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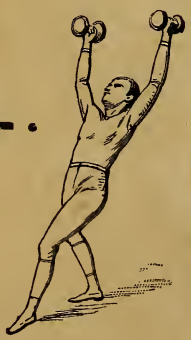
CRUDEN'S CALISTHENIC TRAINING AND MUSICAL DRILL.



NEW YORK: DICK & FITZGERALD, PUBLISHERS.

CRUDEN'S

CALISTHENIC TRAINING

AND

MUSICAL DRILL

CONTAINING

THOROUGH INSTRUCTIONS AND PROGRESSIVE EXERCISES WITH DUMB BELLS, BAR BELLS, INDIAN CLUBS, AND HOOPS, AND IN FREE GYMNASTICS AND MARCHING

PROFUSELY ILLUSTRATED

INCLUDING

PIANO MUSIC FOR THE EXERCISES

BY GEORGE CRUDEN, A. M.

SEP 19 1889
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CRUDEN'S CALISTHENIC TRAINING.

INTRODUCTORY REMARKS.

Man is the triumphant culmination of the Creator's handiwork on earth. His normal condition, in common with the rest of the animal creation, is Health, the attainment, preservation and enjoyment of which is mainly within his own powers and choice.

It is true that in individual cases the functions of the mind or body may be deficient; unless this is the result of accident, it can be surely traced to imprudence or neglect, perhaps both, on either his own part or that of his progenitors.

Human life is the union of two functions,—the mind, and the body,—co-existent but distinct; both need appropriate nurture and development; neither can be neglected or abused without detriment to the other.

Young people of both sexes have ample opportunities within reach for training and educating the mind; but how often is the discipline and development of their muscular strength neglected or even ignored!

The health of the body, depends very greatly on proper physical culture. With the exception of a few diseases contracted from extraneous causes, the large majority of ailments proceed from *within* the human system, and are the result of an inexcusable neglect or an actual defiance of Nature's laws.

The mental faculties are *rarely* at rest, and except in sleep, are actively at work, often without, or in spite of, the will or desire.

The physical powers are *always* at rest, unless set to work

by will or desire, inert unless used, although specially created for activity and motion.

Every movement of the body or limbs is the resultant of two inseparable but independent forces;—the nerves which contract the muscles, and the muscles which produce the motion.

The nerves of motion are the connecting link or messengers between the brain which wills and the muscles which execute the will.

The brain is incited to action by another system of nerves, which carry and report to it the sensations of feeling, sight, hearing, taste and touch, from every point of sensation.

These two sets of nerves are intimately sympathetic and greatly depend on each other for efficiency.

As the principal end and aim of this entire complex system is executive, it can easily be understood that unless the muscles (the executive) are inured to skillful and energetic use, the promptings of the mind will be greatly hampered in their fulfillment, and physical inability is only too likely to reduce mental energy. On the contrary, by increasing the effective power of the muscles, the scope and capabilities of the entire body, and consequently of the mind, will be correspondingly enlarged.

Physical exercise also, by bringing the muscles into systematic and energetic play, while it develops and strengthens them, revitalizes the blood by increased respiration, stimulates the circulation, and imparts health and vigor to both body and brain.

The routine of physical exercise should be so devised and regulated as to bring every member of the body and every muscle in each member into uniform and well-balanced efficiency.

The series of exercises introduced into this work is just such as is calculated to produce these results, and the greatest benefit will surely follow a judicious and regular periodical use of them.

One important point is too often ignored. All the muscles have their counterparts, right and left. We train the muscles of the right hand to fulfil certain conditions; exactly similar muscles exist in the left hand; why should not they receive the same training? Why should not both hands be equally instructed to write, to cut, and the many other acquirements to which the right hand is usually and exclusively trained?

There are many good reasons why the instruction of young persons should be imparted to them in classes. It brings them into social intercourse under proper restraint; it excites a wholesome spirit of emulation; it accustoms them to the routine of discipline; it insures regularity of exertion at proper intervals, and it interests the mind while it benefits the body. The one thing to be guarded against is the risk of overtaxing the weaker in their endeavor to keep pace with the stronger members of the class.

HINTS TO TEACHERS.

As each exercise in this work is arranged to strengthen a certain class of muscles, no one exercise should be repeated long enough to fatigue and strain the muscles specially brought into play; it is important, therefore, to vary the exercises as much as possible, adopting preferably the order in which they occur in the book.

Insist on every movement being accurately and fully performed; half-movements are useless.

Give the word of command clearly, pronouncing the final starting word short and sharp to secure unanimity of action.

Guard against performing the motions too slowly, it tends to fatigue; avoid, also, too great rapidity, it detracts from precision The cadence of the music must be regulated to fulfill these conditions.

At the first signs of fatigue, order a short recess, during which some recreation may be devised to interest the mental faculties while it rests and refreshes the body.

Arrange the members of the class in the order of their height, and adapt the size and weight of the implements used in the exercises to the size and strength of the pupils. Dumb-bells, for instance, should be used sparingly by young children, and never over two pounds in weight; two to three pounds are usually sufficient weight for girls; three to four pounds for boys of twelve, and four to five pounds for youths. These weights are sufficient to develop strength without over-exertion, because the practical weight of a Dumb-bell is greatly increased by the momentum acquired in swinging it.

Be careful that the room in which class exercises are conducted is sufficiently spacious and lofty to allow of thorough

ventilation ; impure air and dust will more than counteract the benefits derived from the exercises.

The temperature of the room is also a very important point to be observed. If too warm, the perspiration resulting from energetic action is unduly excited, and by its enervating influence induces languor and premature fatigue ; if, on the contrary, the room is insufficiently warmed, there is danger of the body becoming chilled during the intervals of rest and inaction. A temperature of about sixty-five degrees will fulfill the requisite conditions, and ensure the best results.

As teachers may naturally be supposed to possess the experience needed for the management of their classes, it is deemed advisable to leave all the minor details of deportment and order to their own judgment and discretion.

HINTS ON DRESS.

The best costume for both sexes is that which unites the greatest freedom of action with the least possible obstruction to the motion of the limbs. For boys, a light, easy flannel shirt, knickerbocker trousers without suspenders or knee fastenings, stockings and easy shoes preferably of canvas or duck, with very low heels or no extra thickness on the heel at all. For girls an easy waist of light flannel, a short skirt, full enough for perfect freedom of the limbs and *no more*, stockings and shoes similar to those worn by the boys; no corset. Both boys and girls may wear a belt, not tight, but only fairly supporting the waist, and keeping the garments in their places. The entire costume should be prepared with a view to protect the body fully in accordance with the temperature of the room, but not to induce undue perspiration ; to allow full scope for the expansion of the chest, and for perfect freedom of action to the body and limbs, without being unnecessarily loose and cumbersome.

PRELIMINARY INSTRUCTION.

S. 1—POSITION OF THE PUPIL.

The pupils should "Fall in" in single rank, and stand with the shoulders and body square to the front. The heels must be in line, and closed; the knees straight; the toes turned out, so that the feet may form an angle of 45 degrees; the arms hanging easily from the shoulder, the hands open, thumbs to the front and close to the forefinger, fingers lightly touching the thigh; the hips rather drawn back; the chest well braced up, but without constraint: the body straight and inclining forward so that the weight of it may bear principally on the fore part of the feet; the head erect, but not thrown back; the chin slightly drawn in, and the eyes looking straight to the front.

When the pupils "Fall in" for instruction, they will be taught to place themselves in the position above described.

The pupils will then be numbered from right to left, and on the word "March" (to be given by the Teacher), the odd numbers will take one pace to the front, and the even numbers will step back one pace.

N.B.—The words in the margin printed in *italics* are the commands to be given by the Teacher.

S. 2—STANDING AT EASE.

Pupils will first be taught the motions of Standing at Ease by Numbers, then by Judging the Time.

(1)—By Numbers.

CAUTION—*Stand at Ease by Numbers.*

One—On the word "One," raise the arms from the elbows, left hand in front of the centre of the body, as high as the waist, palm upwards; the right hand as high as the right breast, palm to the left front; both thumbs separated from the fingers, and the elbows close to the sides.

Two—On the word "Two," strike the palm of the right hand on that of the left.

Three—On the word "Three," drop the arms to their full extent, keeping the hands together, and passing the right hand over the back of the left as they fall; at the same time draw back the right foot six inches, and slightly bend the left knee.

When the motions are completed, the arms must hang loosely and easily, the fingers pointing towards the ground, the right thumb lightly held between the thumb and palm of the left hand; the body must incline forward, the weight being on the right leg, and the whole attitude without constraint.

Squad—Attention—On the word "Attention," spring up to the position described in S. 1.

(2)—By Judging the Time.

CAUTION—*Stand at Ease, Judging the Time.*

Stand at—Ease—On the word "Ease," go through the motions described in the Standing at Ease by Numbers, distinctly but smartly, and without any pause between them.

Squad—Attention. As before.

If the command "Stand at Ease" is followed by the word "Easy," the pupils will be permitted to move their

limbs, but without quitting their ground, so that on coming to "Attention" no one shall have materially lost his or her dressing in line. If the pupils are required to keep their dressing accurately, they should be cautioned not to move their left feet.

On the word "Squad" being given to pupils standing easy, every pupil will at once assume the position of Standing at Ease.

S. 3—TURNINGS.

In going through the Turnings, the pupil must turn as on a pivot, without a jerk; the arms, head, and body being kept perfectly steady, the movement being with the feet.

Right—turn { On the word "Turn," raise the right toe and the left heel, and turn a quarter circle to the right on the right heel and left toe.

Two { On the word "Two," bring up the left heel to the right, placing the left foot on the ground with a distinct beat.

Left—Turn { On the word "Turn," raise the left toe and the right heel, and turn a quarter circle to the left on the left heel and right toe.

Two { On the word "Two," bring up the right heel to the left, placing the right foot on the ground with a distinct beat.

Half-right—Turn { On the word "Turn," raise the right toe and the left heel, and turn an eighth of a circle to the right on the right heel and left toe.

Two { On the word "Two," bring up the left heel to the right, placing the left foot on the ground with a distinct beat.

Half-left—Turn { On the word "Turn," raise the left toe and the right heel, and turn an eighth of a circle to the left on the left heel and right toe.

Two { On the word "Two," bring up the right heel to the left, placing the right foot on the ground with a distinct beat.

About { On the word "About," raise the left toe and the right heel, and turn a half circle to the left on the left heel and right toe.

Two { On the word "Two," bring up the right heel to the left, placing the right foot on the ground with a distinct beat.

S. 4—BALANCE STEP.

The object of the Balance Step is to teach the pupil the very foundation of what constitutes a graceful gait or carriage, and no labour should be spared to attain this end. During the movements the body must be kept perfectly steady and well forward, the shoulders also being square to the front.

(1)—Without Advancing.

CAUTION—*Balance Step, commencing with the Left Foot.*

Front { On the word "Front," the left foot will be raised from the ground by a slight bend of the knee, and carried gently to the front without a jerk, the knee being gradually straightened as the foot is carried forward ; the foot to be turned out at the same angle as when halted, the sole parallel to and clear of the ground, the heel just in advance of the line of the right toe.

Rear { On the word "Rear," given when the body is steady, the left foot will be brought gently back without a jerk, till the toe is in line with the right heel, clear of the ground ; the left knee to be a little bent.

When steady, the words "Front" and "Rear" will be repeated several times, and the motions performed as above described.

Halt { On the word "Halt, which should always be given when the moving foot is in rear, that foot will be brought to the ground with a beat in line with the other.

The pupils will afterwards be taught to balance upon the left foot, carrying the right foot forward and backward. Standing on one leg and swinging the other backward and forward without constraint is an excellent practice.

(2)—Advancing.

CAUTION—*Balance Step, Advancing on the word "Forward."*

Front { On the word "Front," the left foot will be carried to the front as before.

Forward { As soon as the pupils are steady in the above position the word "Forward" will be given, on which the left foot will be brought to the ground at from 20 to 30 inches distant (according to the age of the pupil) from heel to heel, toes turned out at the same angle as when halted; and the right foot will immediately be raised and held extended to the rear, toe in line with the left heel, the right knee to be slightly bent.

Great care must be taken that the toes remain throughout at the same angle; that the body accompanies the leg, and remains straight but inclining forward, and that the head is erect and turned neither to right nor left.

Front { On the word "Front," the right foot will be brought forward, and so on alternately.

Halt { On the word "Halt," which should always be given when the moving foot is to the front, that foot will complete its pace, and the rear foot will be brought up in line with it.

S. 5—THE SLOW MARCH.

The main objects to be attained by this drill are cadence, length of step and direction, and, as these are an essential preparation for securing an accurate and graceful carriage, the pupils should be thoroughly instructed in this step.

Slow—March The time having been given on the piano, or other musical instrument at hand, on the word "March," the left foot will be carried 20 to 30 inches to the front as before directed, and, as soon as it reaches the ground, the right foot will be carried a similar distance to the front, and so on alternately. *For Music, see page* 103.

S. 6—THE QUICK MARCH.

Quick—March The time having been given on the piano, or other musical instrument at hand, on the word "March," the squad will step off with a beat with the left feet, head erect, chest well braced up, arms steady by the sides, taking a pace of from 20 to 30 inches, and about 120 paces a minute. *For Music, see page* 105.

S. 7—THE DOUBLE MARCH.

Double—March—(or Break into Double Time)—Double On the word "March," or "Double"—the time having been given on the piano or other musical instrument at hand—the squad will step off together with the left feet, taking a pace of from 23 to 33 inches and about 165 paces a minute; at the same time raising the hands as high as the waist, closing the fists and carrying back the elbows. *For Music, see page* 75.

S. 8—MARKING TIME.

Mark—Time On the words "Mark Time," the foot then advancing will complete its pace, after which the cadence will be continued, without advancing, by raising each foot alternately about three inches from the ground, keeping the body steady; on the word *forward*, the usual pace will be resumed.

S. 9—CHANGING STEP.

Change-Feet — To change step in marching the advancing foot will complete its pace. and the ball of the rear foot will be brought up quickly to the heel of the advanced one, which will instantly make another step forward. so that the cadence will not be lost—in fact, two successive steps will be taken with the same foot.

S. 10—THE SIDE OR CLOSING STEP.

(1)—By Numbers.

CAUTION—*Right Close, by Numbers.*

One — On the word "One," carry the right foot 12 inches to the right, keeping the head and shoulders perfectly square to the front and the knees straight.

Two — On the word "Two," bring the left foot smartly up to the right, heels touching,

Repeat as above till the required distance is gained, and on the word "Halt" being given, the left foot will be closed on the right.

(2)—By Judging the Time.

CAUTION—*Right Close, Judging the Time.*

Right Close, Quick-March — On the word "March," each pupil will carry the right foot 12 inches direct to the right, and instantly close the left foot to it, thus completing the pace: the next pace will be taken in the same manner.

Halt — On the word "Halt," the pupils will complete the pace they are taking and remain steady.

Pupils should be practised in closing to the left by numbers, and judging the time in the same manner.

FIRST DIVISION.

I.—MARCHING DRILL.

The following exercises require a large room, or an oblong space, and with the aid of music, and by alternating from walking to running and *vice versa*, the monotony may be greatly relieved.

In the running drill a healthy circulation is promoted and the lung power is increased; but care should be taken not to run too long a distance at first. The heels should not touch the ground, but the weight of the body should be sustained upon the ball of each foot. If this Rule is observed, it will do much to abolish flat feet and knock-knees, and give instead a healthy and graceful carriage. Two or more Leaders should be selected and placed on the right, and the rest of the pupils should carefully follow their footsteps.

In marching, the pupil must maintain the position of the head and body as directed in S. 1. The movements of the leg must spring from the haunch and be free and natural. Both knees must be kept straight, except while the leg is being carried from the rear to the front, when the knee must necessarily be a little bent, to enable the foot to clear the ground. The foot must be carried straight to the front without a jerk, the knee being gradually straightened as the foot is carried forward, the sole parallel to and clear of the ground, and, without being drawn back, placed softly on the ground so as not to jerk or shake the body; the toes turned out at the same angle as when halted.

The class should be formed up, two deep on one of the sides of the room, or oblong space, and at "stand at ease."

CAUTION—*Marching Drill.*

Attention. As before.

Number. As before.

Right-Dress. On the word "Dress," each pupil in the front rank, except the one on the right, will turn the head and eyes slightly in the direction named, and will take up his or her dressing in line by moving, with short quick steps, till he or she is just able, to distinguish the lower part of the face of the second pupil beyond him or her; care must be taken that the body is carried backward or forward with the feet, the shoulders being kept perfectly square in their original position. The pupils in the rear rank (*i.e.* the second row) will look straight to the front and cover the pupil in front of them.

Eyes—Front. On the word "Front," the head and eyes will be turned to the front.

1st EXERCISE.

Quick-March. On the word "March," the front rank will march three paces to the front stepping off with the left feet.

Two. On the word "Two," the whole will turn to the right in two motions.

Three. On the word "Three," the even numbers will take one pace to the right with their right feet and bring up their left to their right feet; at the same time the odd numbers will take one pace to the left with their left feet, and bring up their right to their left feet.

Four { On the word "Four," the whole will march three paces to the front.

Five { On the word "Five," the even numbers will take a pace to the left, and the odd numbers a pace to the right.

Six { On the word "Six," the whole will turn to the front (the left).

Seven { On the word "Seven," the odd numbers will take one pace to the front, and the even numbers will step back one pace.

Eight { On the word "Eight," the whole will turn to the left.

Nine { On the word "Nine," the whole will march three paces to the front.

Ten { On the word "Ten," the even numbers will take one pace to the right, and the odd numbers one pace to the left.

Eleven { On the word "Eleven," the whole will turn to the right.

Twelve { On the word "Twelve," the rear rank will step up three paces.

N.B.—This exercise, when accompanied by music, should be repeated from three to six times according to the size of the room, or space available, and at its conclusion the pupils should go about, march to the place from whence they started, turn to their front, and stand at ease.

2nd EXERCISE.

Before commencing this exercise, the pupils will be divided into two half companies—*e.g.*, if there were 38 pupils, Nos. 1 to 10 would form the "right half company," Nos. 11 to 19 the "left half company."

