the feet. This exercise is much easier to execute with the arms bent a little. When practising this or the preceding exercise, a mattress and two assistants will serve to guard against any accident in a first attempt. This showy feat makes a good finish, when the gymnast reaches the ends of the bars, after executing such forward exercises as the ninth and tenth.

16. The Shoulder Turn.—*Position as in first exercise.*

1. Grasp the ends of the bars, spring up and rest the shoulders on them (Fig. 17-*a*), raise the body slowly to the vertical position (*b*), drop the body slowly to the horizontal position (*c*), remain a few seconds and return slowly to the first position.

Fig. 17.



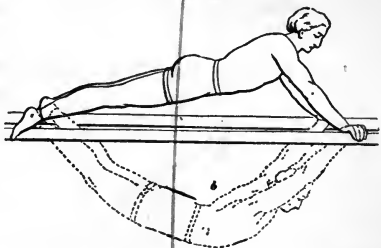
17. To Drop the Body Between the Bars.—*Position of attention* between the bars at the centre.

1. As in nineteenth exercise.

2. Swing to the rear, and when the lower limbs are horizontally above the bars, separate them and let them fall to rest on the bars, extending the arms well forward (Fig. 18-*a*), let the body drop slowly between the bars, being supported by the hands and feet only, into position (*b*), return to position (*a*) without bending the arms or legs, by pushing the arms forward and the legs backward, so as to straighten the body. A difficult exercise.

well forward (Fig. 18-*a*), let the

Fig. 18.

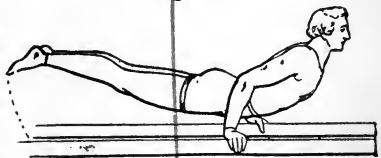


18. La Planche.—*Position as in preceding exercise.*

1. As in nineteenth exercise.

2. Lean gradually forward, bending the arms *a little* at the elbow, at the same time raising the body and legs slowly in a horizontal position (Fig. 19). Remain a short time and return to first position.

Fig. 19.

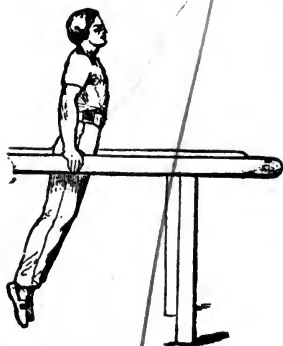


The object of this exercise (which is a very difficult one) is to lean the upper part of the body sufficiently forward to counterbalance the lower part when raised. It requires great strength of muscle.

The following series of exercises upon the parallel bars are arranged pro-

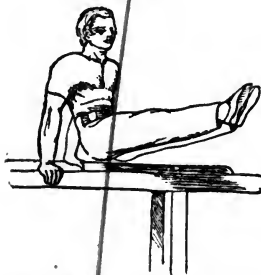
gressively, and have the advantage of not being as difficult as many of those preceding them.

Fig. 20.



bars, and pass them over the right bar (Fig. 21); when clear of the bar, relax the extension of the

Fig. 21.



limbs, press strongly from the left hand, spring to the ground, and descend yielding, facing the bars.

Fig. 22.



bar, spring to the ground, and descend yielding, facing the bars.

19. To Clear the Bar by the Front.—*Position of attention* between the bars at the centre.

1. Raise the hands and place them on the bars opposite each other, the thumbs inside, the fingers outside, extended and pointed downwards. Press from the hands until the arms are completely extended, the legs together and straight, the toes pointed to the ground, the head erect, the trunk of the body upright, the chest advanced, the shoulders square to the front (Fig. 20).

2. Swing the lower limbs, the toes pointed to the front, until they rise above the level of the bars, and pass them over the right bar (Fig. 21); when clear of the bar, relax the extension of the limbs, press strongly from the left hand, spring to the ground, and descend yielding.

This exercise to be repeated, clearing the left bar.

In this, as well as any of the following exercises, the pupil must be careful never to separate the legs, they must be kept rigidly in position.

20. To Clear the Bar by the Rear.—*Position as in nineteenth exercise.*

1. As in nineteenth exercise.

2. Swing the lower limbs to the front, as in preceding exercise, and on their return oscillation to the rear incline the head and shoulders to the front, bending the arms, and elevate the lower limbs, the toes pointed to the rear, until they rise above the level of the bars, and pass them over the right bar; (at this point the lower limbs, trunk and head, are in the horizontal line of the bars, Fig. 22), press strongly from the left hand, clear the right

This exercise to be repeated, clearing the left bar.

21. To Rest on the Left Bar and Clear the Right, by the Front.—
Position as in nineteenth exercise.

1. As in nineteenth exercise.
2. Swing the lower limbs to the front until they rise above the level of the bars, pass them over and let them rest on the left bar, relaxing the extension (Fig. 23).

3. Press strongly with the hands, elevate the lower limbs above the bar, sweep them across and clear both bars to the right front (Fig. 24), and descend yielding, facing the line of the bars.

This exercise to be repeated, resting on the right bar, and clearing the left.

22. To Rest on the Left Bar and Clear the Right, by the Rear.—
Position as in nineteenth exercise.

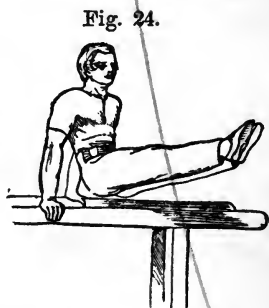
1. As in nineteenth exercise.
2. Slowly incline the head and shoulders to the front, bending the arms; swing the lower limbs, the toes pointed to the rear, until they rise above the level of the bars, as in Fig. 22; at this point pass them over and let them rest on the left bar, relaxing the extension, the feet together, the toes pointed downwards, as in Fig. 35.

3. Incline the head and shoulders to the front, bend the arms until the shoulders are as low as the bars, and at the same time elevate the lower limbs, sweep them across both bars to the left rear, and descend yielding.

This exercise to be repeated, resting on the right bar and clearing the left.

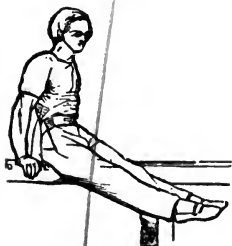
23. To Rest on The Right Bar in Front and Clear it by the Rear.—
Position as in nineteenth exercise.

1. As in nineteenth exercise.
2. Swing the lower limbs to the front, until they rise above the level of the bars, pass them over and let them rest on the right bar, relaxing the



extension (Fig. 25); press strongly with the hands, elevate the lower limbs

Fig. 25.



above the bar, pass them between the bars, and let them swing to the rear, at the same time bending the arms until the shoulders are as low as the bars, and bringing the column of the body with the lower limbs to the horizontal line of the bars (Fig. 26); clear the right bar by the rear and descend yielding, facing the bars.

This exercise to be repeated on the left bar.

The same exercise to be repeated with the following variations:—

1. Resting on the right bar in the front and clearing the left by the rear.

Fig. 26.

2. Resting on the left bar in the front and clearing the right by the rear.



24. To Rest on Both Bars in Front, and Clear the Right by the Rear.—*Position as in nineteenth exercise.*

1. As in nineteenth exercise.

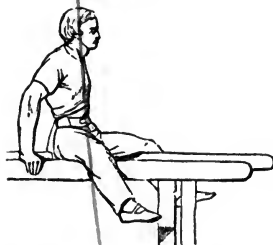
2. Swing the lower limbs, the toes

pointed to the front, until they rise above the level of the bars; at this point separate the lower limbs and let them rest on the bars (Fig. 27),

Fig. 27.

raise them again above the bars, let them sweep to the rear, as in preceding exercise clear the right bar, and descend yielding.

This exercise to be repeated, clearing the left bar.



25. To Rest on the Left Bar in the Rear, and Clear it by the Front.—*Position as in nineteenth exercise.*

1. As in nineteenth exercise.

2. As in twenty-second exercise to the rest

on the bar; incline the head and shoulders to the front, bend the arms until the shoulders are as low as the bars, the head between them, re-elevate the lower limbs and passing them between the bars, let them sweep to the front and clear the left bar, as in Fig. 24, and descend yielding. During the last movement bring the head and shoulders to the vertical posi-

tion, gradually straighten the arms and retain them straight while the feet clear the bar.

This exercise to be repeated on the right bar.

The same exercise to be repeated with the following variations:—

1. Resting on the left bar in the rear, and clearing the right in the front.
2. Resting on the right bar in the rear, and clearing the left by the front.

26. To Rest on Both Bars in the Rear, and Clear the Right Bar by the Front.—*Position as in nineteenth exercise.*

1. As in nineteenth exercise.

2. Slowly incline the head and shoulders to the front, bending the arms, swing the lower limbs to the rear, until they rise above the level of the bars, fully separate them and let them rest on the bars (Fig. 28); incline the head and shoulders to the front, re-elevate the lower limbs, and as they sweep to the front, let them clear the right bar, and descend yielding.

Fig. 28.



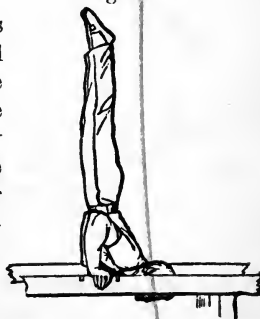
This exercise to be repeated, clearing the left bar.

27. To Pass by the Rear by the Single Swing.—*Position as in nineteenth exercise.*

1. As in nineteenth exercise.

2. Swing the lower limbs until the feet are as high as the face; from this let them fall in a full sweep, and passing between the bars, rise to the rear until they are above the head; during the latter half of this oscillation, let the arms slowly bend until the shoulders are as low as the bars, the head between them (Fig. 29); slowly let the lower limbs with the entire column of the body in position incline, and gradually descend to the right over the arm (Fig. 30), until the feet come to the ground, the bar on the right.

Fig. 29.



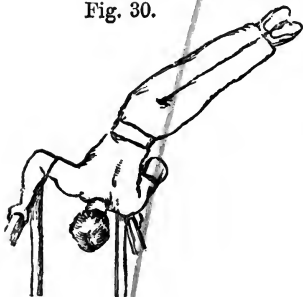
This exercise to be repeated over the left bar.

28. To Rest on the Left Bar in Front, and Clear It in the Rear by the Single Swing.—*Position as in nineteenth exercise.*

1. As in nineteenth exercise.

2. Swing the lower limbs to the front, to the level of the bars, pass them over and let them rest on the left bar, relaxing the extension (Fig. 31); again swing the lower limbs above the bar, pass them between the bars, and as in preceding exercise, incline the head and shoulders to the front, complete the rearward oscillation (Fig. 32), descending to the ground over the left bar, the bar on the left.

Fig. 30.



This exercise to be repeated over the right bar.

The same exercise to be repeated with the following variations:

1. Resting on the left bar in front and clearing the right in the rear.

2. Resting on the right bar in front and clearing the left in the rear.

Fig. 31.



Fig. 32.

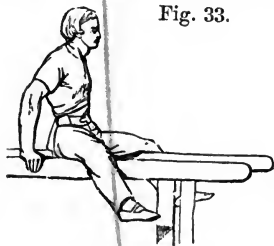


29. To Rest on Both Bars in Front, and Clear the Left Bar in the Rear by the Single Swing.—*Position as in nineteenth exercise.*

1. As in nineteenth exercise.

2. Swing the lower limbs, the toes pointed to the front, until they rise above the level of the bars; at this point separate the lower limbs and let them rest on the bars (Fig. 33);

Fig. 33.



press strongly with the hands, again swing the lower limbs above the bars, and as they sweep to the rear, incline the head and shoulders to the front, bending the arms as in twenty-seventh exercise, complete the rearward oscillation (Fig. 34), descending to the ground over the left bar.

This exercise to be repeated clearing the right bar.

30. To Rest on the Left Bar in the Rear by

the Single Swing and Clear the Right by the Rear.—*Position as in nineteenth exercise.*

1. As in nineteenth exercise.

2. As in twenty-seventh exercise until the elevation of the feet above the head; at this point relax the extension of the legs, pass them over and let them rest on the left bar (Fig. 35); incline the head and shoulders to the front, bend the arms until the shoulders are as low as the bars, the head between them, and at the same time again elevate the lower limbs above the head (Fig. 36); pass them across the bars to the right, descending over the right bar.

This exercise to be repeated resting on the right bar and clearing the left.

31. To Pass by the Front by the Double Swing.—*Position as in nineteenth exercise.*

1. As in nineteenth exercise.

2. Swing the lower limbs until the feet are as high as the face; from this point let them descend, and, sweeping between the bars, ascend to the rear until they are vertically above the head, the arms remaining straight, the column of the body and the lower limbs slightly curved throughout their length (Fig. 37); from this point let the feet again descend, and passing between the bars on the return oscillation, clear the right bar in front, and descend yielding.

This exercise to be repeated over the left bar.

32. To Rest on the Left Bar in Front and Clear it by the Double Swing.—*Position as in nineteenth exercise.*

1. As in nineteenth exercise.

2. Swing the lower limbs to the level of the bars, pass them over and let them rest on the left bar, relaxing the extension as in Fig. 31; press strongly with the hands, again swing the lower limbs above the bar, pass them between the bars, and complete the double swing as in preceding exercise, clearing the left bar.

Fig. 34.

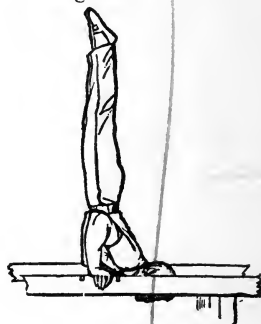


Fig. 35.



This exercise to be repeated on the right bar.

The same exercise to be repeated with the following variations:—

1. Resting on the left bar in front and clearing the right.
2. Resting on the right bar in front and clearing the left.

33. To Rest on Both Bars in Front and Clear the Left Bar by the Double Swing.—*Position as in nineteenth exercise.*

Fig. 36.

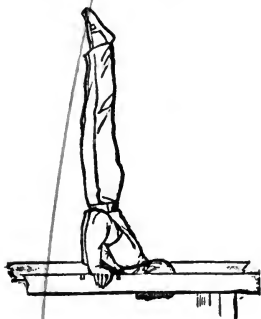


Fig. 37.



1. As in nineteenth exercise.

2. Swing the lower limbs to the front, until they rise above the level of the bars; separate them and let them rest, one on each bar, as in Fig. 33; press strongly with the hands, again swing the lower limbs above the bars, and complete the double swing as in thirty-first exercise, clearing the left bar.

This exercise to be repeated clearing the right bar.

34. The Single March and Rest Forwards.—*Position as in first exercise.*

1. As in first exercise.

2. Swing the lower limbs and bring them to rest on the left bar, as in preceding exercises (Fig. 31); incline the head and shoulders to the front,

Fig. 38.



re-grasp the bars in advance of the thighs (Fig. 38), again swing the lower limbs until the feet are above the head, as in thirtieth exercise (Fig. 39); from this point let them slowly descend, and passing between the bars, sweep to the front, and again come to rest on the left bar. During the descent of the lower limbs, gradually straighten the arms, and retain them straight until the legs rest on the bar. Repeat.

At the end of the bars on the last elevation of the feet above the head, incline the trunk and lower limbs over the left bar and descend yielding as in twenty-seventh exercise.

This exercise to be repeated on the left bar.

The same exercise to be repeated resting on the right and left bar alternately.

35. The Single March and Rest Backwards.—*Position as in second exercise.*

1. As in second exercise.
2. As in twenty-seventh exercise to the elevation of the feet above the head; at this point relax the extension of the legs, pass them over and let them rest on the right bar; pass both hands behind the thighs and re-grasp the bars (Fig. 40), re-elevate the lower limbs, pass them between the bars, and again let them rise above the head (Fig. 41) and again come to the rest on the right bar. Repeat.

At the end of the bars, on the last elevation of the feet above the head, pass over the right bar, as in preceding exercise.

This exercise to be repeated on the left bar.

The same exercise to be repeated, resting on the right and left bar alternately.

36. The Double March and Rest Forwards.—*Position as in first exercise.*

1. As in first exercise.
2. Swing the lower limbs, the toes pointed to the front, until they rise above the level of the bars; at this point separate the lower limbs and let them rest on the bars; incline the head and shoulders to the front, re-grasp the bars in advance of the thighs (Fig. 42), raise the lower limbs until the feet are above the head, as in Fig. 43; let the lower limbs descend and again come to the rest in front on both bars. Repeat.

At the end of the bars on the last elevation of the feet above the head, continue the movement of the lower limbs, carrying the feet completely over

Fig. 39.



Fig. 41.

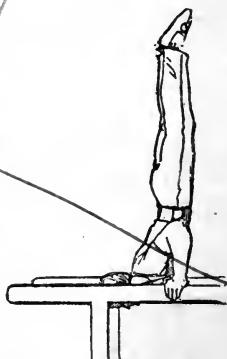


Fig. 40.



the head to the front, press strongly with the hands and descend yielding, the back to the end of the bars.

Fig. 42.



Fig. 43.



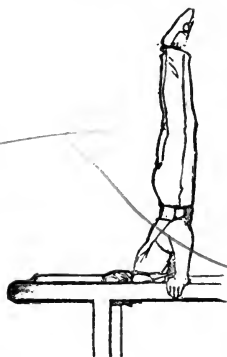
37. The Double March and Rest Backwards.—*Position as in second exercise.*

1. As in second exercise.
2. As in twenty-seventh exercise to the elevation of the feet above the head;

Fig. 44.



Fig. 45.



at this point slowly separate the legs, relaxing the extension, and let them fall to rest, one on each bar; pass both hands behind the thighs, and re-grasp the bars (Fig. 44); raise the lower limbs to the front, pass them between the bars, and let them rise until they are above the head (Fig. 45); slowly separate the legs, relaxing the extension and again come to rest on the bars. Repeat.

Fig. 46.



At the end of the bars, from the last rest, bring the lower limbs again between the bars, and shoot them out to the rear in the line of the bars, pushing strongly with the hands.

38. To March Above the Bars.—*Position as in first exercise.*

1. As in first exercise.

2. As in thirty-first exercise to the elevation of the feet above the head (Fig. 46); retain the arms straight, advance the right hand six inches beyond the left, advance the left hand six inches beyond the right. Repeat.

At the end of the bars, carry the feet completely over the head to the ground, and descend yielding.

This exercise to be repeated backwards.

This exercise to be repeated with the arms bent, as in

Fig. 45.

The foregoing exercises include all the movements that are usually practised upon the Parallel Bars; numerous combinations of these movements will suggest themselves to the practised learner, the majority of which will be obvious enough, and still leave room for fertility of invention and ingenuity in performance.

THE RINGS.

Exercise on the Rings is more particularly beneficial to the upper region of the trunk, and to the arms, although in the various motions involved, there is scarcely a part of the body that is not more or less strengthened and benefited.

These exercises demand more attention and presence of mind than those on the bars, but they habituate the gymnast to move securely and gracefully, and furnish also a good remedy for dizziness.

In all the evolutions the instructor should grasp the right wrist of the learner with one hand, and as soon as the feet have passed the rings, he should with the other govern the lower limbs in their descent. While the body is turning with the feet in the rings, the instructor should pass his left arm under the waist of the learner to limit the extent of its descent, always retaining his grasp of the wrist. In the turn with the hands (right and left) the instructor should grasp the right wrist of the learner, and gradually lower him until his entire weight is on the left, and *vice versa*, always grasping the hand that is to relinquish the hold of the ring.

The position of the instructor should be on the right or left of the apparatus, facing the pupil.

The rings should be 6 inches in diameter, and each suspended by a rope sufficiently long to enable the gymnast to grasp them easily with his arms upstretched, and the ropes about 18 inches apart.

1. To Turn in the Socket.—*Position of attention, between the rings.*

1. Raise both hands and grasp the rings, one in each hand, lower the body to the reach of the hands and pass both feet to the front, the legs together and straight, the feet together, and toes pointed to the front (Fig. 1).

2. Lift both feet from the ground, and pass them between the rings, the arms and legs straight throughout (Fig. 2), slowly descend to the ground, completing the circle (Fig. 3), and relinquish the grasp.

Fig. 1.



Fig. 2.

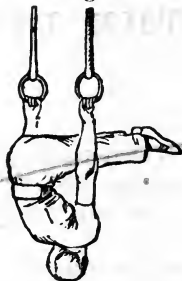


Fig. 3.



The foregoing is a description of the exercise as it should be executed in its perfect form; but, in the earlier stages of practice the pupil may begin not only while standing upright and with the arms bent, but a spring may be taken with the feet to assist the elevation of the lower limbs, and the knees may remain bent both in the ascent and descent, to front and rear; these modifications of the exercise being gradually relinquished as the body acquires strength, until it can be executed in perfect form.

This exercise is also called "The Single Circle."

2. The Double Circle.—*Position as in first exercise.*

1. As in first exercise.

2. As in first exercise to the completion of the single circle, but instead of relinquishing the grasp of the hands, return between the rings and come to the first position, retaining the arms and legs straight throughout. Bend the arms, replace the feet upon the ground under the rings, and quit the grasp.

The remarks at the close of the preceding exercise, apply to this also.