Quick-March { On the word "March," the front rank will march three paces to the front, as in previous exercise.

Two { On the word "Two," the right half company will turn to the right, the left half company to the left.

Three { On the word "Three," the right half company will proceed as in "Three" of previous exercise, the even numbers of the left half company will take one pace to the left the odd numbers at the same time taking one pace to the right.

Four { On the word "Four," both half companies will march three paces to their respective fronts.

Five { On the word "Five," the right half company will proceed as in "Five" of previous exercise, while the even numbers of the left half company will take a pace to the right, and the odd numbers a pace to the left.

Six { On the word "Six," the whole will turn to the front, (*i.e.*, the right half company to the left and the left half company to the right).

Seven { On the word "Seven," the odd numbers of both half companies will take one pace to the front, and the even numbers will step back a pace.

Eight { On the word "Eight," the right half company will turn to the left, the left half company to the right.

Nine { On the word "Nine," both half companies will march three paces to the front.

Ten { On the word "Ten," the even numbers of the right half company will take one pace to the right, and the odd numbers one pace to the left, while the even numbers of the left half company will take one pace to the left, and the odd numbers one pace to the right.

Eleven { On the word "Eleven," the whole will turn to the front, (*i.e.*, the right half company to the right, and the left half company to the left).

Twelve { On the word "Twelve," the whole of the rear rank will step up three paces—while this is being done, the front rank, which should be marking time, will touch in to the centre.

N.B.—This exercise should be repeated and ended, as in the preceding exercise.

3rd EXERCISE.

Quick-March { On the word "March," the front rank will take one pace to the front.

Two { On the word "Two," the even numbers of both ranks will step back one pace.

Three { On the word "Three," the whole will turn to the right.

Four { On the word "Four, the even numbers will take one pace to their front.

Five { On the word "Five," the even numbers will step back one pace.

Six { On the word "Six," the whole will turn to the left.

Seven { On the word "Seven," the even numbers will step up one pace.

Eight { On the word "Eight," the rear rank will step up one pace.

Nine { On the word "Nine," the front rank will take one pace to the front.

Ten { On the word "Ten," the even numbers of both ranks will step back one pace.

Eleven { On the word "Eleven," the whole will turn to the left.

Twelve { On the word "Twelve," the even numbers will take one pace to their front.

Thirteen { On the word "Thirteen," the even numbers will step back a pace.

Fourteen { On the word "Fourteen," the whole will turn to the right.

Fifteen { On the word "Fifteen," the even numbers will take one pace to the front.

Sixteen { On the word "Sixteen," the rear rank will take one pace to the front.

This exercise, when accompanied by music, should be repeated from three to six times according to the size of the room or space available, and as the pupils reach the opposite end of the space or room from which they started, the whole will turn to the right and march round one half of the room or enclosure till the leaders reach the centre of the space where the exercise commenced. The leaders will then wheel to the right and march down the centre of the room No. 1 of the front rank will then wheel to the left about, and No. 1 of the rear rank will at the same time wheel to the right about and continue marching up and down till they reach the edge of the enclosure or room, when they will meet and march to the position from which they started, turn to the front, and Stand at Ease.

4th EXERCISE.

Quick-March { On the word "March," the squad will repeat the first exercise once.

Change { On the word "Change," the squad will repeat the first four movements of Exercise No. 3.

Forward — On the word "Forward," the whole squad will wheel to the left and mark time opposite the centre of the side of the space or room in which they happen to be.

Change — On the word "Change," the squad will repeat the fifth, sixth, seventh, and eighth movements of Exercise No. 3.

The above should be repeated four times, which will bring the squad back to the point from which it started.

MILITARY DUMB BELL EXERCISES.

The following exercises have a double value. They not only exercise all the parts of the body, and thus tend to develope its different muscles and improve the carriage of the pupil, but they can also be engaged in by a number of pupils at the same time, and by the same word of command.

The position of the teacher should be opposite the centre of the pupils, and, as a rule, the teacher should execute every movement while giving the word of command. If the exercises are shewn by the teacher while *facing* the pupils they should be done in the opposite way, *e.g.*, when the command "left foot forward" is given by the teacher, he or she should act as if the command "right foot forward" had been given.

The weight of the bells should be from 2 to 6 lbs.; and for children they should be made of wood.

S. 1.—First Practice—without Bells.

The pupils should "fall in" two deep and at "stand at ease."

Attention. Position of attention.

Number { On the word "Number," the pupils will number from right to left.

Open-out, March { On the word "March," the front rank will take three paces to their front, stepping off with the left feet with a distinct beat.

Two { On the word "Two," the odd numbers of both ranks will take one pace to their front, the even numbers one pace to the rear.

Step to the—Rear. On the word "Rear," the whole will take a full step to the rear with the left foot, the right following.

Step to the—Front. Resume the first position.

Step to the—Rear. As before.

1

1st EXERCISE.

Ready On the word "Ready," move the hands to the rear, the left grasping the right arm just above the elbow, and the right supporting the left arm under the elbow (Fig. 1).

2

Two On the word "Two," turn an eighth of a circle to the right on the right heel, and place the left heel in front of the right (Fig. 2).

Three On the word "Three," make a full step to the front with the left foot, the right remaining firm and flat on the ground, the left knee well over the left toe, and the right knee perfectly straight, the back well hollowed, the head upright, the breast advanced, the shoulders flat, the eyes directed to the front (Fig. 3).

3

Recover On the word "Recover," bring the left foot back to the right (Fig. 2).

Right Foot—Forward On the word "Forward," turn a quarter of a circle to the left, turning on the left heel, and place the right in front of the left (Fig. 4).

4

Two On the word "Two," step out with the right foot forward as with the left.

Recover. As before.

Front — On the word "Front," turn an eighth of a circle to the right, and drop the hands down by the sides to the full extent of the arms.

5

Two — On the word "Two," take a pace to the front with the left foot, and bring up the right with a beat.

Stand at—Ease. As usual.

2nd EXERCISE.

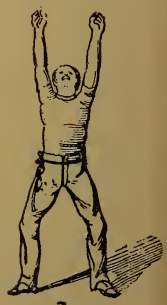
Attention. As usual.

Astride — On the word, "Astride," carry the left foot 10 inches to the left front, the toes pointing to the front, the right following at the same distance on the right (Fig. 5).

6

Ready — On the word "Ready," bend the knees until they jut over the toes, keeping the heels on the ground; at the same time stoop from the waist and bring both hands to the ground in front of the centre of the body, the hands closed and together, the thumbs together, the knuckles to the ground (Fig. 6).

Up — On the word "Up," straighten the back (keeping the knees bent); at the same time swing the arms up in front of the body, and carry them to the full extent of the arms above the shoulders (Fig. 7). This exercise to be repeated six times, the pupils counting the numbers, and the teacher giving the time and pitch of voice by the word "Down" at each descent. The word to be given and the numbers to be counted in a clear and full tone, the sound to be prolonged over the time occupied in the ascent from the waist to the full extension of the arms.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Halt—On the word "Halt" to be given when the arms are straight above the head, lower the hands to the sides, and come to the position of Attention by carrying the left feet back to their former position, the right following.

Stand at—Ease. As usual.

S. 2.—Second Practice—with Bells.

8

The pupils should "fall in" two deep, with a bell in each hand, and at "attention."

Number. As before.

Open-out—March. As before.

Two. As before.

Lower-Bells—On the word "Bells," bend down and place the bells on the ground in front of the toes (Fig. 8), and, after a slight pause, resume the position of attention.

Step to the—Rear. As before.

1st EXERCISE.

9

Left Foot—Forward—On the word "Forward," turn an eighth of a circle on the right heel to the right.

Two—On the word "Two," step to the front with the left foot, as in the First Exercise of the First Practice, the left hand grasping the thigh just above the knee, as the foot comes to the ground; the right arm extended in the line of the right leg (Fig. 9).

Right—Hand—On the word "Hand," seize the bell with the right hand, the lower limbs remaining in position.

Up — On the word "Up," raise the bell in front of the body, and bring it in to the shoulder, then, after a slight pause, raise the bell above the shoulder to the full extent of the arm, leaning strongly on the left knee and pressing the breast to the front during the ascent of the bell; in this position, the lower limbs to the knee and the left arm should form one continuous line from foot to shoulder (Fig. 10).

10

Down — On the word "Down," lower the bell to the shoulder, then replace it on the ground, and recover—as in First Practice.

Right Foot—Forward — On the word "Forward," turn a quarter of a circle to the left on the left heel.

Two. As before.
Left—Hand. As before.
Up. As before.
Down. As before.
Front. As usual.
Step to the—Front. As before.
Stand at—Ease. As usual.

11

2nd EXERCISE.

Attention. As usual.
Step to the—Rear. As in First Practice.
Left Foot—Forward. As before.

Both—Hands — On the word "Hands," seize a bell in each hand, the arms passing on either side of the knee, the right on the right, the left on the left side (Fig. 11).

Up — On the word "Up," raise the bells in front of the body, and bring them in to the shoulders, then, after a slight pause, raise the bells above the shoulders to the full extent of the arms, bending the left knee and pressing the breast to the front during the ascent of the bells (Fig. 12).

12

Down { On the word "Down," lower the bells to the shoulder, then replace them on the ground and recover.

Right Foot —Forward { As with the Left Foot Forward.

Both—Hands. As before.
Up. As before.
Down. As before.
Front. As usual.
Step to the—Front. As before.
Stand at—Ease. As usual.

13

3rd EXERCISE.

Attention. As usual.
Step to the—Rear. As before.
Left Foot—Forward. As before.

Right— Hand { On the word "Hand," seize the bell with the right hand.

Up { On the word "Up," raise the bell in front of the body, and bring it in to the shoulder, then after a slight pause recover, at the same time raising the bell above the head to the full extent of the arm (Fig. 13).

Left Foot —Forward { As before, keeping the arm straight above the shoulder, and pressing the breast to the front (Fig. 14).

14

Down. As before.
Right Foot—Forward. As before.
Left—Hand. As before.
Up. As before.
Right Foot—Forward. As before.
Down. As before.
Front. As usual.
Step to the—Front. As before.
Stand at—Ease. As usual

4th EXERCISE.

Attention. As usual.
Step to the—Rear. As before.
Left Foot—Forward. As before.

Both—Hands { On the word "Hands," seize a bell in each hand, the arms passing on either side of the knee, the right on the right, the left on the left side (Fig. 11).

15

Up { On the word "Up," raise the bells in front of the body, and bring them in to the shoulder, then, after a slight pause, recover, at the same time raising the bells above the head to the full extent of the arms (Fig. 15).

16

Left Foot—Forward { As before, keeping the arms straight above the shoulders, and pressing the breast to the front (Fig. 16).

Down. As before.
Right Foot—Forward. As before.
Both—Hands. As before.
Up. As before.
Right Foot—Forward. As before.
Down. As before.
Step to the—Front. As usual.
Astride. As before.

17

Ready (6 times) { On the word "Ready," as in Second Exercise of First Practice, bend the knees and stoop from the loins and seize the bells, one in each hand (Fig. 17).

18

Up { The action and position of the ascent as in Second Exercise of First Practice, carrying the bells (directed front and rear) above the shoulders (Fig. 18).

Down { On the word "Down," lower the bells, letting them swing to the rear between the legs, the instructor giving the word, the learners counting the numbers as directed in the Second Exercise of the First Practice (Fig. 19).

19

Halt — On the word "Halt," to be given when the bells are above the shoulders, bring the bells down to the shoulders, then, after a slight pause, bend the body and replace the bells on the ground, and resume the position of Attention.

Step to the—Rear. As before.
Stand at—Ease. As usual.

5th EXERCISE.

Attention. As before.
Step to the—Rear. As before.
Left Foot—Forward. As before.

Right-Hand (6 times) — On the word "Hand," seize the bell with the right hand as in third exercise.

Up — On the word "Up," raise the bell as in the previous exercise, the teacher giving the word "Down," and the pupils counting the numbers as in previous exercise.

Halt — On the word "Halt," replace the bells on the ground and recover.

Right Foot—Forward. As before.

Left—Hand (6 times) — Seize the bell with the left hand as above.

Up. As before.
Halt. As before.
Left Foot—Forward. As before.

Both-Hands (6 times) — On the word "Hands," seize the bells, one in each hand.

Up — On the word "Up," raise the bells as in the preceding exercise, the teacher giving the word, the pupils counting the numbers as already directed.

Halt. As before.
Step to the—Rear. As before.
Stand at—Ease. As usual.

6th EXERCISE.

Attention. As usual.
Step to the—Rear. As before.
Left Foot—Forward. As before.

Both-Hands (6 times) — Seize the bells as in the Fourth Exercise of the Second Practice.

Up — On the word "Up," recover as before, the teacher giving the word, the pupils counting the numbers as before directed.

Down — On the word "Down," proceed as before, making the step with the bells retained at the full extent of the arms and lowering them to the ground on its completion.

Right Foot—Forward. As before.
Both-Hands (6 times). As before.
Up. As before.
Down. As before.

20

Halt — On the word "Halt," to be given when the bells are straight above the head and the body at the recover, remain steady (Fig. 20).

Steady — On the word "Steady," lower the bells to the full extent of the arms.

Reform—Ranks — On the word "Ranks," the even numbers of both ranks will take one pace to their front, the odd numbers of both ranks, at the same time, will step back one pace.

Two — On the word "Two," the rear rank will take three paces to their front, stepping off with their left feet with a distinct beat.

Right (or Left)-Turn — On the word "Turn," the whole will turn to the right (or left).

Places — On the word "Places," the whole will step off with the left feet with a beat, carrying the bells, and put them in their places.

INDIAN CLUB EXERCISES.

INDIAN CLUBS are generally made of Pine or Hard Wood, and may be polished or stained and varnished —the upper part of handle should be polished in order to minify the friction and give an easy feeling to the hands while performing the exercises. The exercises are graceful and picturesque, give uniform employment to the upper part of the body, and are capable of adjustment to suit the strength of every learner. Clubs are generally 24 inches in length, the thick end being about 3½-inches in diameter. The following sizes are recommended :—

For Infants, . . . 1 foot 8 inches by 3 inches.
„ Boys and Girls, 1 „ 9 „ by 4 „
„ Adults, . . . 2 feet 4 „ by 4 „

1

When falling in for Club Exercise, the squad should be formed up in two ranks at close order—the Clubs at the slope (when the Clubs are at the slope, the elbows should be close to the side and the forearm horizontal—see Fig. 1), and numbered from right to left, after which the squad should be turned to the right and marched round the gymnasium or room in quick time, halted, turned to the front, and made to stand at ease.– See March page 35.

INDIAN CLUB EXERCISES.

OPENING RANKS.

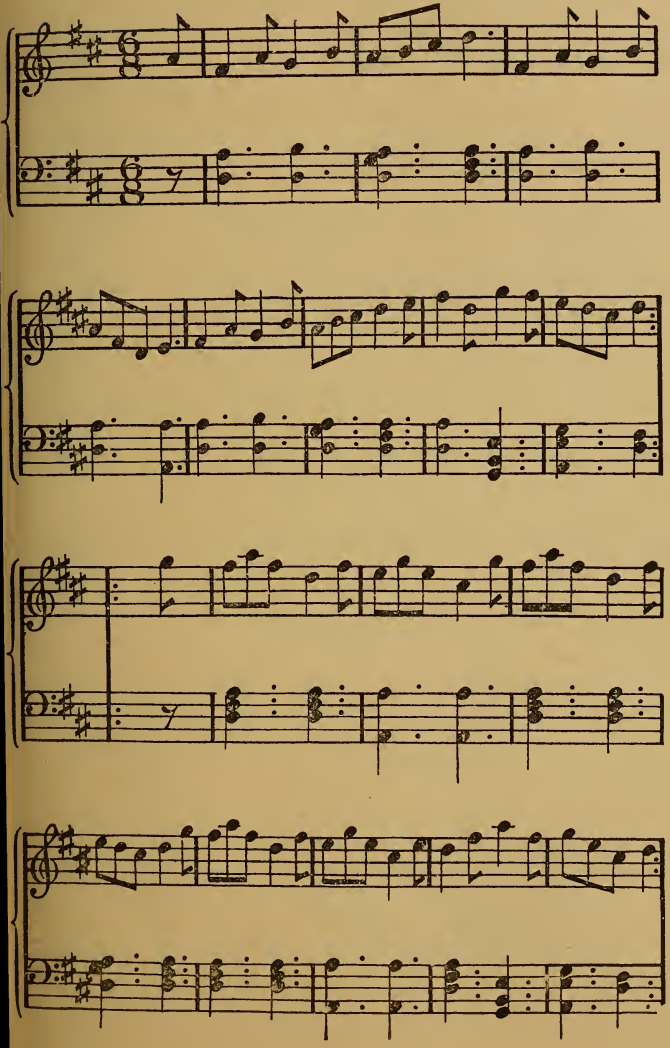
Open out March — On the word "March," the front rank will take three paces to the front, stepping off with the left foot with a distinct beat.

Two — On the word "Two," the odd numbers will take one pace to their front, the even numbers one pace to their rear.

Prove Distance — On the word "Distance," the whole squad will extend both arms outwards, and, with the exception of numbers one and two of both ranks, will move to the left—the right club to be 2 inches clear of the club on their right, as the pupils move to the left the heads and eyes will be turned to the right.

Steady — On the word "Steady," the squad will bring the clubs to the slope, and turn their head and eyes to the front.

MARCH.



INDIAN CLUB EXERCISES.

1st EXERCISE.

2

Lower Clubs — On the word "Clubs" (or when a chord is sounded on the piano), the squad will bring the clubs by their side to the position of attention, the thumb and fingers grasping the handle, palms of the hands to the front, arms straight, shoulders, head, and body square to the front (see Fig. 2). The first 13 exercises are done from this position.

Words of Command.

One — On the word "One," raise the arms in front of the body till they are in line with the shoulders—in a horizontal position, at the same time let the clubs fall over on the arms (Fig. 3).