3. To Turn with the Feet in the Rings.—*Position as in first exercise.*

1. As in first exercise.

2. As in first exercise to the half circle (the feet between the rings), separate the feet right and left and insert each in its respective ring.

Fig. 4.



3. Resume with the trunk of the body the action of the circle, slowly separating the knees, lowering and arching the back and raising the head (Fig. 4).

4. Re-raise the trunk to its position at the half-circle, remove the feet from the rings, straighten the legs, point the toes upwards and let them gradually descend to the front, the arms straight, and come to the first position.

The third part of this exercise may be modified the same as directed in the concluding remarks to the first exercise, but its distinguishing feature, that of turning the body while the feet remain in the rings, must always be executed slowly, the back sinking gradually, with every joint of the spine sharing equally in the depression, and the chest gradually rounding and expanding under the same influence.

4. To Turn on One Hand Right and Left.—*Position as in first exercise.*

1. As in first exercise.

Fig. 5.



2. As in first exercise to the completion of the single circle, but instead of relinquishing the grasp with both hands, retain the grasp of the right, passing the left arm down by the side, and folding the lower limbs under the body.

3. Make a complete turn laterally from left to right, re-grasp the ring with the left hand (Fig. 5), and extend the lower limbs to the front as in first position.

4. Re-pass the feet between the rings, repeat the turn from right to left, relinquishing the right hand and retaining the grasp with the left, re-grasp the ring with the right, extend the lower limbs to the front and come to the position.

5. To Extend the Arms Right and Left.—*Position as in first exercise.*

1. As in first exercise.

2. Bend the arms, raising the lower limbs in position; sustain the body on the left hand (retaining it close by the side), extend the right arm holding the ring at the full length of the arm (Fig. 6), pause, and return the right hand to the side; repeat the extension with the left arm, pause, return it to the side, lower the body and come to the position.

Fig. 6.



6. To Rise Above the Rings Right and Left.—*Position as in first exercise.*

1. As in first exercise.

2. Bend the arms, raising the lower limbs in position, press strongly on the ring with the right palm, raising the fore-arm vertically above the ring (Fig. 7), repeat the movement on the left, press strongly with both hands, straighten the arms completely above the rings and pause (Fig. 8); the chest fully advanced, the head held back, the chin elevated, the legs straight and together, the toes pointed to the ground.

Fig. 7.



Fig. 8.



In descending, re-bend the right arm, the left following, re-pass the right below the ring, the left following, lower the body and come to position.

This exercise to be repeated with the left hand leading.

This exercise is sometimes called "Getting Into the Rings."

In the position indicated in Fig. 8 the beginner must be very careful not to allow the arms to spread open, because the body will then drop; if this should happen with the *knuckles upwards*, the weight of the body would cause a severe strain on the shoulder joints, with the possibility even of dislocation, by being suddenly caught in the position indicated in Fig. 19.

7. To Rise Above the Rings Both Hands at Once.—*Position as in first exercise.*

1 As in first exercise.

2. Grasp the rings, instantly

Fig. 9.

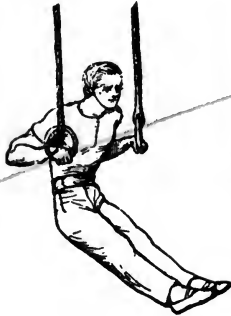


Fig. 10.



press strongly on the rings with both hands, and raise both arms vertically above the rings (Fig. 9), and rise above the rings to the full extension of the arms (Fig. 10); the transition from the bend to the extended position of the arms taking place without pause.

In descending, bend both arms at once, pass them below the rings, lower the body and come to the position.

Attention is called to the remarks at the close of the previous exercise.

8. To Rise Above the Rings Backwards, Right and Left.—*Position as in first exercise.*

1. As in first exercise.

2. As in first exercise to the completion of the single circle; elevate the

Fig. 11.

Fig. 12.



right side, lean slightly forward, press strongly with the right hand, and raise the right fore-arm vertically above the ring (Fig. 11), repeat the movement on the left, press strongly with both hands, and rise above the rings as in seventh exercise (Fig. 12).

Descend as in seventh exercise.

This exercise to be repeated with the left hand leading.

It would be well to bear in mind the remarks at the close of sixth exercise.

9. To Rise Above the Rings Backwards, Both Hands at Once.—*Position as in first exercise.*

1. As in first exercise.

2. Lift both feet from the ground and pass them between the rings, and at the same time rapidly bend the arms, raising the body between the rings until the hands are close at the side, instantly press with both hands and raise the fore-arms vertically above the rings (Fig. 13), straighten the arms,

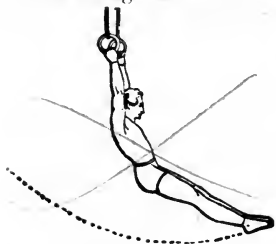
continue the movement of the circle with the lower limbs, and let the body rise between the rings in the position of seventh exercise (Fig. 14). See remarks at end of sixth exercise.

10. To Start Up Above the Rings. — *Position as in first exercise.*

1. As in first exercise, but the toes pointing downwards.

2. Raise the lower limbs as in Fig. 15, drop them again with a sudden start, and at the same time bend the arms and raise the body quickly above the rings (Fig. 14).

Fig. 15.



11. To Form the Straight Line Backwards.—*Position as in first exercise.*

1. As in first exercise.

2. As in first exercise to the half circle (Fig. 2), but instead of lowering the feet to the ground, extend them to the rear until the lower limbs and trunk form one perfect horizontal line (Fig. 16).

Relax the extension of the lower limbs, let the feet descend to the rear, and come to the position.

12. To Form the Straight Line Forwards.—*Position as in first exercise.*

1. Raise both hands and grasp the rings; raise the lower limbs to the front in position, the toes pointed to the front, and allowing the head and shoulders to fall to the rear, the arms slightly bent, until the lower limbs and trunk form one perfect horizontal line (Fig. 17).

Relax the extension, let the feet descend to the ground and come to the position.

13. To Stand Above the Rings.—*Position as in first exercise.*

1. Rise above the rings as in seventh exercise (Figs. 9 and 10).

Fig. 13.

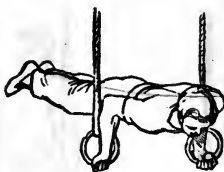
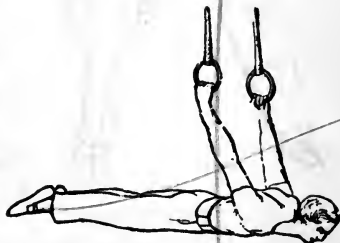


Fig. 14.



Fig. 16.



2. Incline the head and shoulders to the front, bending the arms and pressing them close in by the sides, and at the same time raise the lower limbs in position by the rear until they are above the head, forming with the trunk of the body one perfect vertical line

Fig. 17.

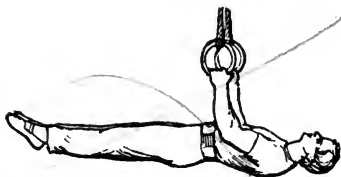


Fig. 18.



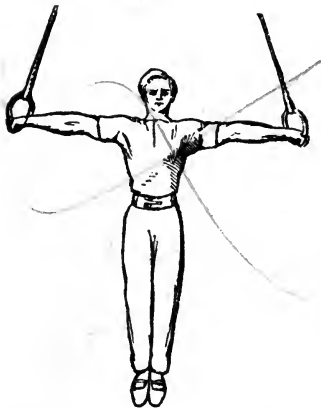
between the rings (Fig. 18).

Relax the extension, bring the lower limbs down by the front to the ground and come to the position.

14. To Stand Below the Rings.—*Position as in first exercise.*

1. Rise above the rings as in seventh exercise (Figs. 9 and 10).

Fig. 19.



2. Slowly let the whole body descend in position between the rings, at the same time extending the arms perfectly straight right and left, strongly pressing downwards with the palms, until the arms are at right angles with the body (Fig. 19); relax the extension and slowly lower the feet to the ground, and come to the position.

This is one of the most difficult, and the same time dangerous, exercises with the rings; a little carelessness might easily re-

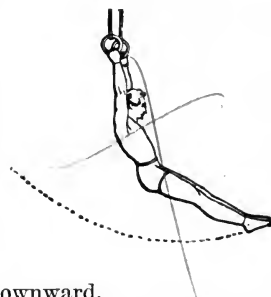
sult in a dislocation of the arms or shoulders.

15. To Swing in the Rings.—*Position as in first exercise.*

1. As in first exercise, but the toes pointing downward.

2. When the body swings forward raise the legs up without bending them (Fig. 20), and at the instant the body commences to swing back

Fig. 20.



extend it forcibly out to increase the impetus of the swing. After the body has passed the centre, on the return backward swing raise it slightly with the arms (Fig. 21); this will give momentum to the return forward swing. Do not kick with the legs, but keep them straight.

Fig. 21.



Fig. 22.



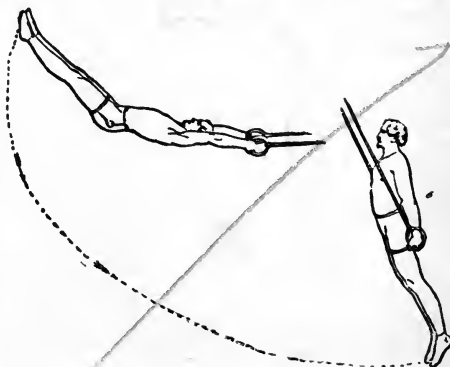
16. The Simplicity Swing.—*Position as in preceding exercise.*

1. Swing as directed in the preceding exercise and when the body is sufficiently high, bring the legs up between the arms, keeping them perfectly straight (Fig. 22), and return them to their original position at the other end of the swing. This motion if done at the right time will increase the impetus of the swing.

17. To Rise Above the Rings at the Backward Swing.—*Position as in first exercise.*

1. Swing up well in front (Fig. 23), and on the return backward swing, rise above the rings (*b*) by either of the methods described in the seventh, ninth, or tenth exercises. Care must be taken to keep the rings close to the body.

Fig. 23.



18. To Rise Above the Rings at the Forward Swing.—*Position as in first exercise.*

1. Swing well forward (Fig. 24-*a*), and after passing the centre, rise above the rings as in the preceding exercise (*b*), when the body has reached the point *a*, on the return backward swing, extend the arms for the return forward. Keep the rings close to the body.

This and the preceding exercise may be varied as follows:

First.—Allow the body to sink in the forward swing, and raise it in the backward.