3

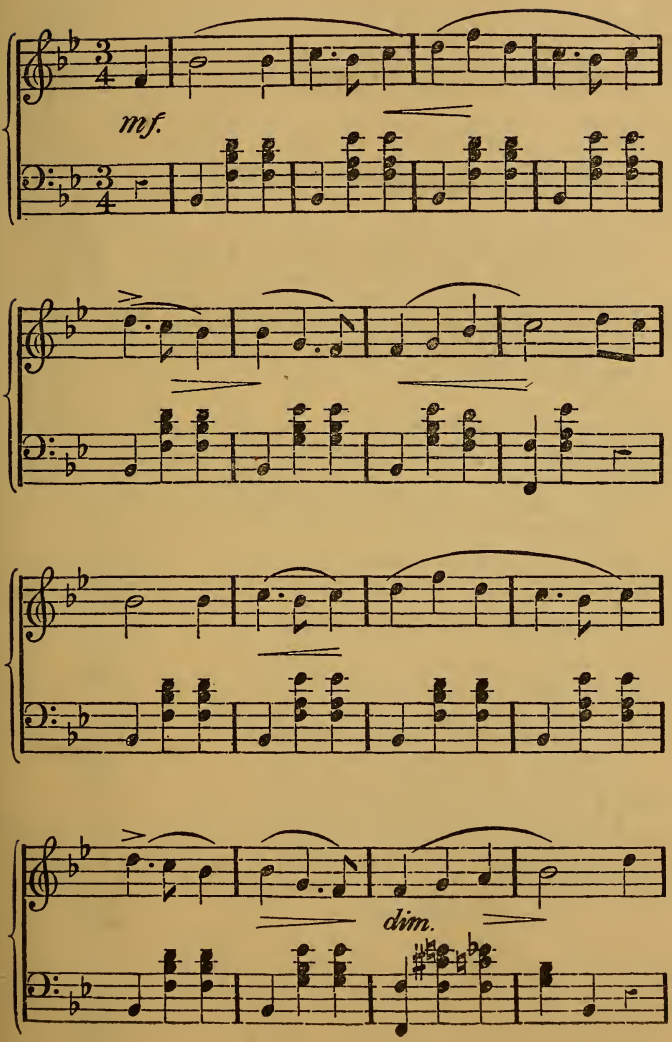
Two — On the word "Two," bring the clubs down to the position of attention (Fig. 2).

Three — On the word "Three," raise the arms from the sides of the body as high as the shoulders, and at the same time let the clubs fall over on the arms (see Fig. 4).

4

Four — On the word "Four," bring the clubs back to position of attention.

These movements to be repeated 16 times.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INDIAN CLUB EXERCISES.

5

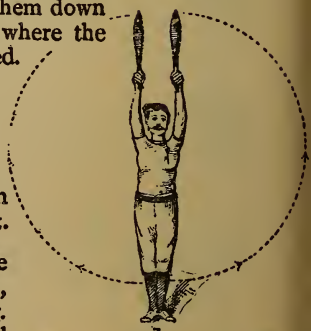
2nd EXERCISE—1st Part (Two Movements).

One { On the word "One," raise the arms in front of the body till the clubs are a little above the head as in Fig. 5, then bend the arms, forcing the elbows well to the rear, as in Fig. 6, clubs to be kept perpendicular when in this position.

6

Two { On the word "Two," raise the clubs upwards in front of body till the arms are straight, as in Fig. 5, then bring them down in a circular motion by the side, where the downward motion must be checked.

Repeat 8 times.



7

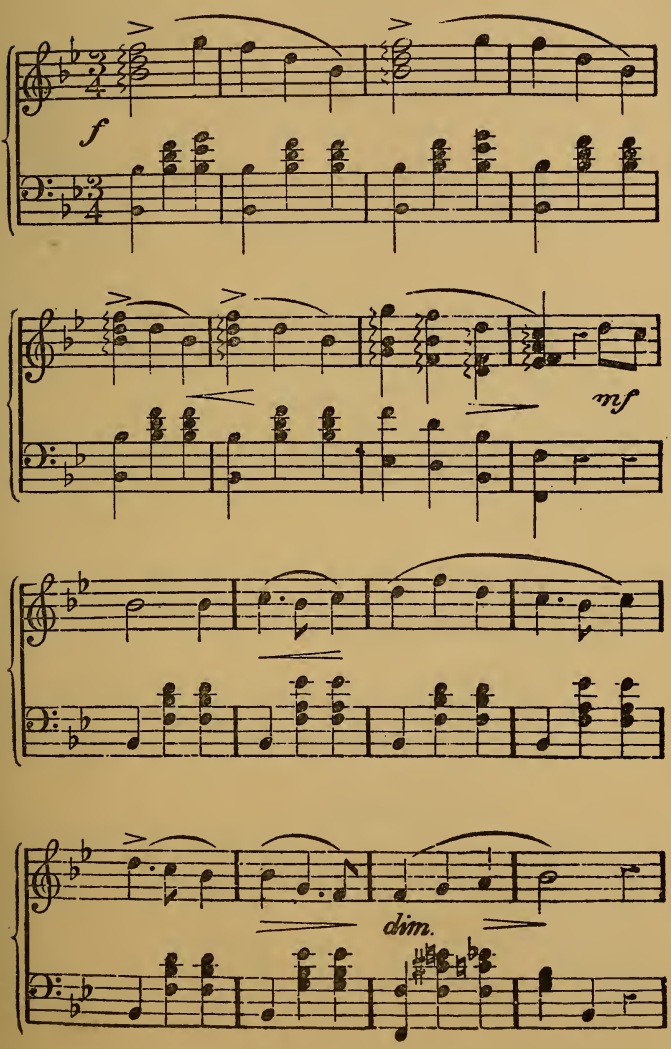
2nd Part (Two Movements).

One { On the word "One," go through the same movement as in 1st part.

Two { On the word "Two," raise the arms above the head (see Fig. 7), throw the clubs outwards (see Fig. 8), and downwards by the side and upwards in front of body—keeping arms straight till position of Fig. 6 is reached.

Repeat 8 times.

8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INDIAN CLUB EXERCISES.

3rd EXERCISE (Two Movements).

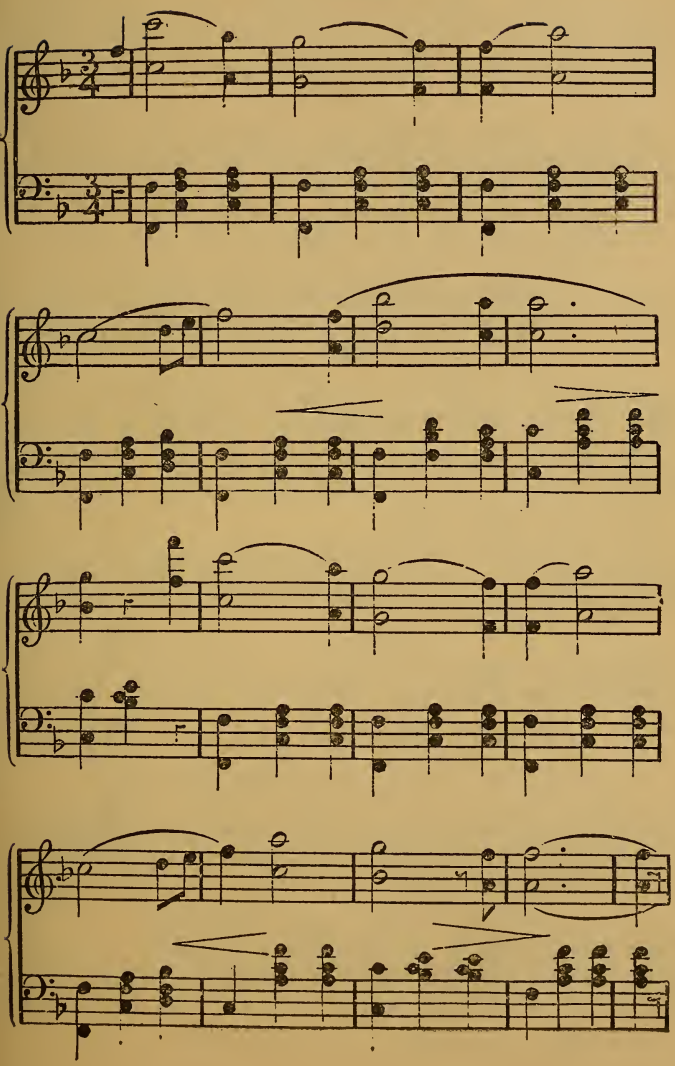
One — On the word "One," take a full step to the right front with the right foot—the left foot to remain flat on the ground—at the same time raise the clubs in front of the body till they are perpendicular above the head, then bend the arms and let the clubs fall over the head, see Fig. 9). The head to be well thrown back and the chest well to the front.

Two — On the word "Two," bring the Clubs over the head and down by the sides, keeping the arms straight.

Repeat 8 times—when bringing the clubs from behind the head on the 8th time recover—*i.e.* draw back the right foot to the left.

(2nd Movement).

Make a full pace to the left front and repeat the same exercise—8 times (Fig. 9).



INDIAN CLUB EXERCISES.

4th EXERCISE—1st Part (4 Movements).

10

One { On the word "One," raise the right arm in front of the body till in line with the shoulder, make a forward twist or circle with the club—on the completion of the circle bring the arm by the side (Fig. 10).

The club is twisted between the thumb and the forefinger—while doing this the back of the hand is turned downwards and the fingers opened out.

11

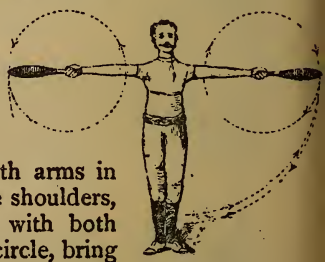
Two { On the word "Two," raise the left arm and repeat as with the right.

Three { On the word "Three," raise the right arm from the side of the body and repeat as in "One" (Fig. 11).

Four { On the word "Four," raise the left arm to side of body and repeat as with the right.

Repeat 8 times.

N.B.—During the whole exercise the arms are to be kept straight.

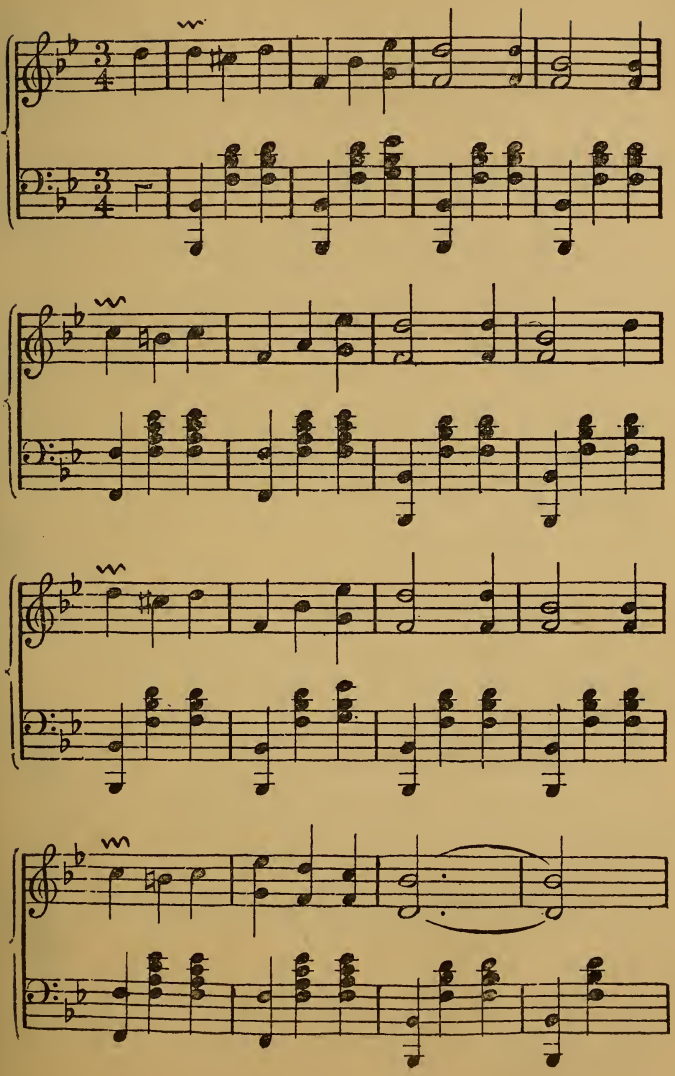

12

2nd Part (2 Movements).

One { On the word "One," raise both arms in front of body till in line with the shoulders, make a forward twist or circle with both clubs—on the completion of the circle, bring both arms by the side.

Two { On the word "Two," raise both arms outwards from the sides of the body and repeat the above movement (Fig. 12).

Repeat 8 times.



INDIAN CLUB EXERCISES.

5th EXERCISE—1st Part (2 Movements).

13

One { On the word "One," raise the arms from the elbows till horozontal, while doing so, make a reverse twist or circle, and carry the clubs over the shoulders (Fig. 13). Arms to be kept bent.

Two { On the word "Two," bring the clubs from behind the shoulder, and, as they are brought over the shoulder, make a forward twist with both clubs and bring them down by the side. (Fig 14)

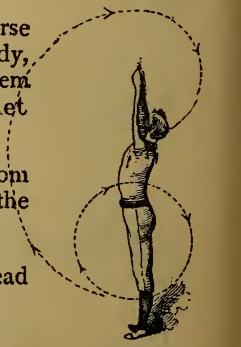
14

Repeat 8 times.

2nd. Part (2 Movements).

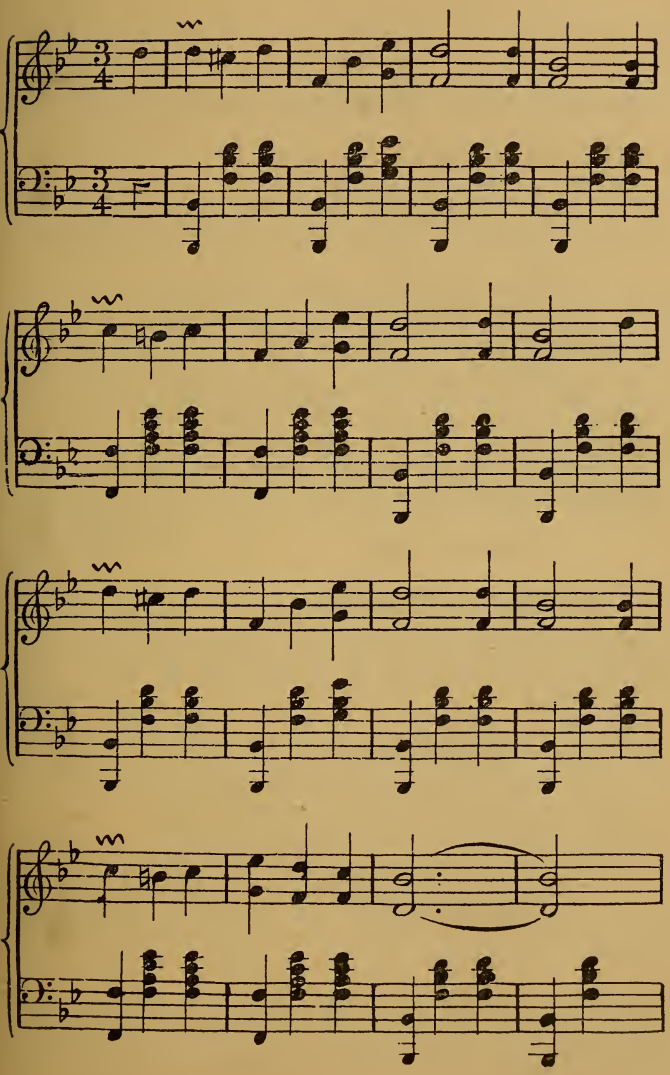
One { On the word "One," make a reverse twist or circle, keeping the arms steady, after which raise the arms, keeping them rigid till above the head, — and then let the clubs fall behind (Fig. 15).

Two { On the word "Two," raise the clubs from behind, make a forward twist above the head, and bring the arms by the side.



15

N.B.—In doing this exercise the head must be kept well back.



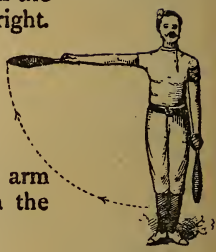
INDIAN CLUB EXERCISES.

6th EXERCISE—1st Part (2 Movements).

One { On the word "One," raise the right arm from the side of the body till in line with the shoulder (Fig. 16).

Two { On the word "Two," describe a circle in front of body with the club, keeping the arm straight. On the club reaching the right side, raise the left arm in line with the shoulder and describe a circle to the right.

Repeat 8 times.



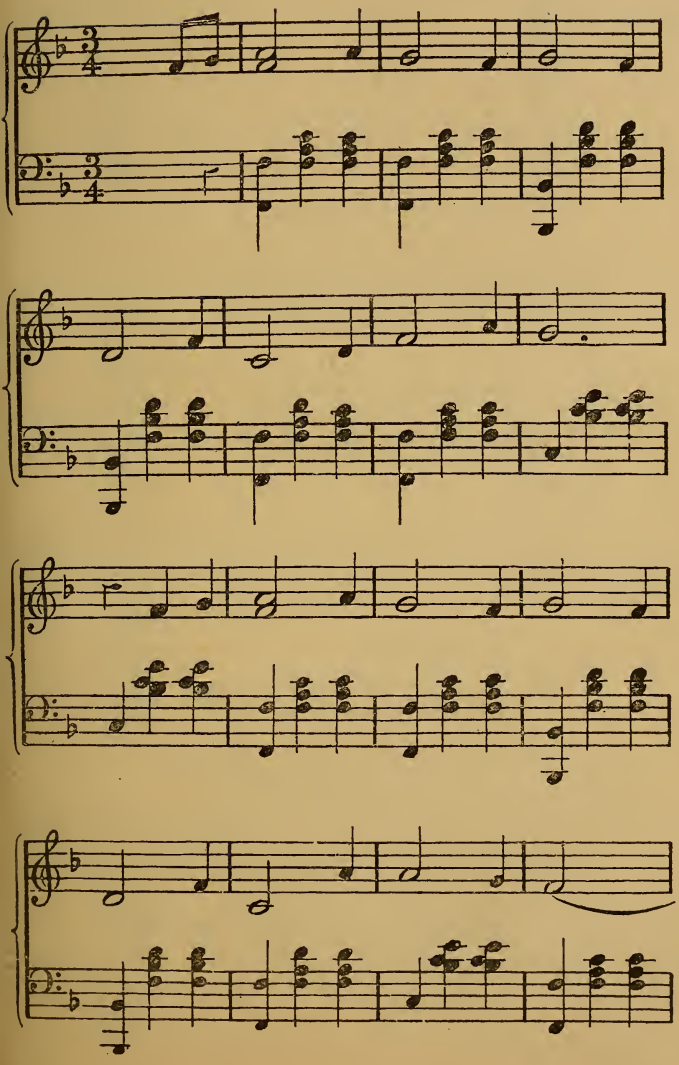
16.