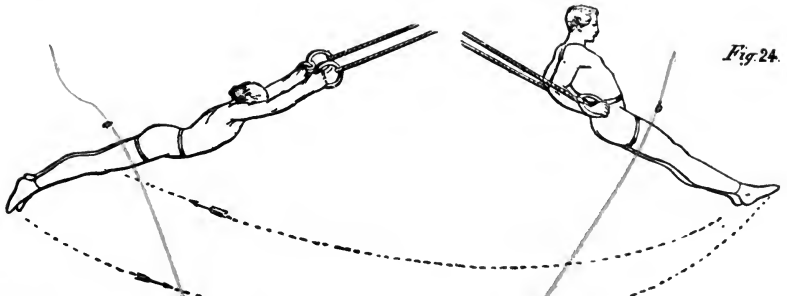


Fig. 24.

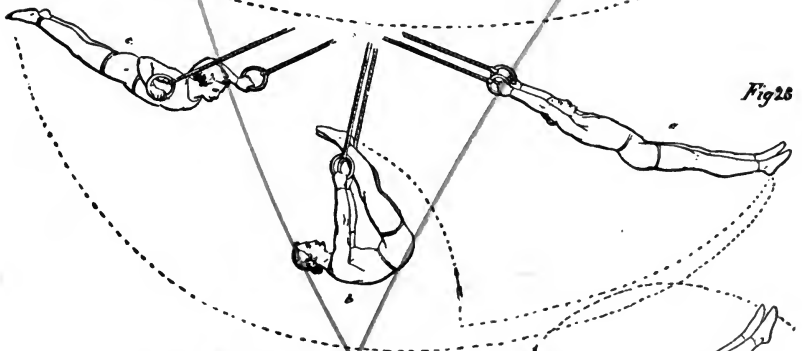


Fig. 26.

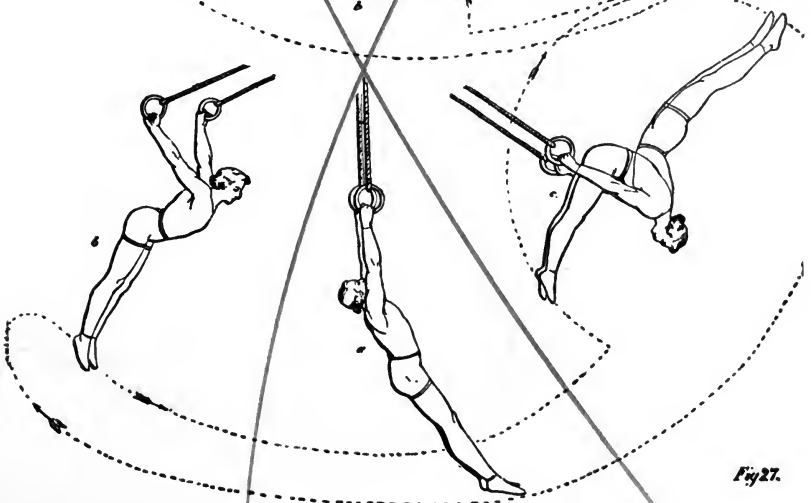


Fig. 27.

Second.—Sink the body in the backward swing, and raise it in the forward.

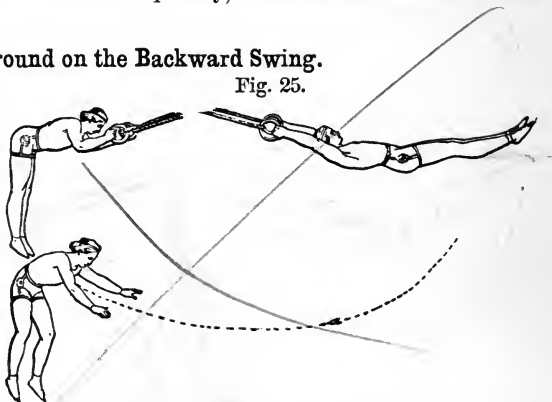
Third.—Lower the body in the forward swing, and raise it again immediately, before the turn.

Fourth.—Repeat the above in the backward swing only.

Fifth.—Execute the fall and rise quickly, both in the backward and forward swing.

19. To Jump to the Ground on the Backward Swing.

1. When in a good backward swing, raise the body with the arms (Fig. 25), let go the grasp of the rings and drop to the ground on the toes.



20. To Turn in the Socket While Swinging Backward.—*Position as in first exercise.*

1. Swing well forward as in Fig. 26-a, and when at the centre on the return backward, raise the legs (b), and turn out as in c, ready for the return forward. (See exercises first and second.) When making the turn (c) the arms should be spread apart.

21. The Reverse Turn Forward.—*Position as in first exercise.*

1. As in first exercise (Fig. 27-a).

2. Swing backward and with a quick spreading apart of the arms throw forward the body into position b, remain in this position while on the return swing; and when well forward, raise the body and throw it over as in c, in time for the return swing backward.

Vary this and the preceding exercise as follows:

First.—Execute the Socket Turn (twentieth exercise) at every backward swing.

Second.—Perform the same exercise at the end of the *forward* swing.

Third.—Repeat the above exercises alternately on the backward and forward swing.

Fourth.—Execute the Reverse Turn in the forward swing, bringing the body over when returning.

Fifth.—Perform the same exercise in the *backward* swing.

Sixth.—Repeat the two preceding exercises alternately on the forward and backward swing.

Seventh.—Execute the Reverse Turn in the *backward* swing without carrying the legs over, returning to the first position at the end of the forward swing.

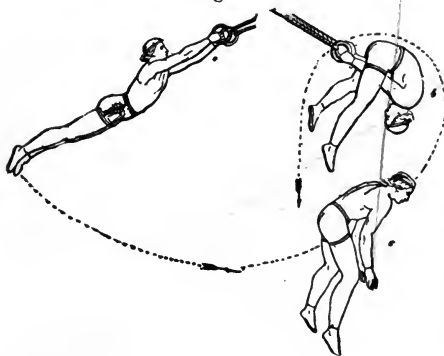
Eighth.—Execute the preceding exercise on the *forward* swing.

Ninth.—Execute the twentieth and twenty-first exercises alternately; the former in the *forward* swing, and the latter in the *backward* swing.

Great care must be observed to give the motion to the body at the right time, or a check in the swing will be the consequence, and the beauty of the performance will be greatly marred.

22. To Jump to the Ground on the Forward Swing.

Fig. 28.



1. Swing forward (Fig. 28-*a*), at almost the extreme point of the forward swing, raise the legs quickly outside of the arms (*b*), let go the hands and alight on the ground (*c*).

The preparatory raising of the legs and final drop must be *just before* the extreme point is reached, because the body requires some slight remaining impetus to prevent falling backwards.

COMBINATIONS.

When sufficient skill has been attained in the foregoing exercises, two, three, or more of them may be combined and executed without pause. The following are some of the combinations that may be made, and others can be devised at discretion.

COMBINATIONS OF TWO EXERCISES

- Nos 2 and 3 The double circle—to turn with the feet in the rings
 Nos. 2 and 4. The double circle—to turn on one hand right and left.
 Nos. 2 and 6 or 8. The double circle—to rise above the rings backwards.
 Nos. 2 and 8. The double circle—to rise above the rings.
 Nos. 2 and 11. The double circle—to form the straight line backwards.

COMBINATIONS OF THREE EXERCISES.

- Nos. 2, 4 and 5. The double circle—to turn on one hand right and left—to extend the arms right and left.
 Nos. 2, 7 and 4. The double circle—to rise above the rings both hands at once—to turn on one hand right and left.
 Nos. 2, 8 and 7. The double circle—to rise above the rings backwards—to rise above the rings both hands at once.
 Nos. 2, 7 and 13. The double circle—to rise above the rings both hands at once—to stand above the rings.

COMBINATIONS OF FOUR EXERCISES.

- Nos. 2, 7, 4 and 11. The double circle—to rise above the rings both hands at once—to turn on one hand right and left—to form the straight line backwards.
 Nos. 2, 7, 13 and 3. The double circle—to rise above the rings both hands at once—to stand above the rings—to turn with the feet in the rings.
 Nos. 7, 13, 2 and 11. To rise above the rings both hands at once—to stand above the rings—the double circle—to form the straight line backwards.

COMBINATIONS OF FIVE EXERCISES.

- Nos. 2, 7, 4, 11 and 13. The double circle—to rise above the rings both hands at once—to turn on one hand right and left—to form the straight line backwards—to stand above the rings.
 Nos. 7, 13, 3, 5 and 12. To rise above the rings both hands at once—to stand above the rings—to turn with the feet in the rings—to extend the arms right and left—to form the straight line forwards.

THE ROW OF RINGS.

The single exercise on this apparatus is a very simple one, and if the proper elevation of the rings from the floor be preserved, it may be safely practised without supervision. It has a special object, viz., the equalization in strength and development of the two sides of the upper half of the body, and of the arms; for the weaker side will actually do more, being the weaker, and consequently it will in time overtake and rank with its fellow in development and capacity.

The row of rings should consist of not less than five or six rings similar to those already described, and there may with advantage be a greater

Fig. 1.



Fig. 2.



number, if the length of the gymnasium will admit of it. They should be suspended at a height of not less than 6 feet 3 inches from the floor, and at equal distances apart, the distances should not be less than 8 feet or more than 10 feet, and the point to which the ropes are hung should not exceed 20 feet above the floor.

Fig. 3.



The Swing.—*Position of attention*, facing the first ring, the back to the row.

1. Raise the left hand and grasp the ring (Fig. 1), advance with short and rapid steps and springing from the ground at the end of the run, from the left foot, turn quickly to the right, bending the lower limbs at the knees and pointing the toes to the rear, the head erect, the breast advanced (Fig. 2); on approaching the second ring extend the right hand

and grasp it, and while retaining it lightly in the hand, return to the farthest point of the backward oscillation on the ring grasped by the left (Fig. 3); at this point quit the grasp of the left, withdrawing the hand lightly and leaving the ring motionless, turn to the right and bring the left hand in a full sweep round by the thigh, the arm quite straight and fingers pointed downwards, describing a half circle in the sweep, extend it to the front, and grasp the next ring. Repeat. On grasping the last ring turn quickly round, facing the row, and descend yielding.

The exercises on the Rings will be found exceedingly difficult at first; they all require great strength in the wrists especially, and in the muscles of the arm generally. The rings are perfectly free to move in every direction, and consequently afford an entirely unreliable support; they must be kept in their proper position by muscular effort alone, and the beginner will find them twist from his grasp and display a tendency to go in every direction except the one he desires. Consequently, when the movements on the rings have been fairly mastered, the development of muscular power and the perfection of equilibrium which the learner has thereby acquired, will be found of immense service in performing difficult feats on the swinging Trapeze. The learner must always bear in mind that nothing can be accomplished without muscle, nerve, will-power and persistent practice; these alone will enable him to discover the exact moment when the energies must be concentrated, as it were, to render the muscles entirely obedient to the will.