2nd Part (2 Movements).

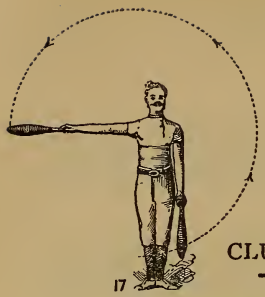
One { On the word "One," raise the right arm to the side of the body till in line with the shoulder.

Two { On the word "Two," describe three circles in front of the body with the club, keeping the arm straight On the completion of the third circle, raise the left arm in line with the shoulder and repeat the same movement.

Repeat 8 times.



INDIAN CLUB EXERCISES.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18

7th EXERCISE (2 Movements).

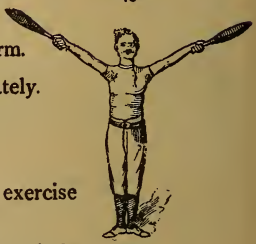
One — On the word "One," describe ¾ of a circle in front of body, keeping the arm rigid till it is in a horizontal position in line with the shoulders (Fig. 17).

Two — On the word "Two," turn the back of the hand downwards—bend the arm, and, at the same time, make a forward twist or circle, straighten the arm and bring the club by the side (Fig. 18).

19

Repeat this movement with left arm.

Repeat 8 times right and left arm alternately.


20

8th EXERCISE.

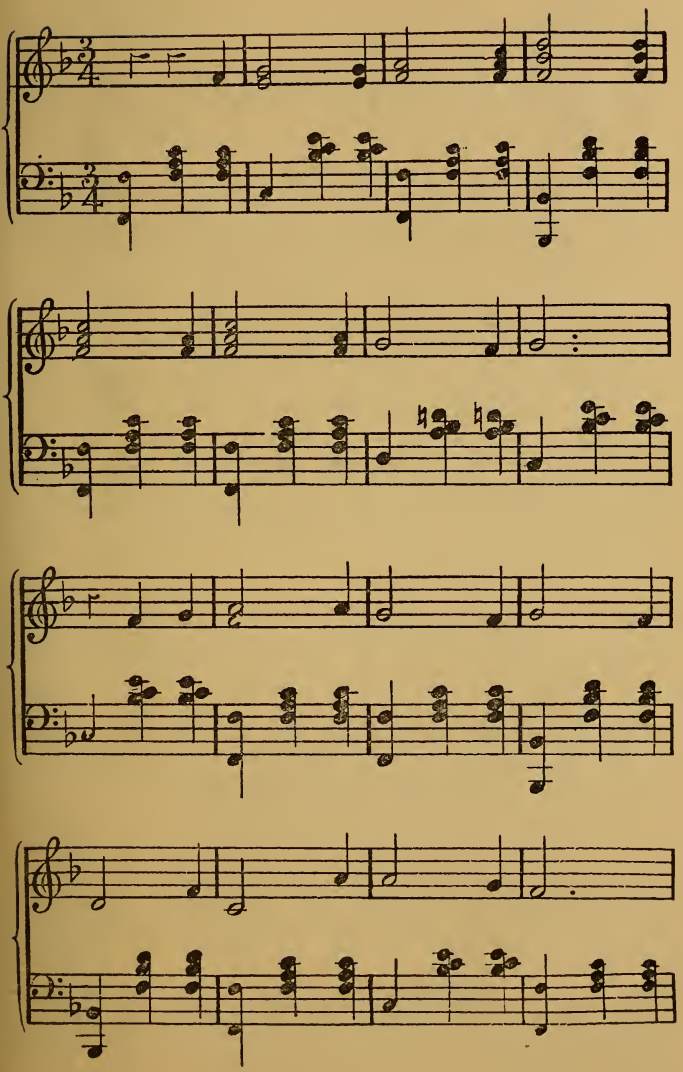
N.B.—The movements of this exercise are the same as exercise 7.

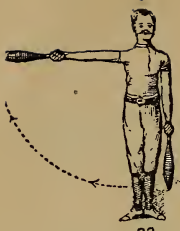
One — On the word "One," describe ¾ of a circle in front of body, till both arms are extended at each side of the body in line with the forehead (Fig. 19 and 20).

Two — On the word "Two," turn the back of the hands downwards—bend the arms, and, at the same time, make a forward circle with the clubs, extend the arms, complete the circle and bring them in by the sides (Fig. 21).

21

Repeat 8 times.





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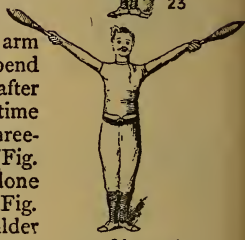


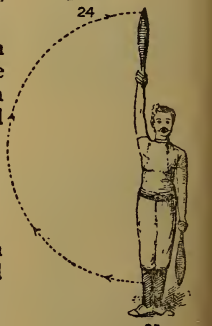
24

9th EXERCISE (Two Movements).

One — On the word "One," raise the right arm as high as the shoulder (Fig. 22), then bend the arm and make a forward twist, after which extend the arm. At the same time the left arm must be describing three-quarters of a circle in front of body (Fig. 23). If these movements were done correctly, the position would be as in Fig. 24—the left arm in position for the shoulder twist, the right in position for the circle.

Two — On the word "Two," bend the left arm and make a shoulder twist. At the same time describe three-quarters of a circle with the right arm in front of the body, and end in position of Fig 24.

Repeat 16 times.



25

10th EXERCISE.

One — On the word "One," raise the right arm outwards and upwards from the side till straight above the head (Fig. 25).

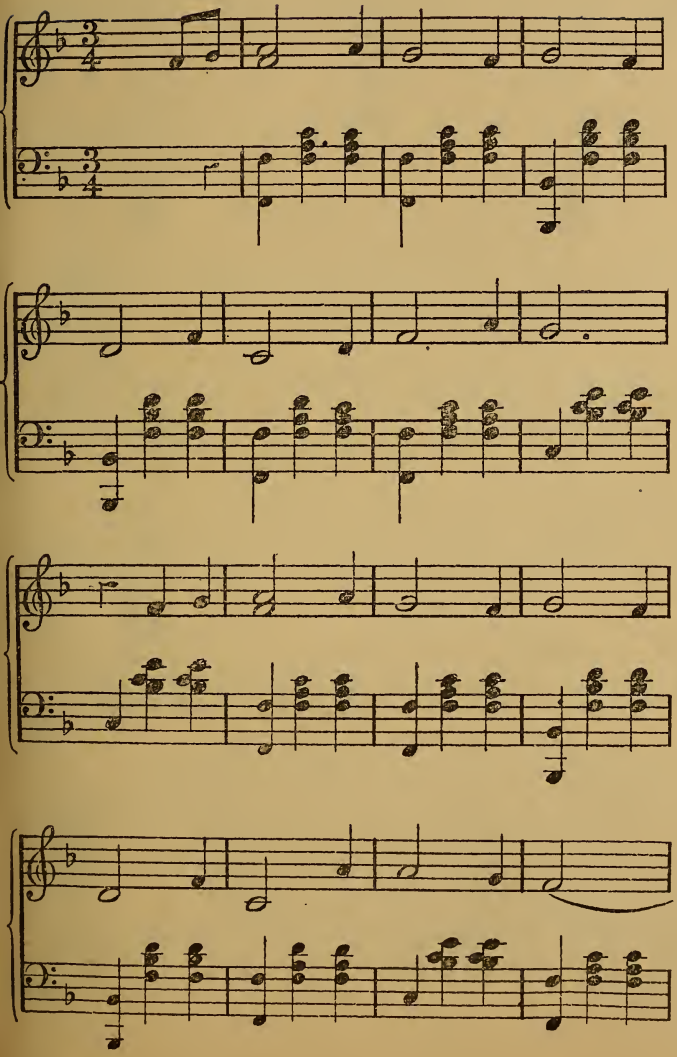
Two — On the word "Two," bend the arm and let the club fall down behind the head. As the club is falling, make a forward circle with the club by the left, and extend the arm to the left side in front of body (see Fig. 26).

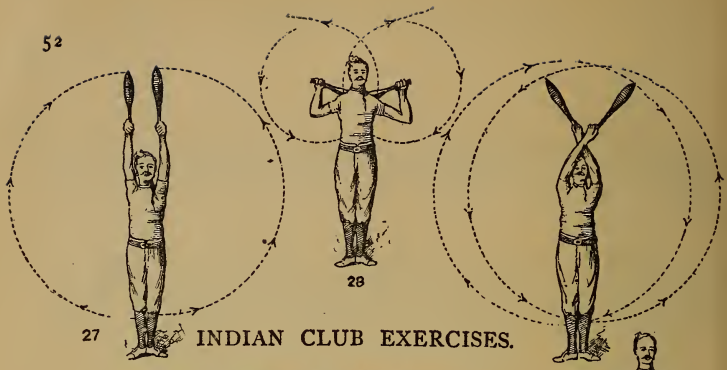
Three — On the word "Three" bring the club down in front of body, from position of Fig. 26 to that of Fig. 25.

26

Repeat 8 times.

Repeat same movements with the left arm 8 times.





INDIAN CLUB EXERCISES.

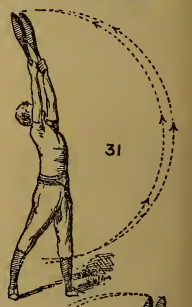
11th EXERCISE (3 Movements).

One { On the word "One," raise both arms straight above the head (Fig. 27).

Two { On the word "Two," bend the arms and let the clubs fall inwards crossing each other, then straighten the arms above the head (Fig. 28).

Three { On the word "Three," cross the arms in front of body describing a circle—arms to be kept straight till position of Fig. 27 is reached.

Repeat 8 or 16 times.



12th EXERCISE.

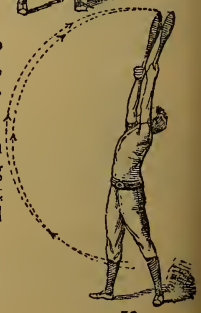
Position of Pupil "Astride."

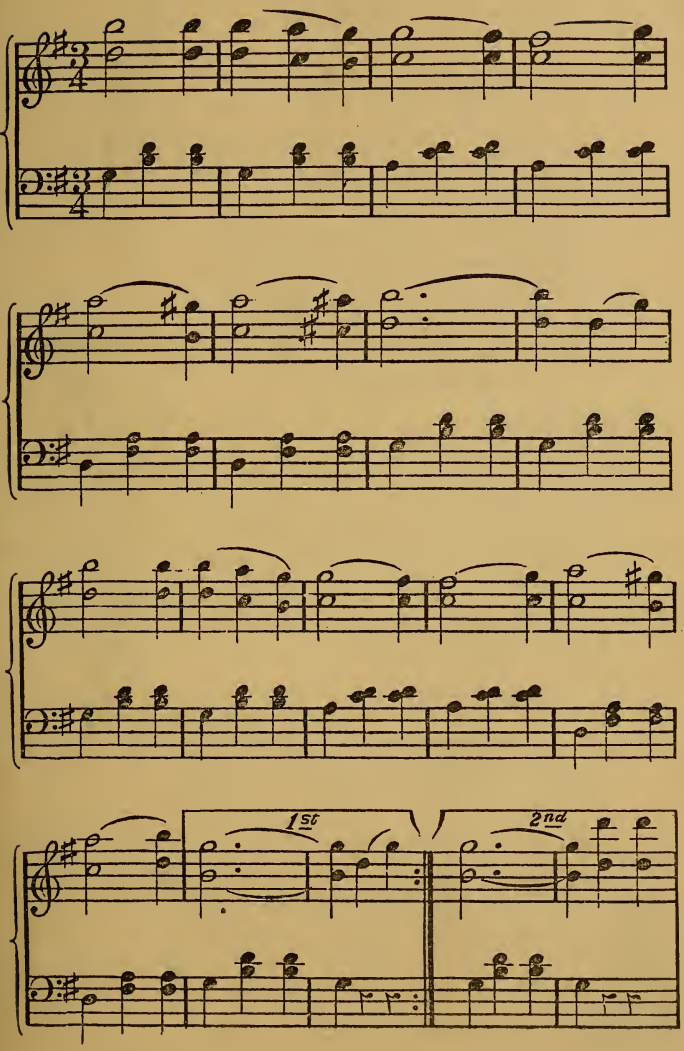
Astride { On the word "Astride," carry the left foot 12 or 14 inches to the left (Fig. 30).

Ready { On the word "Ready," turn the body to the left, and raise the clubs above the head, at the same time rise on the right toe (Fig. 31).

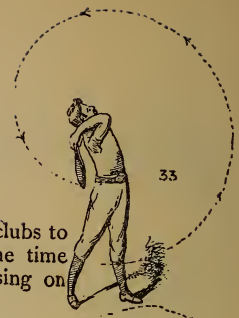
Swing { On the word "Swing," swing the clubs in front of the body from left to right—striking the clubs together when above the head—at the same time turn the body to the right and rise on the left toe (Fig. 32).

Repeat 16 times.




1st
2nd

13th EXERCISE.

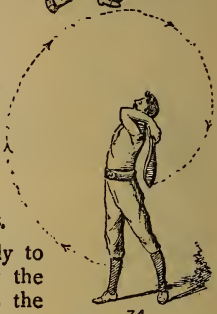


33

Swing — On the word "Swing," swing the clubs to the left side over the head at the same time turning the body to the left and rising on the right toe. (Fig. 33).

Two — On the word "Two," swing the clubs over the head in front of the body to the right side at the same time turning the body to the right and raising the left heel—arms to be bent while the clubs are over the head. (Fig. 34).

Repeat 16 times.



34

14th EXERCISE— —1st Part.

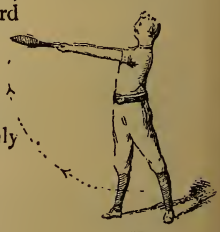
Ready — On the word "Ready," turn the body to the left, and rise on the right toe, at the same time raise the clubs as high as the shoulders and remain steady. (Fig. 35).

One — On the word "One," let the clubs swing downwards in front of body, at the same time turn the body to the right, and rise on the left heel till the clubs are in line with the shoulder. (Fig. 36).

35

Two — On the word "Two," make a forward twist with the left hand, on the completion of which, swing the clubs downwards in front of body to left side as high as shoulder, turning the body as before, then forward twist with right hand. (Fig. 37).

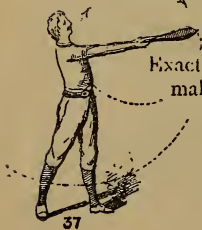
Repeat 16 times.



36

2nd Part.

Exactly same movements as 1st Part, only make forward twist with both clubs.



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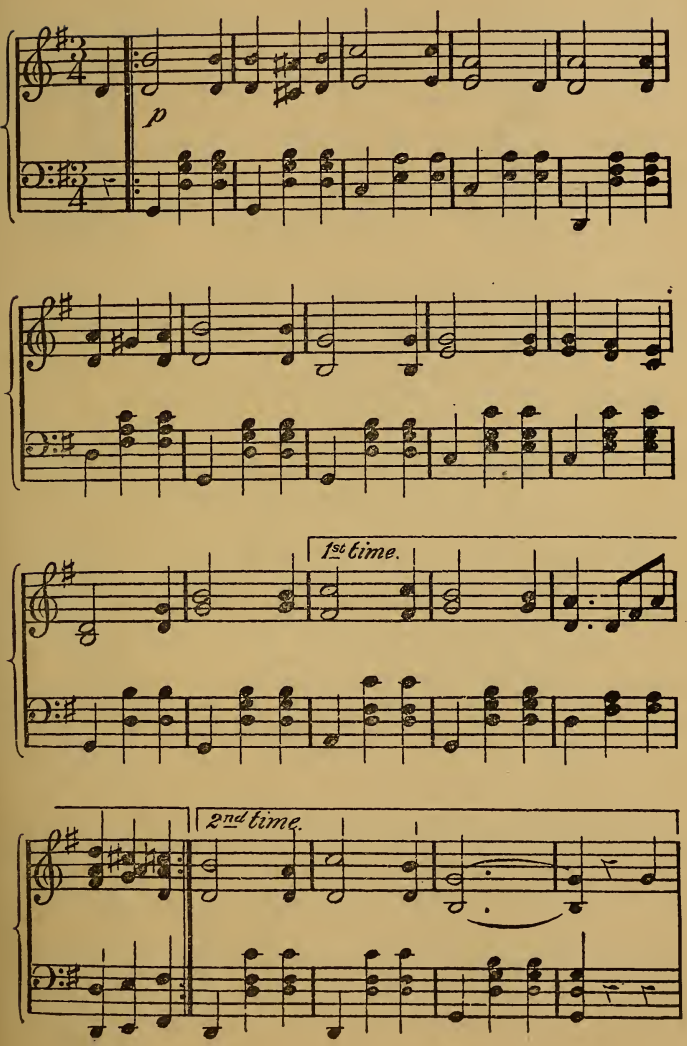
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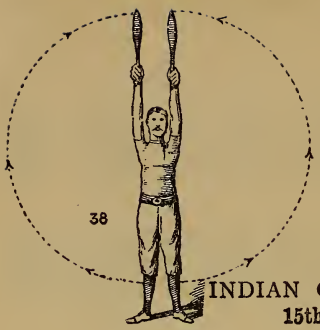
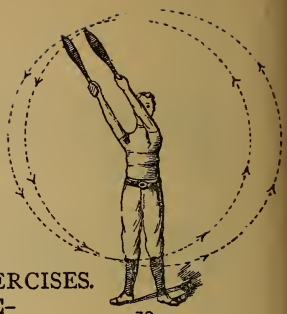
1st time.
2nd time.