THE TRAPEZE.

The Trapeze is practically a combination of the horizontal bar with the rings, and unites the firm grasp of the bar with the graceful motions of the rings.

This apparatus ranks in importance with the horizontal bars on account of the power which the exercises possess of increasing the capabilities of the trunk and upper limbs. The movements are also of an artistic character and very effective, and, like those on the rings, require great nerve and presence of mind in their execution.

The exercises given for the trapeze are necessarily very similar to those upon the horizontal bar, in some instances identical, and necessarily so, from the fact that the trapeze is a bar, but free to swing instead of stationary.

Some exercises, prominently those where wrist-power is required, are more difficult of execution on the trapeze than on the bar, because in the latter case the rigidity of the bar serves as a purchase for the wrist which is entirely absent in the case of the movable trapeze-bar. On the other hand, some of the swing exercises are easier on the trapeze than on the horizontal bar, the oscillation of the trapeze materially aiding the swing motion of the body.

The learner will find that the proficiency he has gained on the horizontal bar and with the rings will materially aid him in his evolutions on the trapeze.

The best grasp for the instructor, in directing the evolutions on the trapeze, is a firm hold of the wrist with the left hand, the right firmly grasping the ankle.

The position of the instructor should be on the right or left of the trapeze, facing the learner.

The bar of the trapeze should be 2 feet 4 inches in length, not over $1\frac{1}{4}$ inch in diameter, with a steel core in the centre; the ropes should be neatly spliced into brass eyes, and be suspended from a height of 18 to 24 feet, and the bar hanging at a suitable height to allow the feet to clear the

ground. Beginners may practise on a trapeze suspended at a height of 4 feet 6 inches from the ground.

1. To Rise by the Single Rope.—*Position of attention*, the trapeze in profile on the left.

1. Raise the right hand and grasp the rope a hand's-breadth above the bar, the left following in the interspace (Fig. 1).

2. Lift both feet from the ground, the legs straight and together, the toes pointed to the front, and pass them over the bar, elevating the body until the hip rests on its surface (Fig. 2); press downwards with the hands and rise seated on the bar, retaining the grasp of the rope (Fig. 3).

In descending lean slowly backwards and side-wards, bringing the hip again on the bar, remove the lower limbs from it, and come to the first position.

This exercise to be repeated with the trapeze on the right, the left hand uppermost.

All these exercises may be practised by beginners, the form of each, given in the text, being the perfect one, but capable of modification for initiatory practice. Thus in introducing a beginner to the present exercise, instead of grasping the rope a hand's-breadth above the bar, he may grasp it a foot or even more above the bar, the left hand following close under the right, and then day by day the space between the hands and the bar should be reduced, until these are placed as directed in the text.

2. To Rise by Both Ropes.—*Position of attention*, facing the trapeze.

1. Raise both hands and grasp the ropes, one in each hand, close to the bar.

2. Lift both feet from the ground, and pass them under the bar between the hands, at the same time allowing the head and shoulders to fall backwards and straightening the arms; and by a continuous movement bend the back inwards, and extend

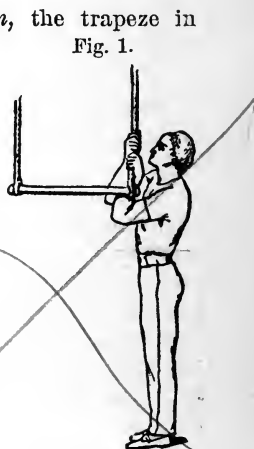


Fig. 1.



Fig. 2.



Fig. 3.

the lower limbs upwards (Fig. 4), bending the arms until the hips are as

Fig. 4.



high as the bar; slowly let the feet descend to the front, and at the same time and at the same pace let the trunk, shoulders, and head ascend, and come to the seat on the bar, retaining the grasp. During this last movement let the chin be elevated, the shoulders pressed back, the breast advanced square to the front.

In descending, lower the body from the bar backwards, let the lower limbs fall to the rear, repress the feet under the bar, and come to the first position.

The remarks at the conclusion of the preceding exercise may also be literally followed in this one, and are generally applicable to all the exercises.

3. To Rise by the Back Lift.—Position as in second exercise.

1. Raise the right hand to the reach and grasp the rope, raise the left hand and grasp the bar at its centre.

Fig. 5.



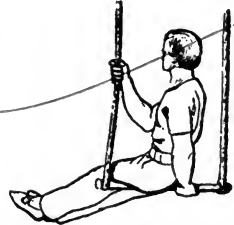
2. Lift both feet from the ground (the toes pointed downwards), by the flexion of the right arm and the extension of the left, and rise until the face is as high as the right hand, the left arm straight above the hand grasping the bar (Fig. 5); turn to the right, the back to the bar, and sit in the space between the left hand and the right rope (Fig. 6), retaining the grasp.

In descending, raise the body and return the face to the bar, lower the body slowly to the ground.

This exercise to be repeated with the left hand on the rope.

The initiatory practice may be accompanied by a spring from the ground, which should be gradually lessened until the effort falls entirely upon the upper limbs, as indicated in the text.

Fig. 6.



4. To Rise by the Front Lift.—Position as in second exercise.

1. As in third exercise.

2. As in third exercise until the left arm is straight above the bar (Fig. 5); raise the feet and pass them over the bar through the space between the left hand and the right rope (Fig. 7), extend the legs, point the toes to the front, and come to the seat on the bar, retaining the grasp.

Fig. 7.



In descending, withdraw the feet through the interspace, and slowly lower them to the ground.

This exercise to be repeated with the left hand on the rope.

The remarks at the conclusion of the third exercise may also be literally followed in this one.

5. To Turn Round the Ropes, Right and Left.—*Position as in second exercise.*

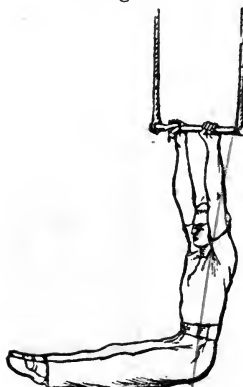
1. As in third exercise.

2. As in fourth exercise to the seat on the bar.

Fig. 8.

3. Raise the left hand from the bar and grasp the right rope as high as the face, slip the right hand down to the bar, and grasp it close to the rope with the thumb to the front, the fingers to the rear; lift the body from the bar, pass round the

Fig. 9.



outside of the right rope, the feet leading (Fig. 8), pass the lower limbs between the ropes, and again come to the seat on the bar.



4. Repeat the movement round the left rope, reversing the respective positions of the hands.

Descend as in fourth exercise.

In this exercise the limbs should be supported and guided by the instructor, this support being gradually withdrawn, until the learner can execute the movements without help.

6. To Turn Round the Bar Forwards.—*Position as in second exercise.*

1. Raise both hands and grasp the bar, the hands at the *distance*, the backs of the hands upwards, the fingers and thumbs meeting; extend the lower limbs to the front, at the same time sinking to the *reach* of the hands; the legs together and straight, the feet together with the toes pointed to the front (Fig. 9).



Fig. 10.

2. Lift the feet from the ground, the lower limbs in position, the arms remaining perfectly straight, until the feet are as high as the bar (Fig. 10); bend the arms, and at the same time elevate the body until the waist is as high as the bar, pass the lower limbs over the bar, the trunk following, revolving on the waist (Fig. 11), lower the body, completing the circle, and slowly descend until the feet meet the ground; relinquish the grasp of the hands.



Fig. 11.

In the initiatory practice of this exercise a slight spring may be taken, and both arms and legs allowed to remain bent; the spring may then be dispensed with; next, the legs may remain bent at the commencement, and be extended during the rise; to be followed by the straight leg and bent arm, leading direct to the perfect exercise.

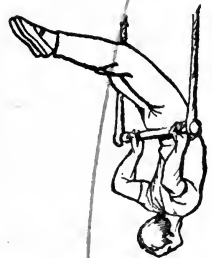
7. To Turn Round the Bar Backwards.—*Position as in second exercise.*

1. As in sixth exercise.

2. As in sixth exercise until the feet are as high as the bar (Fig. 10); pass the feet under the bar between the hands, and by a continuous movement bend the back inwards and extend the lower limbs up-

Fig. 12.

wards, bending the arms until the waist is as high as the bar (Fig. 12), let the lower half of the body slowly fall to the front, and as it descends let the upper half ascend in position, the head well thrown back, and sink slowly down, the back touching the bar (Fig. 13), until the feet meet the ground; relinquish the grasp of the hands.



In this exercise the gradations by which it may be approached are less marked; it may be viewed as commencing where the second exercise terminates, and there is no intermediate

practice; nothing but perseverance against repeated failures will overcome the difficulty, for the position is not such as will admit of direct help from the instructor, and all that can be given in this exercise must be but the steadying of the limbs, enabling the learner to hold his own. Fig. 13.

8. To Turn Round the Bar Backwards, and Return.—*Position as in second exercise.*

1. As in sixth exercise.
2. As in preceding exercise to its completion, but at this point, instead of relinquishing the grasp, press from the hands, straighten the arms, bending the back inwards, and rise to the seat on the bar; slowly let the head and shoulders fall to the rear, re-pass the feet under the bar, straighten the legs, lower the body, and return to the first position.

Fig. 14.



9. To Rise Above the Bar, Right and Left.—*Position as in second exercise.*

1. As in sixth exercise.
2. Lift both feet from the ground, bend the arms until the breast is as high as the bar, press strongly with the right hand upon the bar and raise the fore-arm vertically above it (Fig. 14); repeat the movement with the left hand, complete the extension of both arms, and come to the upright position, resting on the bar (Fig. 15).

In descending, re-bend the right arm, and pass it below the bar, the left following, lower the body and come to the first position.

This exercise to be repeated left and right.

This exercise has no gradations on the trapeze, but may be approached nearly by practice on the horizontal bar, which being fixed and firm renders the practice less difficult.

10. To Rise Above the Bar, Both Hands at Once.—*Position as in second exercise.*

1. As in sixth exercise.



Fig. 15.



2. Lift both feet from the ground, bend the arms until the breast is as high as the bar, press strongly upon the bar with both hands at once and rise above it (Fig. 16), completing the extension of the arms, and come to the upright position, resting on the bar as in Fig. 15.

Fig. 16.



This series of movements to be executed without pause, and at the same pace throughout.

In descending, re-bend the arms, pass them below the bar, and come to the first position.

The concluding remarks to the preceding exercise apply equally well to this.

Fig. 17.

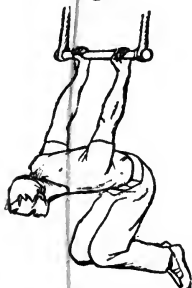


Fig. 18.



11. To Turn Under the Bar on One Hand.—*Position as in second exercise.*

1. As in sixth exercise.

2. As in sixth exercise, until the feet are as high as the bar (Fig. 10); pass the feet under the bar between the hands, and let them descend close to the ground, but without touching it (Fig. 17); quit the grasp of the left hand, at the same time folding the lower limbs close under the body, and swinging round by the right, make a complete turn laterally, and again come to the front (Fig. 18), re-grasp the bar with the left hand, extend the legs, again raise the feet to the bar and re-pass them under it, quit the grasp with the right hand, swinging round by the left, re-grasp the bar with the right hand, extend the legs and come to the first position.

This exercise may be approached by practice on an apparatus that turns with the hand, such as the rings.

12. To Form the Straight Line.—*Position as in second exercise.*

1. As in sixth exercise.

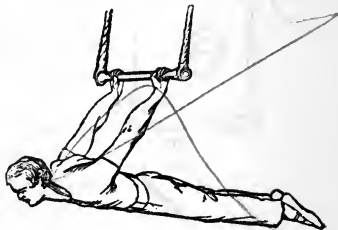
2. As in preceding exercise until the feet are passed under the bar; at this point extend the legs to the rear and pause, forming a perfectly horizontal line

from head to foot, suspended by the arms under the bar (Fig. 19); relax

the extension, re-pass the feet under the bar, extend the legs in front, and come to the first position.

This exercise is always found to be one of the most difficult on the trapeze, and requires the greatest care in its execution; the pause in the horizontal line should never exceed a few seconds. The variation of this exercise sometimes performed, of passing from the horizontal line over the bar, should never be allowed, as it is in the highest degree dangerous.

Fig. 19.



13. Swinging on the Trapeze.

It is scarcely possible to give any definite directions for the performance of evolutions upon the trapeze at full swing. No amount of written description can convey a correct idea of the manner in which they are executed; they are the result of experience, much caution being exercised at first, and gradually feeling the way, as confidence increases, to more venturesome attempts which unite grace of action with daring in conception.

It is the pride of every trapeze performer to attempt some sensational feat which appears more or less original either in plan or execution, but all such acts, or nearly all, are combinations or new applications of simple exercises.

The only way to gain confidence and proficiency is to practise the exercises, first with the trapeze-bar as stationary as circumstances permit, repeating them with a slight swinging motion, and persevering until their performance is successful at full swing.

There are various ways of obtaining a full swing; for learners, perhaps the easiest and safest way is to sit upon the bar, grasping the ropes, and using the trapeze as an ordinary swing until sufficient sweep has been attained.

A *quicker* method is to hold the bar firmly with both hands, the left leg bent at the knee over the bar, the body and right leg hanging free. When the swing forwards is nearly complete sweep the right leg upwards, and quickly straighten the body; at the completion of the backward swing, sweep the right leg backwards as far as possible and again straighten the body. In a few oscillations almost a semicircular swing will be attained.

Another method, apparently requiring greater nerve, but really not very difficult, is to straddle the bar, left leg foremost, the body upright, the legs straight down, and holding the bar with both hands firmly; just before the end of the forward swing make a somersault backwards, the swing of the body will add momentum to the swing; just before the end of the backward swing, make a somersault forwards, and the momentum will be further increased. The main difficulty in this feat is in resuming and retaining an upright position after each somersault, but practice will achieve it.

It will soon be discovered that many exercises which require severe muscular strain when attempted on the horizontal bar, will become comparatively easy when performed on the swinging trapeze, by utilizing the motion of the swing at the right moment.

It will also be found that, when the swing motion is sufficient to bring the suspending ropes into nearly or quite a horizontal position, at the point where the rise is at its full, and before the down sweep commences, there is a moment of perfect equipoise, almost instantaneous, of course, but quite long enough to allow of a change or reversal of the grasp on the bar, a new adjustment of position, or a change of hold from the bar to the ropes.

The strain is greatest at the lowest or centre-point of the swing, and gradually decreases as the upward rise progresses; the upward sweep is, therefore, the most propitious for change of posture, to be completed at or before the point of equipoise already referred to, and a firm grip and stable balance acquired before the downward sweep commences, during which the physical strain is steadily on the increase.

COMBINATIONS.

The following exercises should be combined and executed without pause, as soon as the separate exercises composing them can be performed singly.

COMBINATIONS OF TWO EXERCISES.

- Nos. 2 and 5. To rise by both ropes—to turn round the ropes, right and left.
- Nos. 4 and 5. To rise by the front lift—to turn round the ropes, right and left.
- Nos. 6 and 8. To turn round the bar forwards—to turn round the bar, backwards, and return.

- Nos. 6 and 10. To turn round the bar forwards—to rise above the bar, both hands at once.
- Nos. 6 and 11. To turn round the bar forwards—to turn under the bar on one hand.
- Nos. 6 and 12. To turn round the bar forwards—to form the straight line.
- Nos. 8 and 10. To turn round the bar backwards, and return—to rise above the bar, both hands at once.
- Nos. 8 and 11. To turn round the bar backwards, and return—to turn under the bar on one hand.
- Nos. 8 and 12. To turn round the bar backwards, and return—to form the straight line.
- Nos. 10 and 11. To rise above the bar both hands at once—to turn under the bar on one hand.
- Nos. 10 and 12. To rise above the bar both hands at once—to form the straight line.

COMBINATIONS OF THREE EXERCISES.

- Nos. 6, 8 and 10. To turn round the bar forwards—to turn round the bar backwards and return—to rise above the bar, both hands at once.
- Nos. 6, 10 and 11. To turn round the bar forwards—to rise above the bar, both hands at once—to turn under the bar on one hand.
- Nos. 6, 10 and 12. To turn round the bar forwards—to rise above the bar, both hands at once—to form the straight line.
- Nos. 6, 11 and 12. To turn round the bar forwards—to turn under the bar on one hand—to form the straight line.
- Nos. 10, 8 and 12. To rise above the bar, both hands at once—to turn round the bar backwards, and return—to form the straight line.
- Nos. 8, 11 and 12. To turn round the bar backwards and return—to turn on one hand under the bar—to form the straight line.
- Nos. 8, 11 and 10. To turn round the bar backwards and return—to turn under the bar on one hand—to rise above the bar, both hands at once.

COMBINATIONS OF FOUR EXERCISES.

- Nos. 6, 8 10 and 11. To turn round the bar forwards—to turn round the bar backwards, and return—to rise above the bar, both hands at once—to turn under the bar on one hand.
- Nos. 6, 10, 11 and 12. To turn round the bar forwards—to rise above the bar, both hands at once—to turn under the bar on one hand—to form the straight line.
- Nos. 8, 10, 6 and 12. To turn round the bar backwards, and return—to rise above the bar, both hands at once—to turn round the bar forwards—to form the straight line.
- Nos. 10, 8, 11 and 6. To rise above the bar, both hands at once—to turn round the bar backwards, and return—to turn under the bar on one hand—to turn round the bar forwards.

COMBINATIONS OF FIVE EXERCISES.

- Nos. 6, 8, 10, 11 and 12. To turn round the bar forwards—to turn round the bar backwards, and return—to rise above the bar, both hand at once—to turn under the bar on one hand—to form the straight line.
- Nos. 8, 10, 6, 11 and 12. To turn round the bar backwards, and return—to rise above the bar, both hands at once—to turn round the bar forwards—to turn under the bar on one hand—to form the straight line.
- Nos. 10, 8, 6, 10 and 12. To rise above the bar, both hands at once—to turn round the bar backwards, and return—to turn round the bar forwards—to rise above the bar, both hands at once—to form the straight line.

THE INCLINED LADDER.

It may seem unnecessary to teach, by formal instructions, exercises so simple as many of those directed in the text to be performed on this machine, but their usefulness may be readily proved. Let a dozen men be taken at hazard and desired to climb a ladder at any given incline, and it will be found that scarcely two will do so in the same manner, scarcely two will maintain throughout the ascent the position and action with which they began, while uncertainty, hesitation, and insecurity will more or less mark the efforts of all. The practised gymnast, on the contrary, will mount it as surely and as rapidly as if it were a staircase, in any one of a dozen different ways, and with far less strain on the ladder than an unpractised person.

The ladder should be carefully constructed, and the materials well selected. The width of the ladder between the supports should be 14 or 15 inches, and the spars 9 inches apart.

The inclination of the ladder should be frequently varied.

Apart from the mechanical facilities gained in the use of the ladder, the exercises afford excellent training in uniformity of motion, precision, and accuracy in measurement of distances—all of which are essential to gymnastic perfection.

1. Right Hand Leading.—*Position of attention* at the foot of the ladder, the toes touching it.

1. Raise the right hand and grasp the spar nearest the reach, the left following, the fingers and thumbs together; lift the right foot from the ground, and place it on the first spar, the left following, resting on the front of the foot, the toes pointed to the front, the column of the body and lower limbs straight but unconstrained, and inclined towards the line of the ladder, the head erect, the eyes directed to the reach of the hands (Fig. 1).

Fig. 1.



2. Raise the right hand to the next spar, the left following, lift the right foot to the next spar, straighten the right knee, and lift the left foot to the next spar. Repeat.

In descending, slip the right foot down to the next spar, the left following, slip the right hand down to the next spar, the left following. Repeat.

This exercise to be repeated with the left hand leading.

This exercise to be repeated with the hands lightly grasping the sides of the ladder.

2. Right Side Leading.—*Position as in first exercise.*

1. As in first exercise.

2. Raise the right hand to the next spar and at the same time lift the right foot to the next spar (Fig. 2), straighten the right knee and lift the left hand and left foot together to the same spar. Repeat.

Fig. 2.



In descending, slip the right hand down to the next spar, and at the same time slip the right foot down to the next spar, the left hand and left foot following. Repeat.

This exercise to be repeated with the left side leading.

This exercise to be repeated with the hands lightly grasping the sides of the ladder.

3. Right and Left Side.—*Position as in first exercise.*

1. As in first exercise.

2. Raise the right hand to the next spar and at the same time lift the right foot to the next spar, as in Fig. 2; straighten the right knee and at the same time raise the left hand to the spar above that grasped by the right, and lift the left foot to the spar above that occupied by the right. Repeat the step, the leading hand and foot always passing the spars occupied by the supporting hand and foot.

In descending, pass the leading hand down to the spar below that grasped by the supporting hand, and the leading foot to the spar below that occupied by the supporting foot. Repeat.

This exercise to be repeated with the hands lightly grasping the sides of the ladder.