INDIAN CLUB EXERCISES.

15th EXERCISE–

Ready { On the word "Ready," raise both clubs above the head, arms rigid and perpendicular with the shoulder—head well back (Fig. 38).

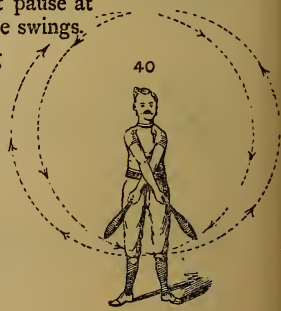
Swing { On the word "Swing," swing the clubs outwards and downwards by the right side making a circle till the ready position is reached (Fig. 39).

Repeat 8 times showing a slight pause at the ready position between the swings.

Reverse { On the word "Reverse," swing the clubs in the same manner from left to right.

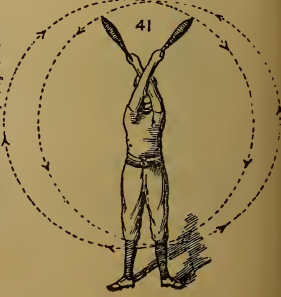
Repeat 8 times.

Change { On the word "Change," from the ready position, circle in front of the body, right arm by the right, left arm by the left, both crossing each other in front of the body till the ready position is again reached. (Fig. 40).

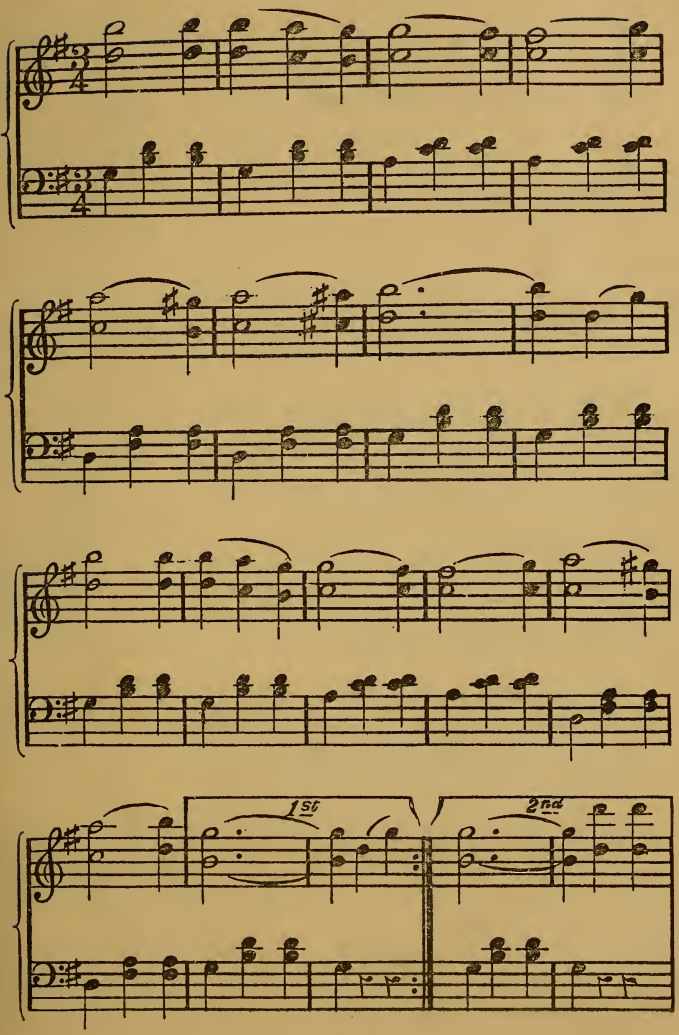


Repeat 8 times.

Reverse { On the word "Reverse," from the ready position at once cross the arms and make a circle in front of the body, the right arm circling by the left, the left by the right. (Fig. 41).



Repeat 8 times, shewing a slight pause at the ready position each time.


1st
2nd

INDIAN CLUB EXERCISES.

16th EXERCISE (3 Movements)

42

Ready — On the word "Ready," raise both clubs above head as before.

One — On the word "One," swing the clubs downwards by the left side (making $\frac{3}{4}$ of a circle) till the clubs are raised in line with the right shoulder, and at the same time turn the body to the right (Fig. 42).

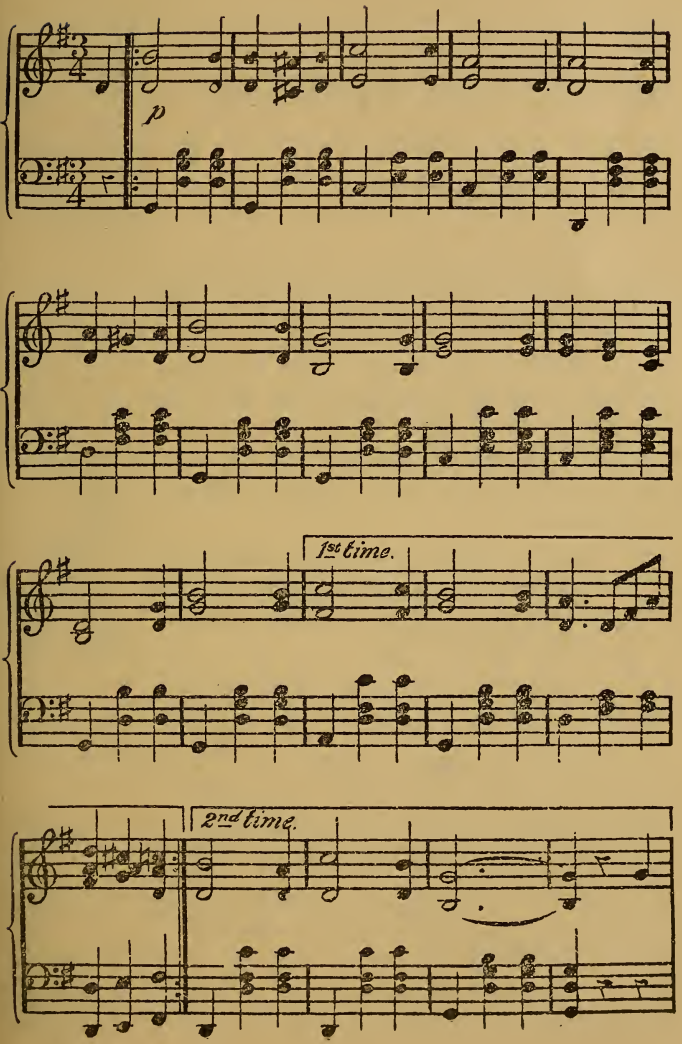
43

Two — On the word "Two," make a reverse twist with both clubs, then swing clubs over the head, bending the arms, and letting the clubs go well down back (Fig. 43).

Three — On the word "Three," raise the clubs from behind the back till above the head, make a forward twist, then swing the clubs downwards by the right side, reverse twist, and raise the clubs over head (Fig. 44).

44

Repeat 8 or 16 times.


p
1st time.
2nd time.

INDIAN CLUB EXERCISES.

17th EXERCISE (2 Movements)

45

Ready — On the word "Ready," turn the body to the left and raise the clubs over the head (see Fig. 44).

One — On the word "One," swing the clubs downwards in front of body, at the same time turn the body to the right, and continue the swing till clubs are over the head.

Two — On the word "Two," turn the body to the left.

Repeat 8 times, and on the completion of the 8th swing, remain steady with the clubs over the head—body turned to the right (Fig. 42).

46

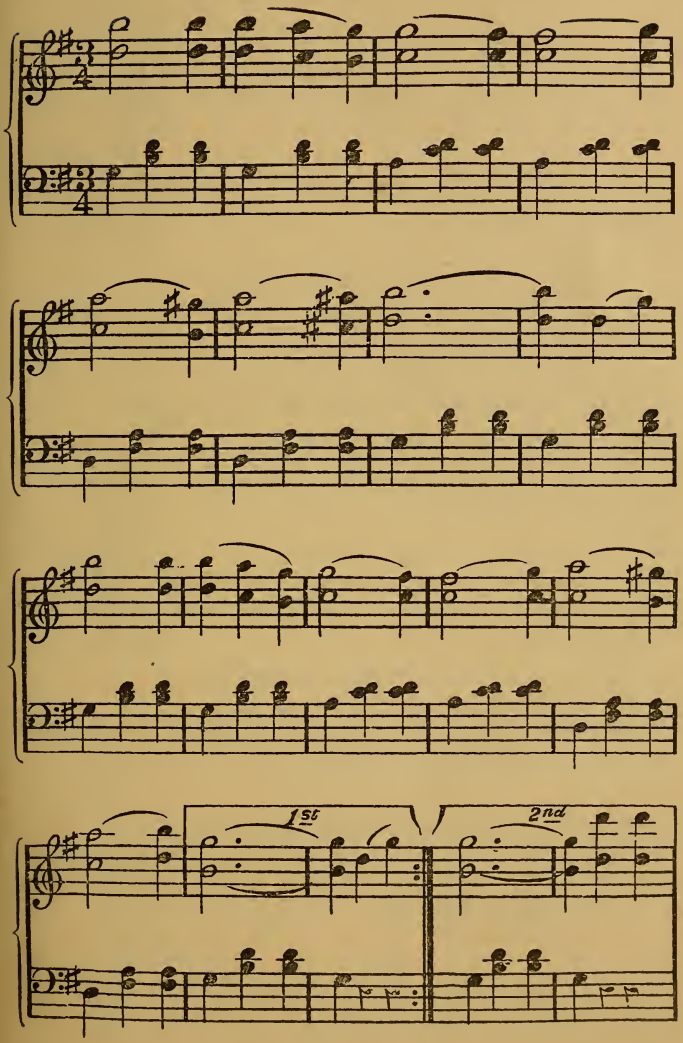
Change — On the word "Change," make a forward twist with both clubs, and remain in position of Fig. 46.

One — On the word "One," swing the clubs downwards in front of body, turning the body at the same time to the left, continue the swing till the clubs are over the head (Fig. 44).

Two — On the word "Two," turn the body to the right. (Fig. 47).

Repeat 8 times.

47.


1st
2nd

48

INDIAN CLUB EXERCISES.

18th EXERCISE—(4 Movements)

Ready { On the word "Ready," turn the body to the right and raise the clubs above the head, (see Fig. 46).

One { On the word "One," bend the right arm and make a forward twist and straighten the arm, at the same time make a reverse circle with the left arm, which must be kept straight if the movement is done correctly, the pupil would finish in position of Fig. 46.

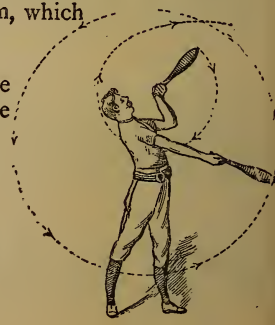
49

Two { On the word "Two," swing the clubs in front of body to the left side till above the head. (Fig. 49).

Three { On the word "Three," bend the left arm and make a forward twist, and at the same make a reverse circle with right arm, which should be kept straight. (Fig. 50).

Four { On the word "Four," swing the clubs in front of body to the right side till above the head, (see Fig. 46).

Repeat 8 times.



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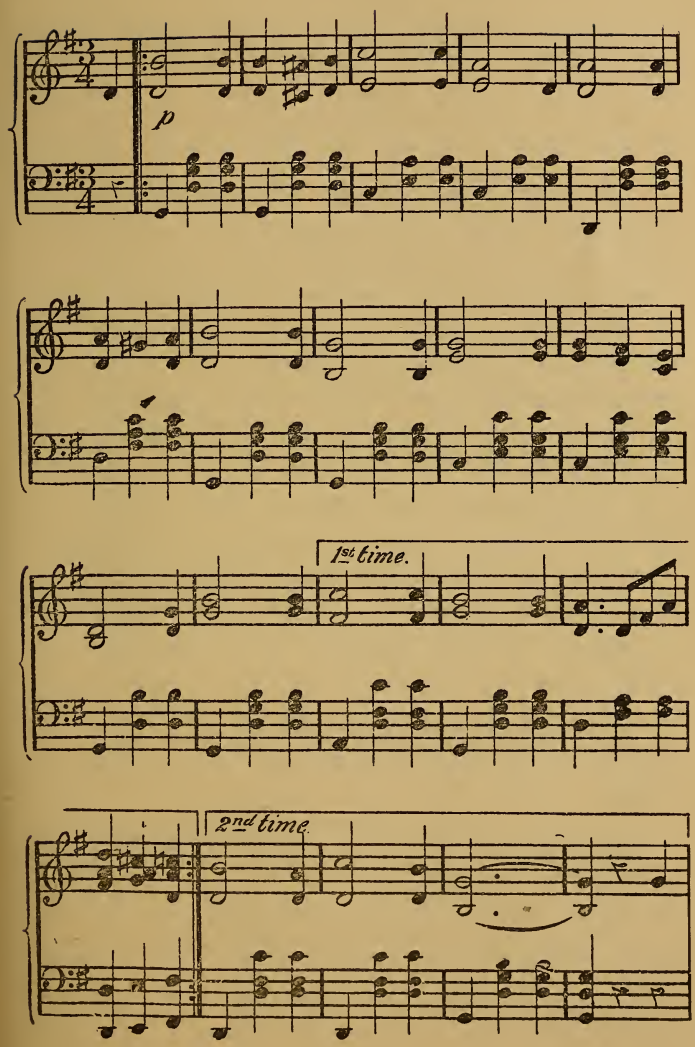

p
1st time.
2nd time.

III

FREE GYMNASTIC EXERCISES.

The movements in the free exercises are performed without any apparatus, and may be executed by many pupils together. An orderly and exact execution of the exercises by many pupils at once is made possible by this being done, as in military exercises, at word of command. The following exercises have been arranged and adapted either for boys or girls so that all parts of the body should be equally exercised. The addition of music has been found not only to make the exercises more amusing and entertaining, but to have the effect of cultivating the ear by the recognition of time and tune. Before beginning each exercise a chord should be sounded on the piano, in order to secure the attention of the pupils.

The Pupils will fall in in two ranks at close order, and at "Stand at Ease," and be numbered from right to left.

Squad—Attention { On the word "Attention," the pupils will spring up to the position of Attention.

FREE GYMNASTIC EXERCISES.

Opening Ranks—by Numbers.

CAUTION.—*Opening Ranks by Numbers.*

Open Out—March: On the word "March," the front rank will take three paces to the front, stepping off with the left feet—the first pace to be a short one, and with a distinct beat—and as they complete the third pace, bring the right heel up to the left, placing the right foot on the ground with a beat.

Two: On the word "Two," the whole will turn to the right.

Three: On the word "Three," the whole of the even numbers will take a pace to the right with the right foot, and bring up the left foot with a beat; the odd numbers at the same time will take a pace to the left with the left foot, and bring up the right foot with a beat.

Re-forming Ranks—by Numbers.

CAUTION.—*Re-form Ranks by Numbers.*

Re-form—Ranks: On the word "Ranks," the whole of the even numbers will take a pace to the left with the left foot and bring up the right foot with a beat; the odd numbers will at the same time take a pace to the right with the right foot and bring up the left with a beat.

Two: On the word "Two," the whole will turn to the left.

Three: On the word "Three," the rear rank will take three paces to the front stepping off with the left feet—the first pace to be a short one and with a distinct beat—and as they complete the third pace bring the right heel up to the left, placing the right foot on the ground with a beat.

FREE GYMNASTIC EXERCISES.

1st EXERCISE.

One — On the word "One," extend the arms straight out sideways in line with the shoulder—hands open (Fig 1).

Two — On the word "Two," bend the arms—keeping the elbows level with the shoulder, and place the tips of the fingures on the shoulder.

1.

Repeat 8 times.

Repeat the above movements alternately with right and left arm.

2nd EXERCISE.

Ready — On the word "Ready," raise both arms above the head (Fig. 2).

Swing — On the word "Swing," swing the arms from front to rear three times, on the fourth time strike the hands together in front of body, arms to be kept straight—repeat 8 times.

Swing — On the word "Swing," same as above, but strike the hands behind the body—repeat 4 times.

2.

Show a slight pause after each swing, and on the 7th swing bring hands by the side, and give a beat with the right foot.

3rd EXERCISE.

Arms Bend — On the word "Bend," raise the arms in front of body in line with the shoulder, (Fig. 3), then force the elbows well past the body, (Fig. 4).

3.

Out — On the word "Out," extend the arms outward from the side of the body, (Fig. 3).

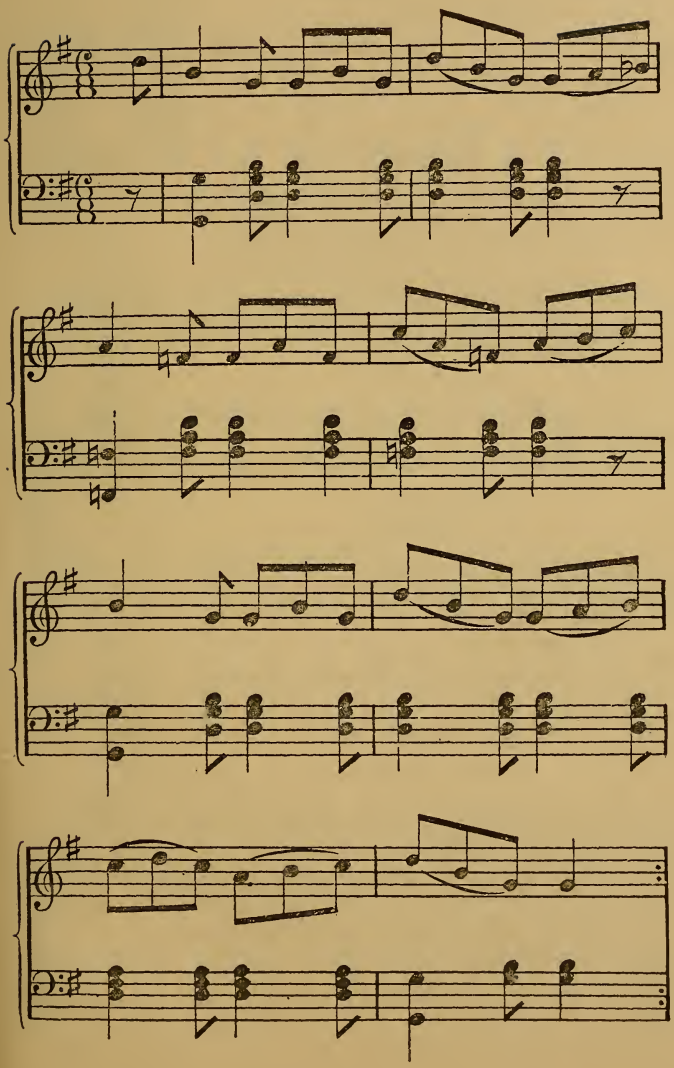
In — On the word "In," draw the arms in to the side (Fig. 4).