4. Right and Left, Hand and Foot.—*Position as in first exercise.*

1. As in first exercise.

2. Raise the right hand to the next spar and at the same time lift the left foot to the next spar (Fig. 3); straighten the left knee and at the same time raise the left hand to the spar above that grasped by the right, and lift the right foot to the spar above that occupied by the left. Repeat the step, the leading hand and foot always passing the spars occupied by the supporting hand and foot.

In descending, pass the leading hand to the spar below that grasped by the supporting hand, and the leading foot to the spar below that occupied by the supporting foot. Repeat.

This exercise to be repeated with the hands lightly grasping the sides of the ladder.

5. Both Hands at Once.—*Position as in first exercise.*

1. As in first exercise.

2. Raise both hands to the next spar; lift the right foot to the next spar, the left following. Repeat.

In descending, slip the right foot down to the next spar, the left following; slip both hands down to the next spar. Repeat.

This exercise to be repeated with the hands lightly grasping the sides of the ladder.

6. With One Hand.—*Position as in first exercise.*

1. Place the left hand upon the hip joint, the fingers to the front, the thumb to the rear; raise the right hand and grasp the spar nearest the reach, lift the left foot and place it on the first spar, the right following (Fig. 4).

2. Raise the right hand to the next spar, lift the left foot to the next spar, straighten the left knee, elongate the trunk, and lift the right foot to the same spar. Repeat.

In descending, slip the left foot down to the next spar, the right following, slip the right hand down to the next spar. Repeat.

This exercise to be repeated with the left hand.

Fig. 3.



Fig. 4.



This exercise to be repeated with the hand lightly grasping the side of the ladder.

7. With the Feet Only.—*Position as in first exercise.*

Fig. 5.



1. Place both hands on the hip joints, lift the right foot from the ground and place it on the first spar, the left following, the feet advanced on the spar so that the rest is nearly at the heel, and the front of the leg nearly touching the spars; the column of the body inclined to the front, the head in the same line and the eyes directed to the front.

2. Lift the left foot to the second spar (Fig. 5), straighten the left leg and at the same time lift the right foot to the same spar. Repeat.

In descending, slip the left foot down to the next spar, the right following. Repeat.

8. Right Hand Leading, Under the Ladder.—*Position of attention, under the ladder.*

1. Raise the right hand and grasp the spar nearest the reach, the left following, the fingers and thumb together; lift the right

Fig. 6.



foot from the ground and place it on the nearest spar, the left following, straighten the knees, elongate the trunk, the arms bent at the half reach, the chest advanced, the body inclined in the line of, and close to, the ladder, the head back, the eyes directed to the reach of the hands (Fig. 6).

2. Raise the right hand to the next spar, the left following; lift the right foot to the next spar, the left following, straighten the knees and elongate the trunk. Repeat.

In descending, slip the right foot down to the next spar, the left following; slip the right hand down to the next spar, the left following. Repeat.

This exercise to be repeated with the left hand leading.

9. Right Side Leading, Under the Ladder.—*Position as in eighth exercise.*

1. As in eighth exercise.

2. Raise the right hand to the next spar, and at the same time lift the right foot to the next spar (Fig. 7), the left hand and foot following on the left. Repeat.

In descending, slip the right hand down to the next spar, and at the same time slip the right foot down to the next spar, the left hand and left foot following together to the same spars. Repeat.

This exercise to be repeated with the left side leading.

10. Right and Left Side, Under the Ladder.—

Position as in eighth exercise.

1. As in eighth exercise.

2. Raise the right hand to the next spar, and at the same time lift the right foot to the next spar, as in Fig. 7; straighten the right knee and at the same time raise the left hand to the spar above that grasped by the right, and lift the left foot to the spar above that occupied by the right. Repeat the step, the leading hand and foot always passing the supporting hand and foot.

In descending, pass the leading hand down to the spar below that grasped by the supporting hand, and the leading foot to the spar below that occupied by the supporting foot. Repeat.

11. Hand and Foot, Under the Ladder.—*Position as in eighth exercise.*

1. As in eighth exercise.

2. Raise the right hand to the next spar and at the same time lift the left foot to the next spar (Fig. 8), straighten the left knee and elongate the trunk, and at the same time raise the left hand to the spar above that grasped by the right, and the right foot to the spar above that occupied by the left. Repeat the step, the leading hand

Fig. 7.



Fig. 8.



and foot always passing the spars occupied by the supporting hand and foot.

In descending, slip the leading hand down to the spar below that grasped by the supporting hand, and the leading foot to the spar below that occupied by the supporting foot. Repeat.

12. Both Hands at Once, Under the Ladder.—*Position as in eighth exercise.*

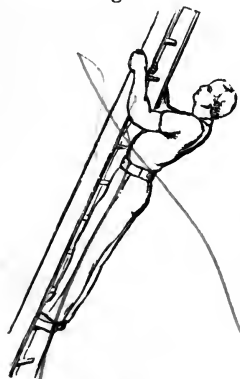
1. As in eighth exercise.

2. Raise both hands to the next spar and lift both feet to the next spar, straighten the knees and elongate the trunk. Repeat.

In descending, pass both feet down to the next spar, and pass both hands down to the next spar. Repeat.

13. Right Hand Leading, Under the Ladder, by the Sides.—*Position as in eighth exercise.*

Fig. 9.



1. As in eighth exercise, except that the hands grasp the sides of the ladder, right and left, instead of the spars (Fig. 9).

2. Raise the right hand to the reach, the left following on the left; lift the right foot to the next spar, the left following, straighten the knees and elongate the trunk. Repeat.

In descending, slip the right foot down to the next spar, the left following; slip the right hand down to the rest, the left following on the left. Repeat.

This exercise to be repeated with the left hand leading.

14. Right Side Leading, Under the Ladder, by the Sides.—*Position as in eighth exercise.*

1. As in thirteenth exercise.

2. Raise the right hand to the reach, and at the same time lift the right foot to the next spar, the left hand and foot following on the left. Repeat.

In descending, slip the right hand down to the rest, and at the same time slip the right foot down to the next spar, the left hand and left foot following on the left. Repeat.

This exercise to be repeated with the left side leading.

15. Right and Left Side, Under the Ladder, by the Sides.—*Position as in eighth exercise.*

1. As in thirteenth exercise.

2. Raise the right hand to the reach, and at the same time lift the right foot to the next spar; straighten the right knee, and at the same time raise the left hand to the reach and lift the left foot to the spar above that occupied by the right. Repeat the step, the leading hand and foot always passing the supporting hand and foot.

In descending, pass the leading hand down to the rest, and at the same time slip the leading foot down to the spar below that occupied by the supporting foot. Repeat.

16. Hand and Foot, Under the Ladder, by the Sides.—*Position as in eighth exercise.*

1. As in thirteenth exercise.

2. Raise the right hand to the reach, and at the same time lift the left foot to the next spar; straighten the left knee and elongate the trunk, and at the same time raise the left hand to the reach and the right foot to the spar above that occupied by the right. Repeat the step, the leading hand and foot always passing the supporting hand and foot.

In descending, pass the leading hand down to the rest, and at the same time slip the leading foot down to the spar below that occupied by the supporting foot. Repeat.

17. Both Hands at Once, Under the Ladder, by the Sides.—*Position as in eighth exercise.*

1. As in thirteenth exercise.

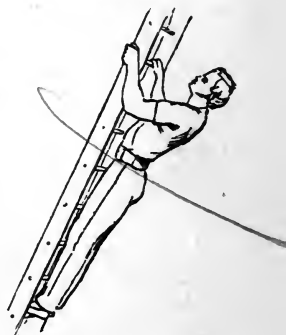
2. Raise both hands to the reach, lift both feet to the next spar, straighten the knees and elongate the trunk. Repeat.

In descending, pass both feet down to the next spar, slip both hands down to the rest. Repeat.

18. Right Hand Leading, by Spars and Sides.—*Position as in eighth exercise.*

1. As in eighth exercise, except that the leading hand grasps the spar, the supporting hand grasps the side of the ladder (Fig. 10).

Fig. 10.



2. Raise the right hand to the next spar, raise the left hand the same distance on the side; lift the right foot to the next spar, the left following, straighten the knees and elongate the trunk. Repeat.

In descending, slip the right foot down to the next spar, the left following, slip the right hand down to the next spar, the left following on the side, the same distance. Repeat.

This exercise to be repeated with the left hand leading.

19. Right Side Leading, by Spars and Sides.—*Position as in eighth exercise.*

1. As in eighteenth exercise.

2. Raise the right hand to the next spar, and at the same time lift the right foot to the next spar, the left hand and left foot following the same distance. Repeat.

In descending, slip the right hand down to the next spar and at the same time slip the right foot down to the next spar, the left hand and left foot following the same distance. Repeat.

This exercise to be repeated with the left side leading.

20. Right and Left Side, by Spars and Sides.—*Position as in eighth exercise.*

1. As in eighteenth exercise.

2. Raise the right hand to the next spar, and at the same time lift the right foot to the next spar; straighten the right knee and at the same time raise the left hand the distance of the step above the right and the left foot to the spar above that occupied by the right. Repeat the step, the leading hand and foot always passing the supporting hand and foot.

In descending, slip the leading hand and foot down the distance of the step below the supporting hand and foot. Repeat.

21. Hand and Foot, by Spars and Sides.—*Position as in eighth exercise.*

1. As in eighteenth exercise.

2. Raise the right hand to the next spar, and at the same time lift the left foot to the next spar; raise the left hand the distance of the step above the right. and the right foot to the spar above that occupied by the left. Repeat the step, the leading hand and foot always passing the supporting hand and foot.

In descending, slip the leading hand and foot down the distance of the step below the supporting hand and foot. Repeat.

22. Both Hands at Once, by Spars and Sides.—*Position as in eighth exercise.*

1. As in eighteenth exercise.

2. Raise both hands the distance of the step, the right grasping the next spar, the left grasping the side; lift both feet to the next spar, straighten the knees and elongate the trunk. Repeat.

In descending, slip both hands down the distance of the step, pass both feet down to the next spar. Repeat.

23. Right Hand Leading, by the Sides Only.—*Position as in seventh exercise.*

1. Raise the right hand to the reach and grasp the side of the ladder, the left following on the left, the fingers and thumbs meeting; bend the arms to the half reach, lifting the feet from the ground, the legs straight and together, the toes pointed downwards, the trunk of the body upright, the neck free, the head held back, the eyes directed to the reach of the hands (Fig. 11).

2. Raise the right hand to the reach, the left following on the left; bend the arms to the half reach, retaining the trunk and lower limbs in position. Repeat.

In descending, slip the right hand down to the rest, the left following on the left. Repeat.

This exercise to be repeated with the left hand leading.