Up — On the word "Up," extend the arms above the head, hands open, palms to the front, fingers together (Fig. 2).

4.

Down — On the word "Down," bring the hands into the shoulders.

Steady — On the word "Steady," resume position of attention.



FREE GYMNASTIC EXERCISES.

4th EXERCISE.

One — On the word "One," raise the right hand upwards to the shoulder, elbow close to the side, palm of the hand turned inward (Fig. 5).

Two — On the word "Two," drop the right hand by the side, and raise the left hand to the shoulder,—as the right hand is rising the left hand must be falling.

Repeat 8 times.

Change — On the word "Change," repeat the above movements, — this time the arm to be straight above the head (Fig. 6).

Repeat 8 times.

5.

6.

7.

5th EXERCISE.

Ready — On the word "Ready," place the hands on the waist, fingers in front, thumbs behind waist (Fig. 7).

Bend — On the word "Bend," bend the head slowly backwards and show a pause (Fig. 8.)

Two — On the word "Two," bend the head slowly forward (Fig. 9).

Repeat 8 times.

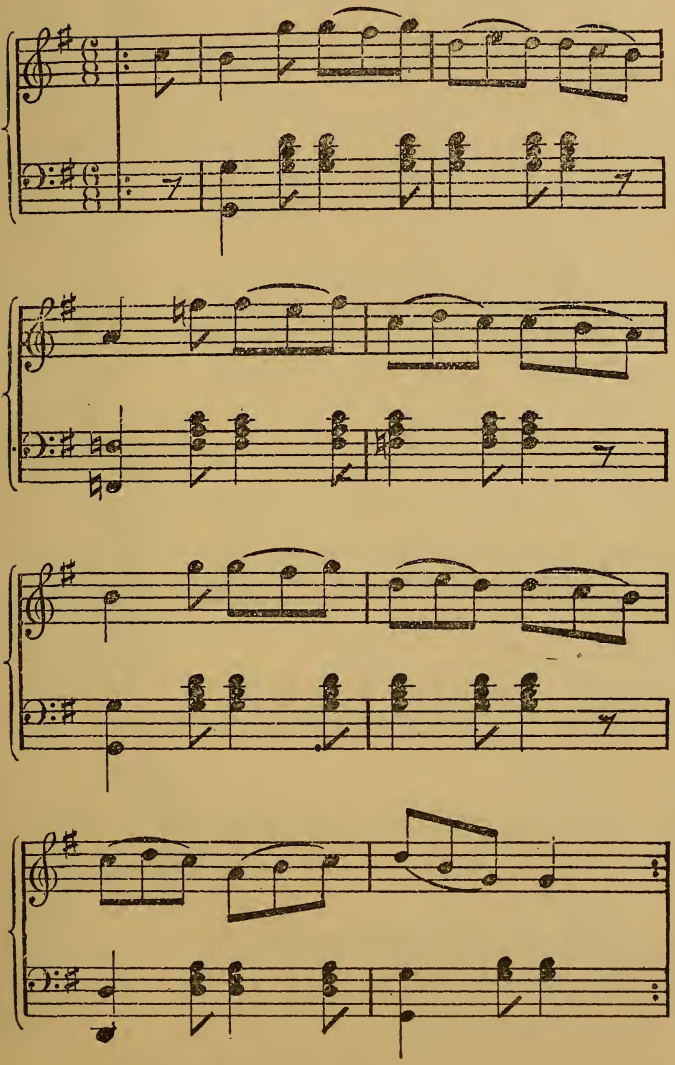
Change — On the word "Change," turn the head to the right, then to the front 8 times, showing a pause each time (Fig. 10).

Change — On the word "Change," bend the head backwards and forwards 8 times without any pause between the movements, and then from right to left without a pause.

8.

9.

10.



FREE GYMNASTIC EXERCISES.

6th EXERCISE.

Ready — On the word "Ready," place the hands on the waist as before.

On the toes—raise — On the word "Raise," rise on the toes, keeping the heels together, the head well back, and the body erect (Fig. 11).

Sink — On the word "Sink," place the heels on the ground.

Repeat 8 times.

Change — On the word "Change," rise on the toes and at the same time extend the arms straight above the head, hands open (Fig. 12).

Two — On the word "Two," place the heels on the ground, and the fingers on the shoulders.

11.

12.

7th EXERCISE.

Ready — On the word "Ready," carry the left foot 12 or 14 inches to the left, and place the hands on the waist as before (Fig. 13).

Back-Bend — On the word "Bend," keeping the knees quite stiff, bend the body backwards as far as possible (Fig. 14).

Up—Straight — On the word "Straight," bring the body slowly upright.

Front-Bend — On the word "Bend," throw the chest well out, head well back, the knees quite stiff, and slowly bend forward (Fig. 15).

Up—Straight — As before.

Right-Bend — On the word "Bend," bend the body to the right (Fig. 16).

Up—Straight — As before.

Left-Bend — On the word "Bend," bend the body to the left.

Up—Straight — As before.

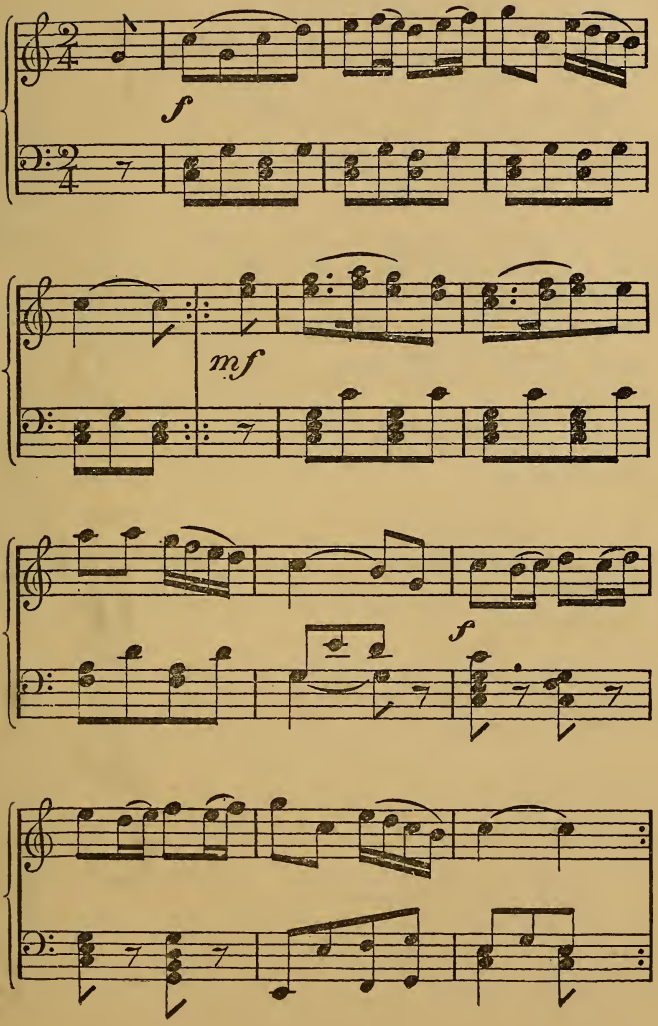
Repeat 16 times.

13.

14.

15.

16.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FREE GYMNASTIC EXERCISES.

8th EXERCISE.

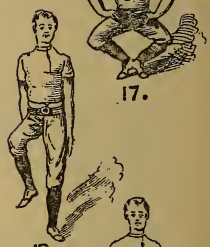
Ready { On the word "Ready," place the hands on the waist as before, at the same time rising on the toes.

Bend { On the word "Bend," keeping the body erect, sink down on the heels by forcing the knees outwards till almost sitting on the heels —body to be kept perfectly upright (Fig. 17).

Stretch { On the word "Stretch," slowly straighten the knees again.

Repeat 16 times.

17.



18.

19.

9th EXERCISE.

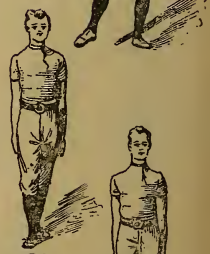
One { On the word "One," draw the right knee up (Fig. 18).

Two { On the word "Two," stretch the right foot out in front—leg straight and toe pointed (Fig. 19).

Three { On the word "Three," place the foot on the ground (Fig. 20).

Four { On the word "Four," draw back the right foot to the left (Fig. 21).

Repeat 4 times with each leg.



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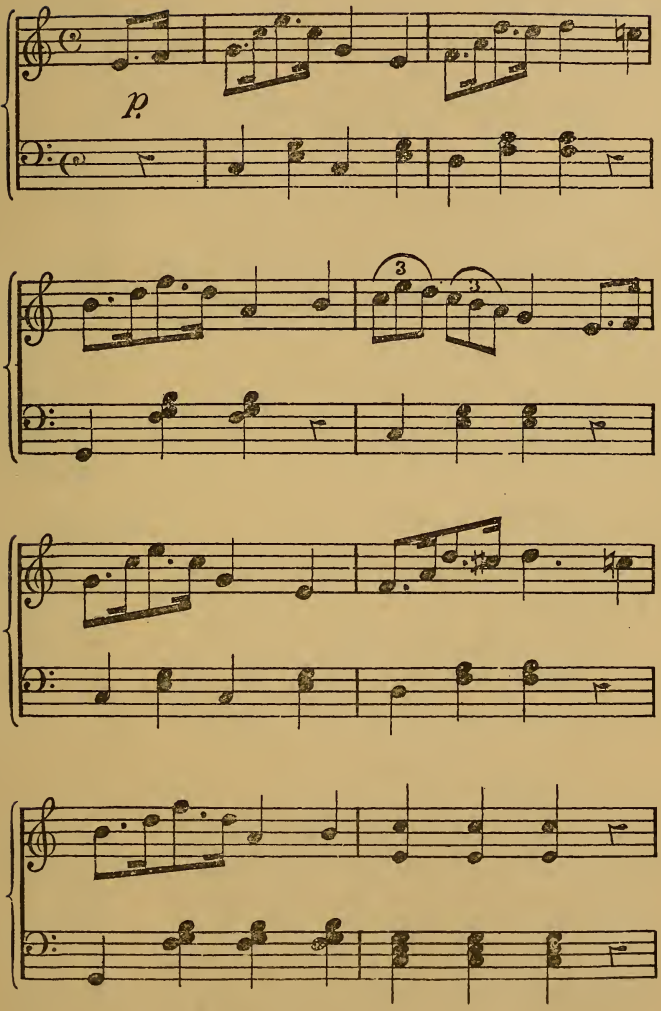
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10th EXERCISE.

Hands above head, right feet— forward — On the word "Forward," extend the arms above the head, palms of the hands to the front, at the same time carry the right foot 12 or 14 inches to the right front (Fig. 22).

22.

On the toes— raise — On the word "Raise," rise on the toes 4 times, keeping the arms above the head.

Right —Bend — On the word "Bend," bend the body to the right, keeping the legs perfectly straight, shoulders to be kept square to the front (Fig. 23).

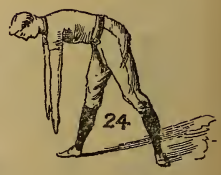
23.

Up— Straight — Resume first position.

Left— Bend — On the word "Bend," act as on "right bend," but to the left.

Up Straight — As before.

Front– Bend — On the word "Bend," bend the body forward twice till the fingers almost touch the toes (Fig. 24).


24.

At the end of the music bring the heels together and the hands by the sides.

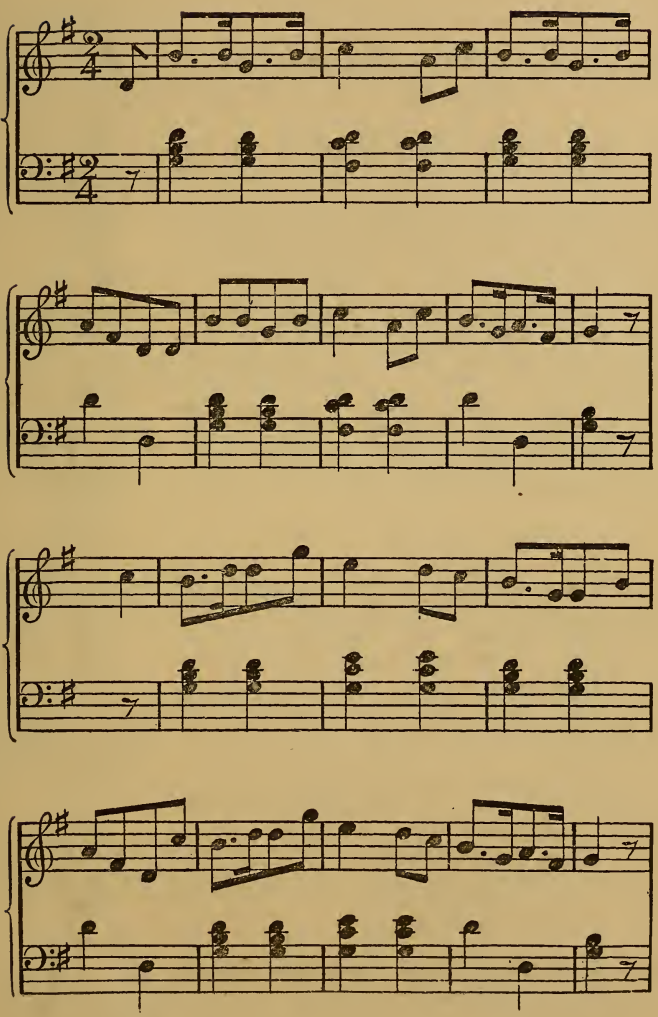
Repeat the above practice with the left foot forward.

11th EXERCISE.

One — On the word "One," carry the right foot 12 or 14 inches to the right front, and at the same time extend the right arm in front of body, the left hand to touch right shoulder (Fig. 25).

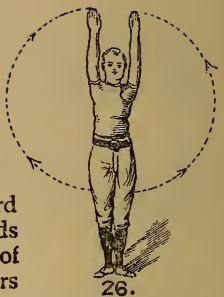
25

Two — On the word "Two," bring back the right foot to the left, and at the same time carry the left foot to the left front, extend the left arm and bring the right hand to shoulder.



FREE GYMNASTIC EXERCISES.

12th EXERCISE—1st Movement.


26.

Ready — On the word "Ready," or on a chord being sounded on the piano, raise the hands to the full extent above the head, palm of the hands to the front, thumb and fingers together (Fig. 26).

27.

Swing — On the word "Swing," or on hearing the first note of the music, swing the arms round from front to rear 8 times, each time striking the palms of the hands together above the head, and on the completion of the 8th swing place the tips of the fingers on the shoulders (Fig. 27).

2nd Movement.

28.

One — On the word "One," take a full step to the right front till the left leg is perfectly straight, throwing the right hand, palm upwards, to the full extent, in line with the forehead, at same time drop the left hand till it is in line with the waist—palm upwards (Fig. 28).

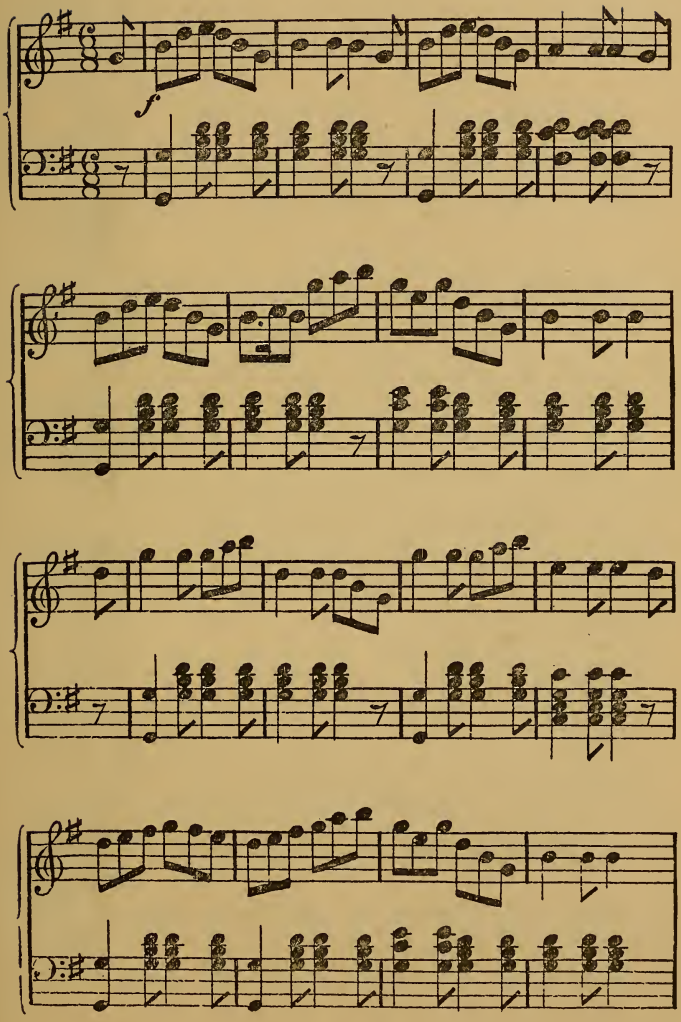
Two — On the word "Two," draw back the right foot to the left, and place the fingers on the shoulders (Fig. 27).

Repeat 8 times.

3rd Movement.

29.

Repeat the 2nd movement to the left 8 times (Fig. 29).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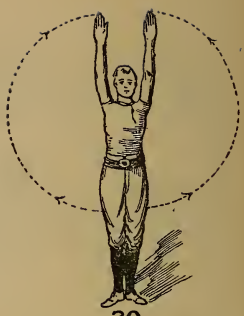


30.

FREE GYMNASTIC EXERCISES.

12th EXERCISE (Continued)—4th Movement

One { On the word "One," force the arms straight above the head 6 times, rising on the toes each time, and on the 6th time remain on the toes (Fig. 30).

31.

Two { On the word "Two," bend the knees by forcing them apart until almost sitting on the heels—keeping the body upright (Fig. 31).

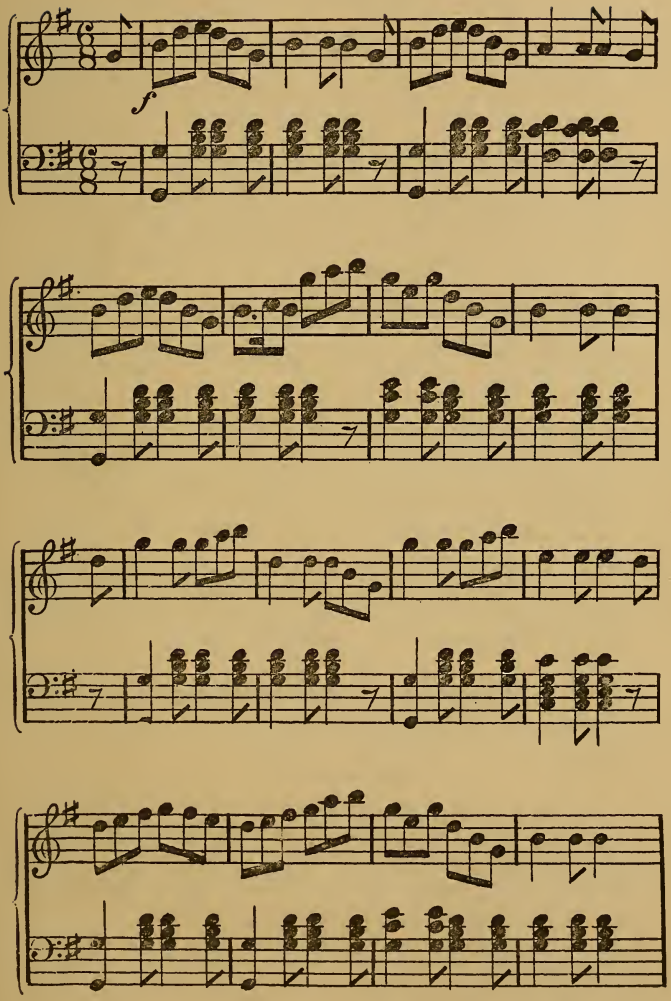
Three { On the word "Three," spring sharply up and drop with the feet 18 or 20 inches apart, knees straight, and the arms straight above the head (Fig. 32).

32.

Four { On the word "Four," swing the arms well between the legs, bending the knees and rounding the back to do so, and then straight above the head, bringing the heels together and hands by the side (Fig. 33).

N.B.—There should be no pause between these movements.

33.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DUMB BELL EXERCISES.

EXERCISE with Dumb Bells is real and effective. It admits of being exactly proportioned to the individual strength of each learner. It can be adjusted to the advancing capacity of the learner, the weight of the bell being increased with the strength of the pupil. The exercises give fair employment to all parts of the body, and to both sides equally. They are capable of being executed not only by an entire squad at one time, and by the same word of command, but also by many squads, or by the entire number of pupils who may at one time be present. The positions and movements are of the first rank, and are directly and powerfully conducive to erectness of carriage and freedom of limb.

The position of the teacher should be opposite the centre facing the pupils. Better time will be kept and the spirit of the practice will be better sustained by the teacher executing each movement while giving the word of command.

Dumb Bells may be made either of wood or iron. For children, we recommend wooden bells. The weight for boys, 1½ lbs.; youths, 2½ lbs.; and adults, 4 lbs.

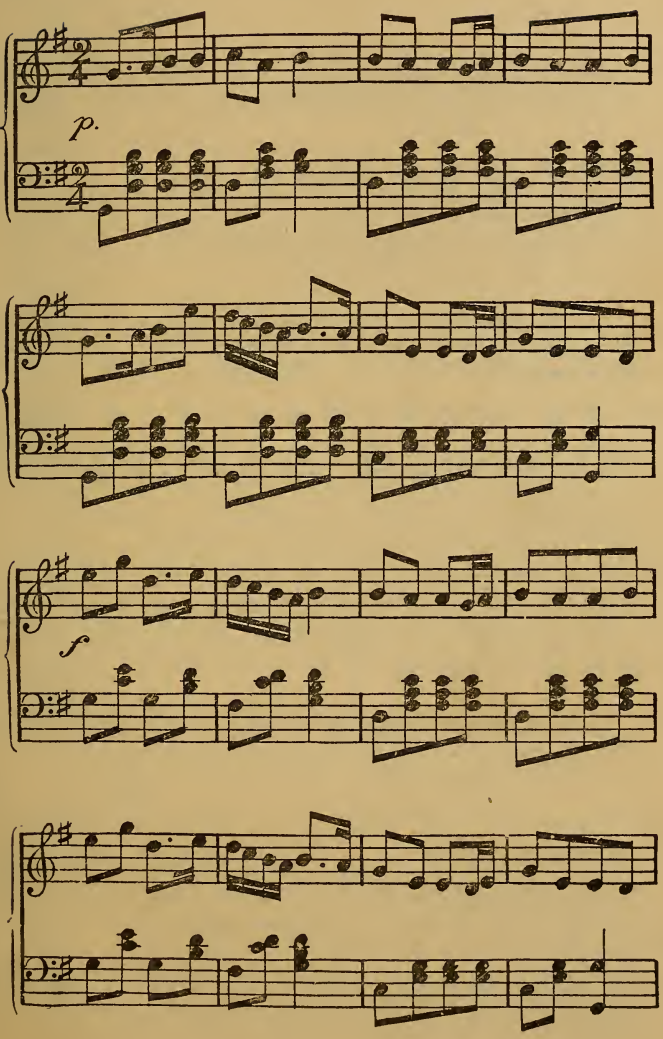
The Pupils will fall in in two ranks at close order, and be numbered from right to left.

Opening Ranks.

Open out—March { On the word "March," the front rank will take three paces to the front, stepping off with the left feet with a beat.

Two { On the word "Two," the odd numbers will take one pace to the front, the even numbers one pace to the rear.

Half-right-turn { As before.


p.
f

DUMB BELL EXERCISES.

1

1st EXERCISE—Position of Pupil Attention.

One { On the word "One," bend the arms from the elbows, and raise the bells till below the arm pit (Fig. 1), then downwards.

Two { On the word "Two," bend the arms from the elbows and place the bells to the shoulders (Fig. 2).

These movements to be repeated 16 times.

2

2nd EXERCISE.

One { On the word "One," raise both arms in front of body till in line with the shoulder, then bend the arms from the elbows and place the bells on the snoulders (Fig. 2).

Two { On the word "Two," extend the arms in front of the body and down by the sides (Fig. 3).

Repeat 16 times.

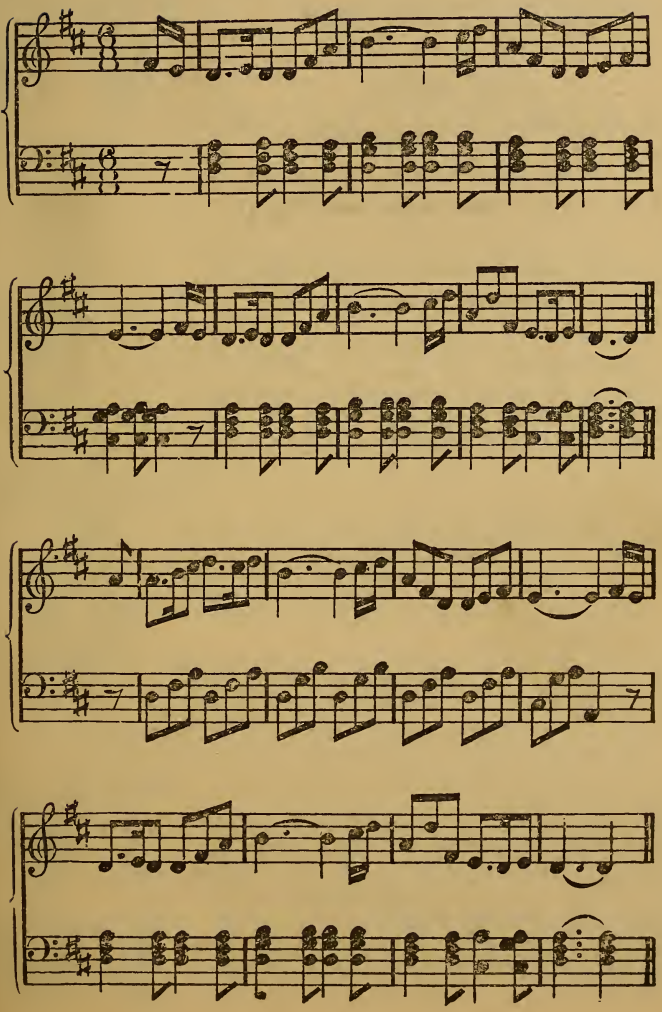
3

3rd EXERCISE.

One { On the word "One," repeat as in "One" of previous exercise.

Two { On the word "Two," extend the arms outwards and downwards by the sides of the body (Fig. 4) and continue the motion by carrying the arms upwards in front of the body till position of Fig. 2 is reached.

4



DUMB BELL EXERCISES.

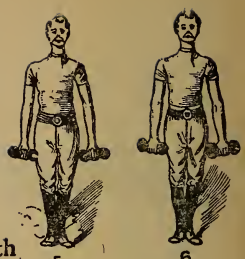
4th EXERCISE.

Ready { On the word "Ready," give a beat with the right foot and remain steady.

One { On the word "One," turn the bells outwards, finger nails to the front (Fig. 5).

Two { On the word "Two," turn the bells inwards, back of hands to the front (Fig. 6).

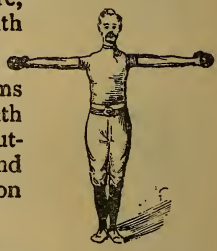
Repeat 16 times.


5 6

Change { On the word "Change," raise the arms from the elbows in front of body (Fig. 7), and strike the bells together—turn the bells outwards and inwards 16 times as before, and strike the bells together on the sixteenth time.

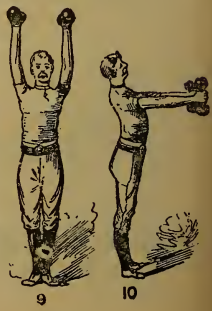
7

Change { On the word "Change," extend the arms outwards from the sides of body in line with the shoulder (Fig. 8), turn the bells outwards and inwards as before 16 times—and strike the bells together above the head on the sixteenth time.


8

Change { On the word "Change," extend the arms straight above the head—heads to be forced well back—repeat above movement 16 times, and, on the sixteenth time, strike the bells together above the head (Fig. 9).

Change { On the word "Change," extend the arms outwards in front of the body till level with the shoulders, and repeat above movement 16 times—and, on the sixteenth time, strike the bells in front of the body, and give a beat with the right foot, at the same time bringing the bells down by the side (Fig. 10).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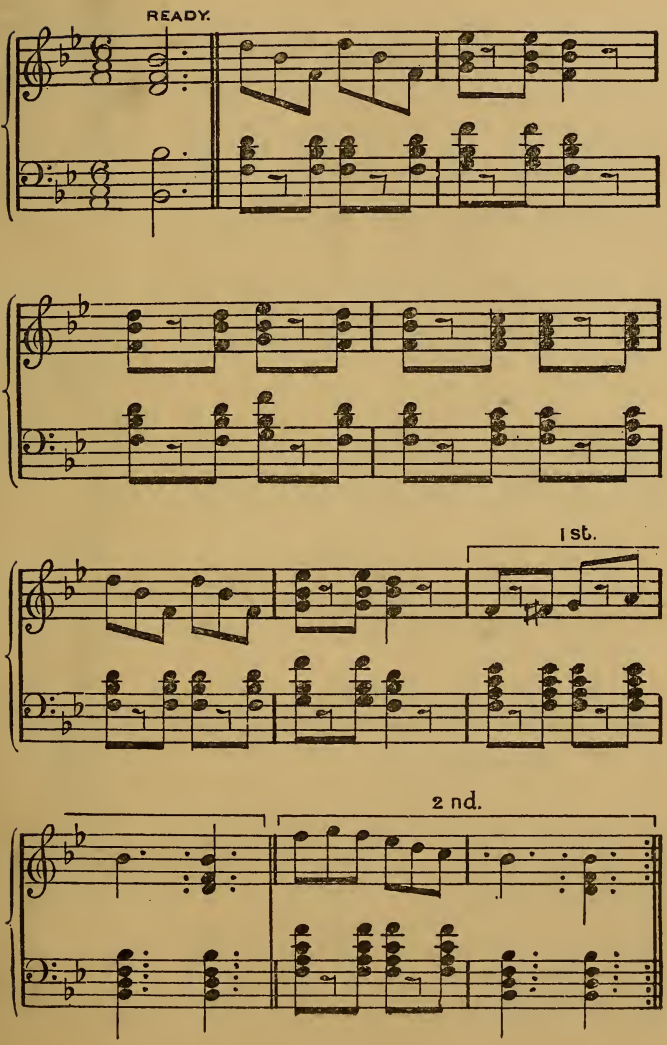

READY.
1 st.
2 nd.

DUMB BELL EXERCISES.

11

5th EXERCISE—1st Part.

One { On the word "One," raise the right arm in front of the body, in line with the shoulder, (Fig. 11), then bend the arm and bring the bell to the shoulder (Fig. 12).

Two { On the word "Two," extend the arm in front of the body (Fig. 11).

Three { On the word "Three," keeping the arm straight, turn the head and body to the right, till you look over the right shoulder—care must be taken not to move the feet (Fig. 13)

Four { On the word "Four," keeping the arm straight, turn the arm and body round till position of Fig. 11 is reached, then bend the arm and bring the bell to the shoulder (Fig. 12).

12

Repeat 7 times, and to finish the exercise extend the arm in front of the body twice, before bringing the bell by the side.

2nd Part—Repeat above movements with the left arm.

3rd Part—Repeat above movements with both arms.

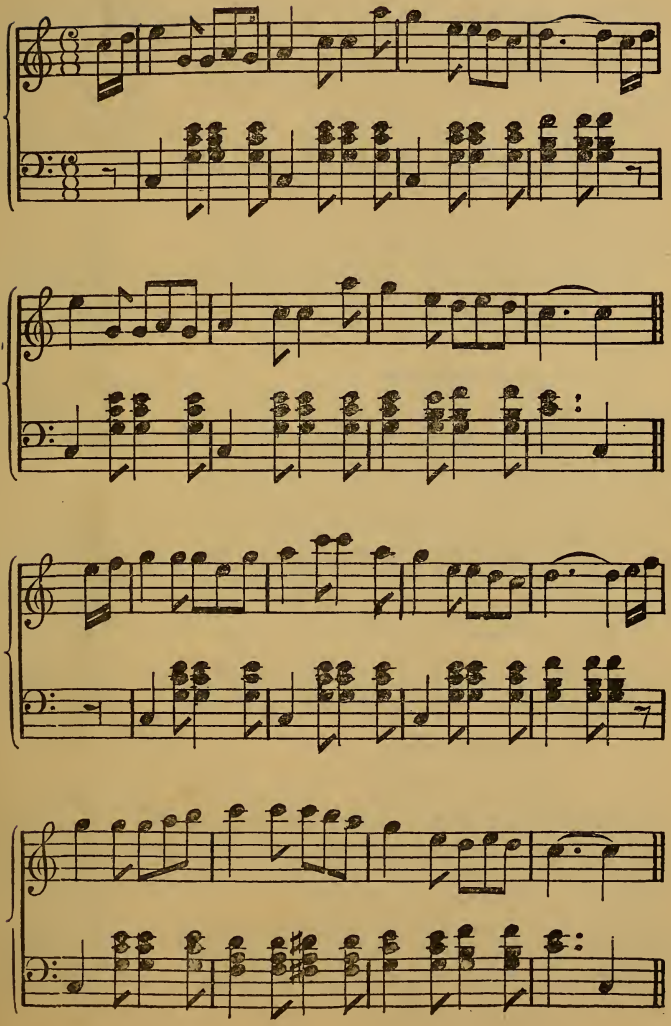
13

6th EXERCISE.

One { On the word "One," raise the arms in front of body as high as the shoulder, back of the hands towards each other, and strike the bells together.

Two { On the word "Two," swing the arms downwards and behind the back, and strike the bells together.

Repeat 16 times.



DUMB BELL EXERCISES.

7th EXERCISE.

One — On the word "One," raise the right arm in front of the body as high as the shoulder (Fig. 14).

14

Two — On the word "Two," keeping the arm straight describe a circle from front to rear (Fig. 15).

Three — On the word "Three," draw the arm in towards the body, and stretch it out again.

Repeat 8 times, on the 8 time bring the arm by the side.

Repeat same movements with the left arm.

15

8th EXERCISE.

One — On the word "One," strike the bells in front of the body, and raise the arms outwards till in line with the shoulders (Fig. 16.

Two — On the word "Two," draw the bells in to the shoulders, and extend the arm out again.

Three — On the word "Three," swing the arms downwards, strike the bells behind the body, and then raise the arms outwards till in line with the shoulders (Fig. 17).

Four — On the word "Four," bring the bells in to the shoulders, and then drop the hands by the side.

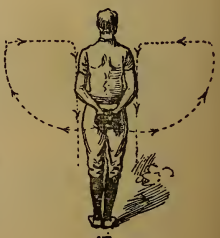
16

Repeat 16 times.