24. Hand Over Hand, by the Sides Only.—*Position as in eighth exercise.*

1. As in twenty-second exercise.

2. Raise the right hand to the reach, bend the right arm and on the instant raise the left hand to the reach, beyond the right. Repeat, the leading hand always passing beyond the level of the supporting hand.

In descending, slip the leading hand down to the rest, below the supporting hand. Repeat.

25. Both Hands at Once, by the Sides Only.—*Position as in eighth exercise.*

1. As in twenty-second exercise.

Fig. 11.



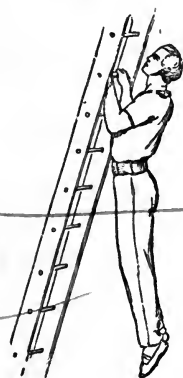
2. Shoot up both hands to the reach, retaining the arms bent, and the trunk and lower limbs in position. Repeat.

In descending, slip both hands down to the reach. Repeat.

26. Right Hand Leading, by the Spars Only.—*Position as in eighth exercise.*

1. Raise the right hand and grasp the spar nearest the reach, the left following, the fingers and thumbs together; bend the arms to the half reach, lifting the feet from the ground, the trunk and lower limbs as in twenty-third exercise (Fig. 12).

Fig. 12.



2. Raise the right hand to the next spar, the left following, bend the arms to the half reach, retaining the trunk and lower limbs in position. Repeat.

In descending, slip the right hand down to the next spar, the left following. Repeat.

This exercise to be repeated with the left hand leading.

27. Hand Over Hand, by the Spars Only.—*Position as in eighth exercise.*

1. As in twenty-fifth exercise.

2. Raise the right hand to the next spar, bend the right arm and on the instant raise the left hand to the spar above that grasped by the right. Repeat, the leading hand always passing the spar grasped by the supporting hand.

In descending, slip the leading hand down to the spar below that grasped by the supporting hand. Repeat.

28. Both Hands at Once, by the Spars Only.—*Position as in eighth exercise.*

1. As in twenty-fifth exercise.

2. Shoot up both hands to the next spar, retaining the arms bent, and the trunk and lower limbs in position. Repeat.

In descending, slip both hands down to the next spar. Repeat.

29. Right Hand Leading, by Spars and Sides Only.—*Position as in eighth exercise.*

1. As in twenty-third exercise, except that the right hand grasps the spar, the left hand grasps the side of the ladder, opposite the right.

2. Raise the right hand to the next spar, the left following the same distance on the side. Repeat.

In descending, slip the right hand down to the next spar, the left following the same distance on the side. Repeat.

This exercise to be repeated with the left hand leading and grasping the spar, the right hand on the side.

30. Hand Over Hand, by Spars and Sides Only.—*Position as in eighth exercise.*

1. As in twenty-ninth exercise.

2. Raise the right hand to the next spar, bend the right arm and on the instant raise the left hand to the reach beyond the right. Repeat, the leading hand always passing the supporting hand.

In descending, slip the right hand down to the next spar below the left, slip the left down below the right. Repeat.

This exercise to be repeated, the left hand grasping the spar, the right hand on the side.

31. Both Hands at Once, by Spars and Sides Only.—*Position as in eighth exercise.*

1. As in twenty-ninth exercise.

2. Shoot up both hands the distance of the step (the distance between the spars), the right grasping the next spar, the left grasping the side of the ladder, opposite the right. Repeat.

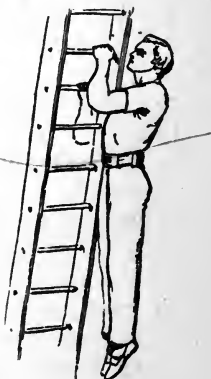
In descending, slip both hands down the distance of the step, as in the ascent. Repeat.

This exercise to be repeated, the left hand grasping the spar, the right hand on the side.

32. Left Hand Leading, Sideways.—*Position of attention, the ladder in profile on the left.*

1. Raise the right hand and, passing it above the ladder, grasp the spar nearest the reach, the fingers and thumb meeting, raise the left hand and, passing it under the ladder, grasp the spar above that grasped by the right; bend the arms and lift both feet from the ground, the legs straight and together, the toes pointed downwards, the trunk of the body upright,

Fig. 13.



the neck free, the head slightly held back, the eyes directed to the reach of the hands (Fig. 13).

2. Raise the left hand to the next spar, raise the right hand to the next spar. Repeat.

In descending, pass the right hand down to the next spar, pass the left hand down to the next spar. Repeat.

This exercise to be repeated with the right hand leading.

33. Hand Over Hand, Sideways.—*Position as in thirty-second exercise.*

1. As in thirty-second exercise.

2. Raise the right hand to the spar above that grasped by the left, elevate the body and raise the left hand to the spar above that grasped by the right. Repeat.

In descending, pass the leading hand down to the spar below that grasped by the supporting hand. Repeat.

Fig. 14.



34. Right Hand Leading, Sideways, Legs Up.—*Position as in thirty-second exercise.*

1. As in thirty-second exercise, except that in lifting the feet from the ground they are to be extended to the front horizontally, the legs straight and together, the toes pointed to the front (Fig. 14).

2. As in thirty-second exercise, retaining the lower limbs in position. Repeat.

Descend as in thirty-second exercise.

This exercise to be repeated with the left hand leading.

35. Hand Over Hand, Sideways, Legs Up.—*Position as in thirty-second exercise.*

1. As in thirty-fourth exercise.

2. As in twenty-fifth exercise, retaining the lower limbs in position. Repeat.

Descend as in thirty-third exercise.

36. Right Hand Leading, Hands Only, Above the Ladder.—*Position as in first exercise.*

1. Raise both hands and grasp the spar nearest the reach, the fingers and thumb meeting; press strongly from the hands, and straightening the

arms, lift both feet from the ground and pass them right and left outside the ladder, the inside of the foot lightly pressing against the supports, the legs straight, the toes pointed downwards, the chest advanced, the head slightly bent back (Fig. 15).

2. Raise the right hand to the next spar, straighten the right arm, raise the left hand to the same spar. Repeat.

In descending, slip the right hand down to the next spar, the left following. Repeat.

This exercise to be repeated with the left hand leading.

37. Hand Over Hand, Hands Only, Above the Ladder.—*Position as in first exercise.*

1. As in thirty-sixth exercise.

2. Raise the right hand to the next spar, straighten the right arm and on the instant raise the left hand to the spar above that grasped by the right. Repeat the step, the leading hand always passing the spar grasped by the supporting hand.

In descending, slip the leading hand down to the spar below that grasped by the supporting hand. Repeat.

38. To Descend Rapidly Above the Ladder.

Pass the right leg over the side of the ladder, the knee bent, the foreleg pendent, the left leg following on the left. Pass the right hand to the outside of the ladder, grasping the support on the underside, the fingers and thumb together, the left hand following on the left. Regulate the rate of descent by the pressure of the hands.

Fig. 15.



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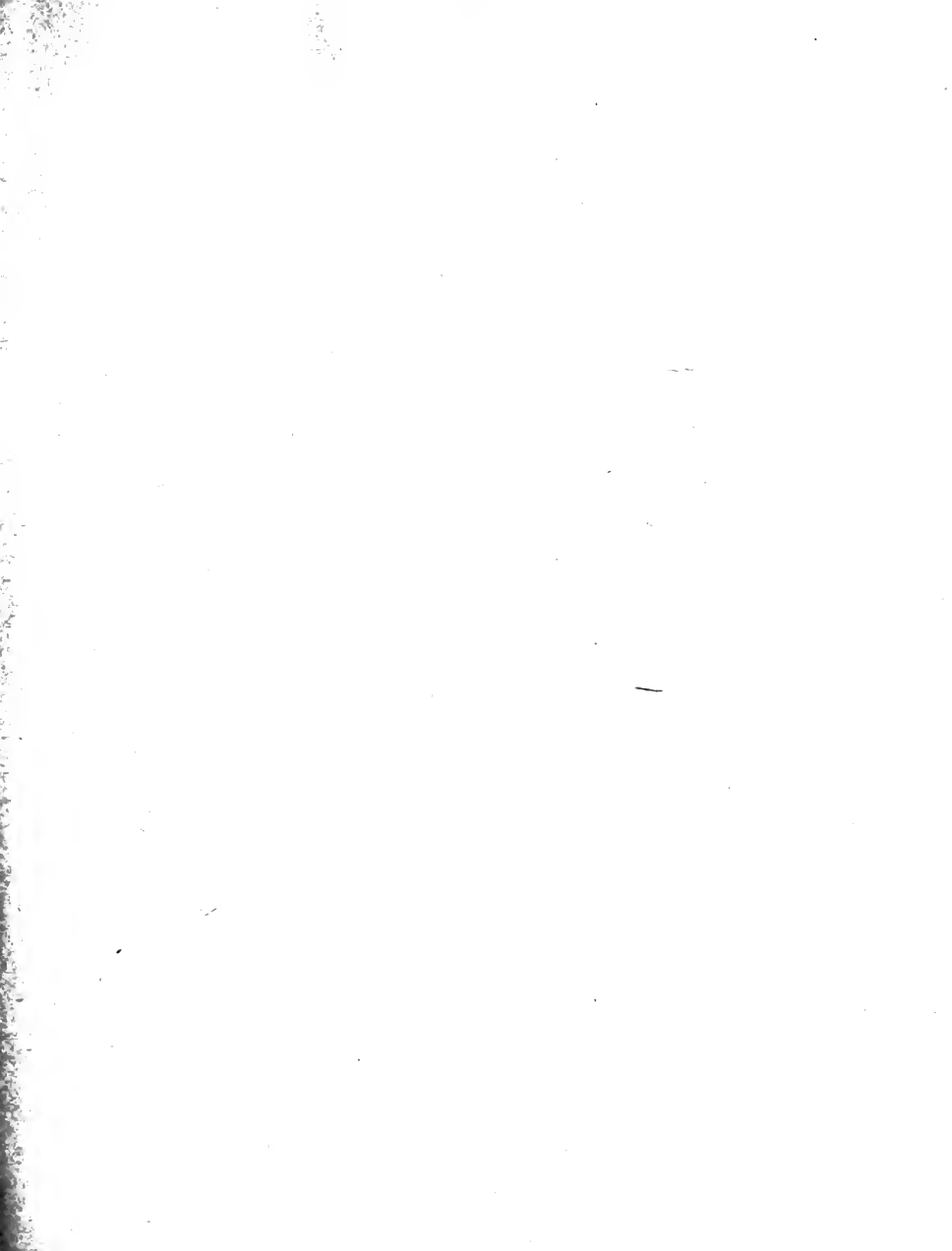
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