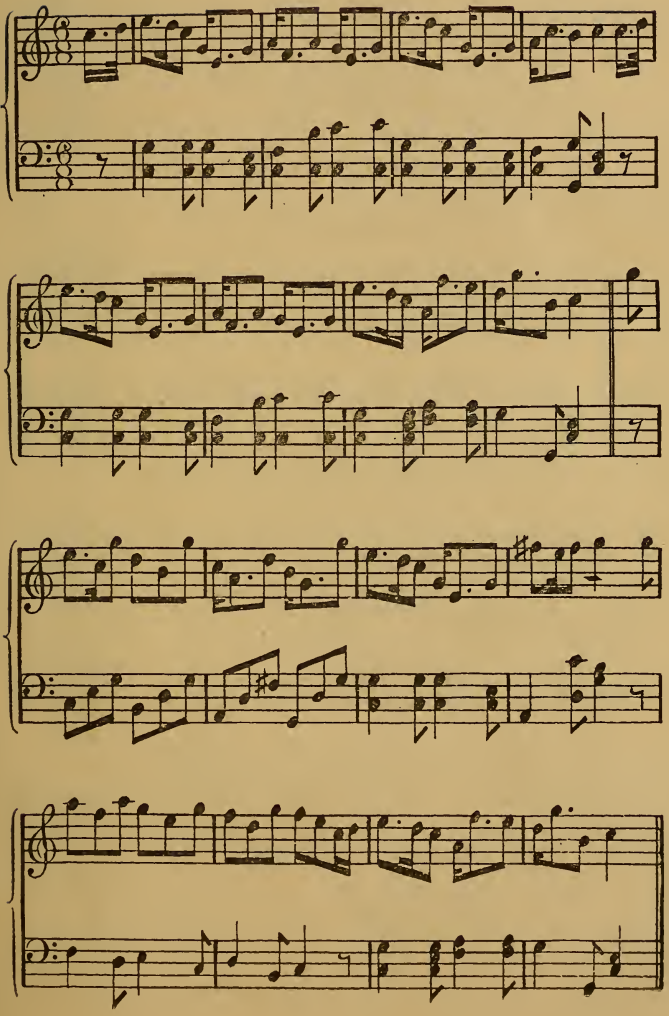
9th EXERCISE.

One — On the word "One," raise both arms in front of body as high as the shoulder—draw the arms well past the body, bells to the chest, and extend them out again.

Two — On the word "Two," shoot the arms outwards from the sides of the body in line with the shoulder, and draw them in again.


17

Repeat 16 times.



DUMB BELL EXERCISES.

10th EXERCISE.

Ready { On the word "Ready," give a beat with the right foot and remain steady.

One { On the word "One," raise the right arm outwards in front of the body and upwards above the head (Fig. 18).

Two { On the word "Two," raise the left arm in same manner, keeping the right arm steady above the head.

Three { On the word "Three," bend the right arm and bring bell on shoulder (Fig. 19).

Four { On the word "Four," bend the left arm and bring bell on shoulder.

Five { On the word "Five," strike the bells together in front of chest (Fig. 20).

Six { On the word "Six," extend the right arm in front of body in line with the shoulder.

Seven { On the word "Seven," extend the left arm in front of body in line with the shoulder (Fig. 21).

Eight { On the word "Eight," bring both bells by the side.

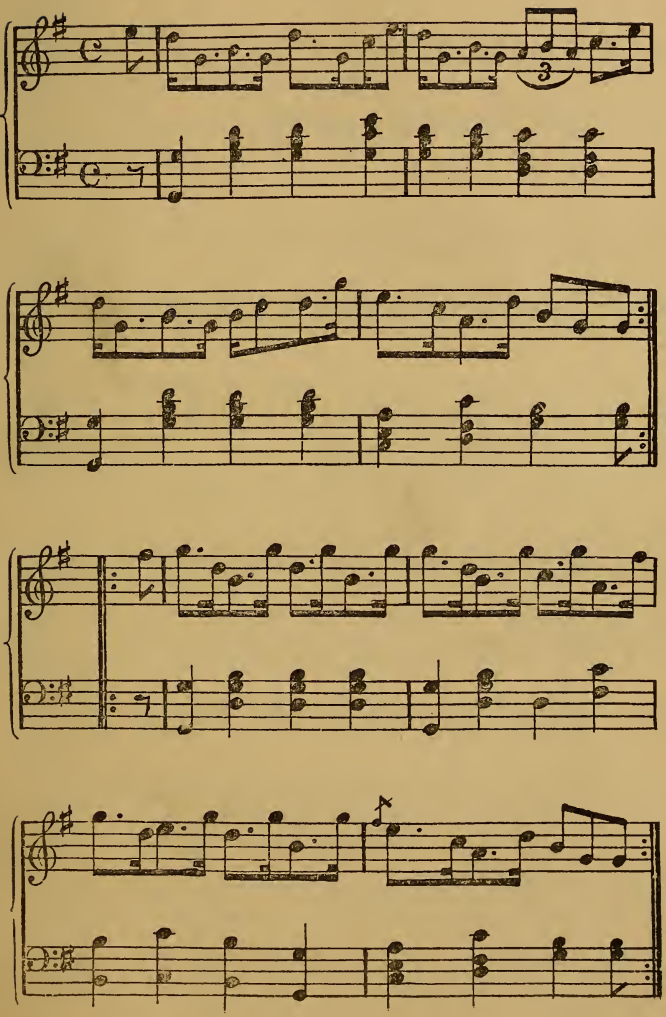
Repeat 5 times.

18

19

20

21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22

DUMB BELL EXERCISES.

11th EXERCISE.

Ready { On the word "Ready," give a beat with the right foot and remain steady.

One { On the word "One," bend the body downwards from the waist—keeping the knees straight (Fig. 22).

23

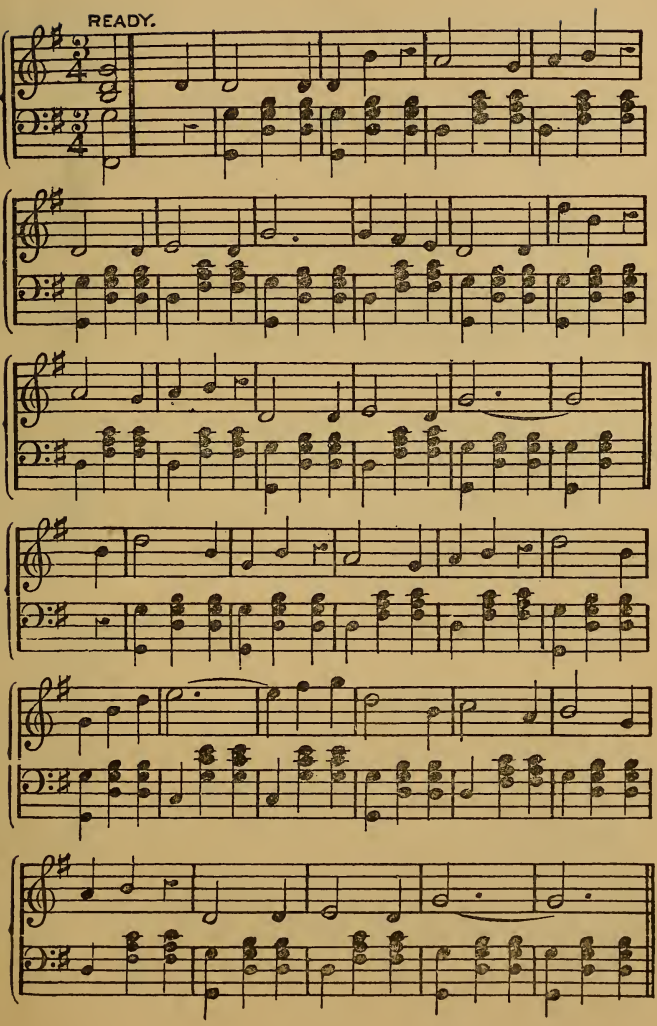
Two { On the word "Two," raise the body and bring the bells into the shoulder—while in this position, throw the head well back and press the chest well to the front (Fig. 23).

Three { On the word "Three," extend both arms straight above the head, still keeping the head well back and chest forward (Fig. 24).

24

Four { On the word "Four," bend arms to position of Fig. 23.

Repeat 8 times, and, on the eighth time, bring the bells from position 24 outwards and downwards to the position of attention, giving at the same time a beat with the right foot.


READY.

25

DUMB BELL EXERCISES.

12th EXERCISE.

Ready { On the word "Ready," give a beat with the right foot and remain steady—at the same time placing the bells on the shoulders (Fig. 25).

One { On the word "One," keeping the head well back and chest out, extend the arms outwards from the shoulders (Fig. 26), back of the hands downwards.

Two { On the word "Two," bring the bells to the shoulders.

26

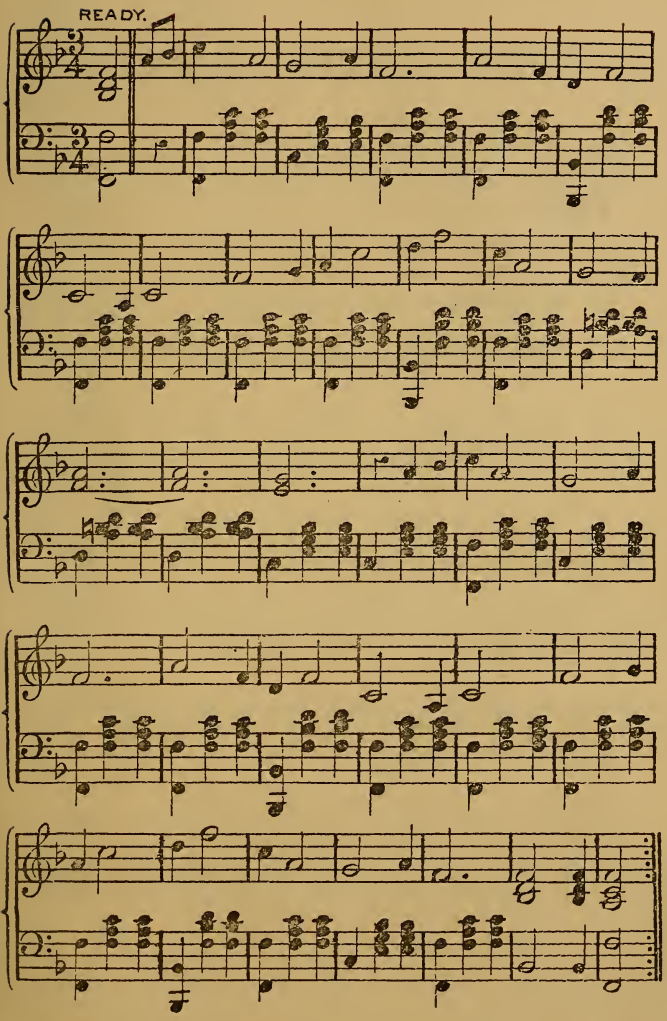
Repeat 8 times.

27

13th EXERCISE.

One { On the word "One," from position of Fig. 25, raise the elbows in front of body so that the end of the bells will be behind the shoulders (Fig. 27).

Two { On the word "Two," draw the elbows well past the chest and bring the bells in front of chest (Fig. 28).


READY.

DUMB BELL EXERCISES.

14th EXERCISE.

28

29

One — On the word "One," from position of Fig. 28 take a full pace to the right front, and extend the right arm in line with the shoulder (Fig. 29).

Two — On the word "Two," draw back the right arm, till the elbow is well past the chest, and at the same time extend the left arm.

Repeat 8 times, and on the 8th time draw back the right foot to the left, resuming the position as in fig. 28.

Repeat same movements, with left foot forward, 8 times.

30

15th EXERCISE.

31

One — On the word "One," from position of Fig. 28 take a full pace to the right front, and extend both arms in line with the shoulder (Fig. 30).

Two — On the word "Two," bend the arms and draw the elbows well past the body, bells in front of chest (Fig. 31).

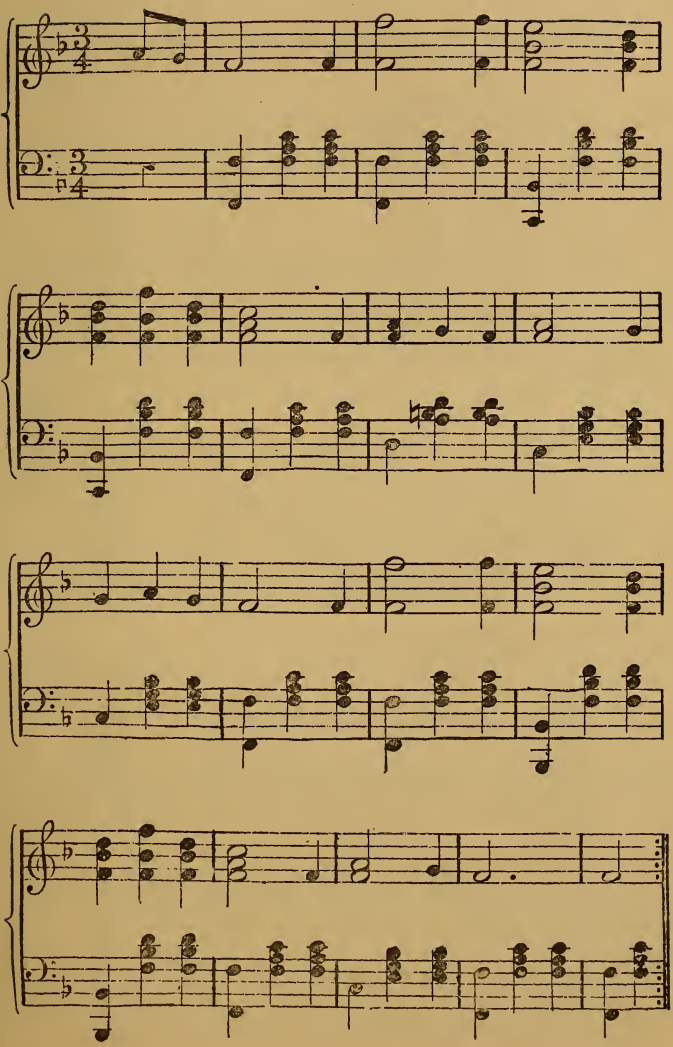
32

Three — On the word "Three," force the arms above the head (Fig. 32) and bring them in again to the shoulders.

Four — On the word "Four," extend the arms outwards from sides of the body (Fig. 33), and bring them in again to the shoulders.

Repeat till end of music, and as the music ends, draw back the right foot to the left, show a slight pause, and repeat same movement with left foot forward.

33



DUMB BELL EXERCISES.

16th EXERCISE.

One — On the word "One," from position of Fig. 28 take a full pace to the right front, and after a distinct pause, extend both arms in front of body, (Fig. 30).

Two — On the word "Two," force the arms outwards to the right and left sides of the body in line with the shoulders (Fig. 34).

Three — On the word "Three," bring the bells by the side (Fig. 35).

Four — On the word "Four," return to position of (Fig. 31).

Repeat till end of music; at end of music, draw back the right foot to the left, and repeat with left foot forward.

34

*17th EXERCISE.

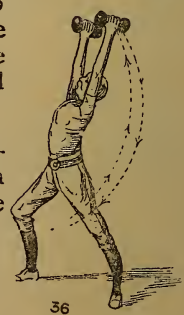
Ready — On the word "Ready," give a beat with the right foot and remain steady.

One — On the word "One," take a full pace to the right front, at the same time raise the arms upwards till above the head, and strike the bells together, heads to be kept well back (Fig. 36).

Two — On the word "Two," throw the arms outwards and downwards in a circular motion by the sides, at the same time draw back the right foot to the left.

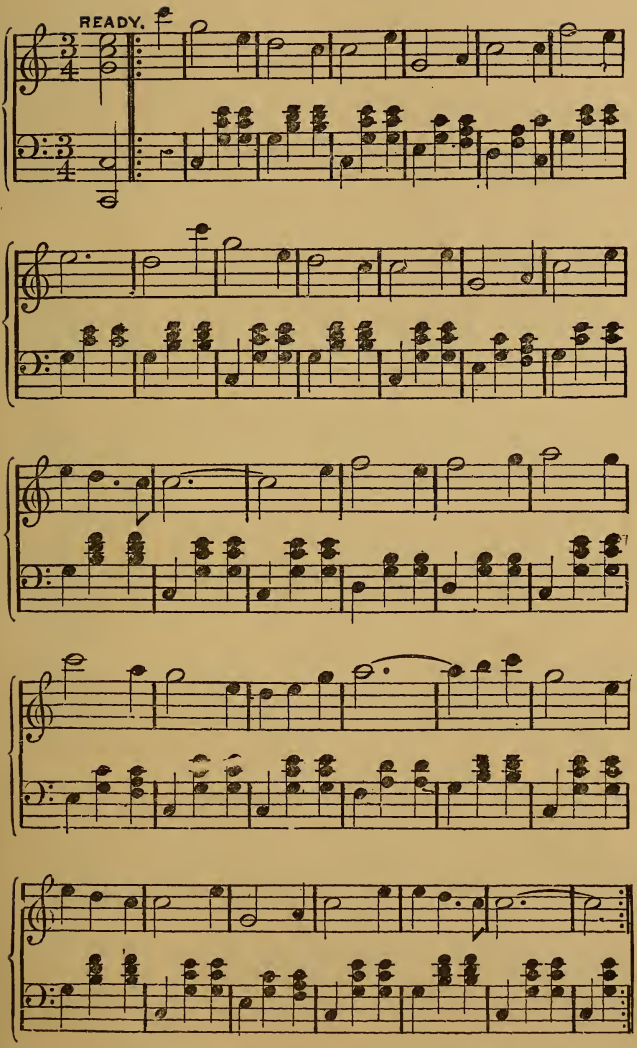
Repeat 16 times with alternate feet.

35



36

*For Music to this Exercise see page 73.


READY.

DUMB BELL EXERCISES.

18th EXERCISE.

37

One — On the word "One," take a full pace to the right front with the right foot, at the same time raise the right arm in front of the body, (bell to be in line with the forehead), and carry the left arm behind the body, (Fig. 37).

Two — On the word "Two," swing the right arm downwards past the body, at the same time swing the left arm to the front of the body as high as the forehead, and raise the left heel from the ground (Fig. 38).

38

Repeat 8 times—on the 8th time draw back the right foot to the left and bring the bells by the side.

Repeat same movements with the left foot forward, raising the right heel from the ground.

19th EXERCISE.

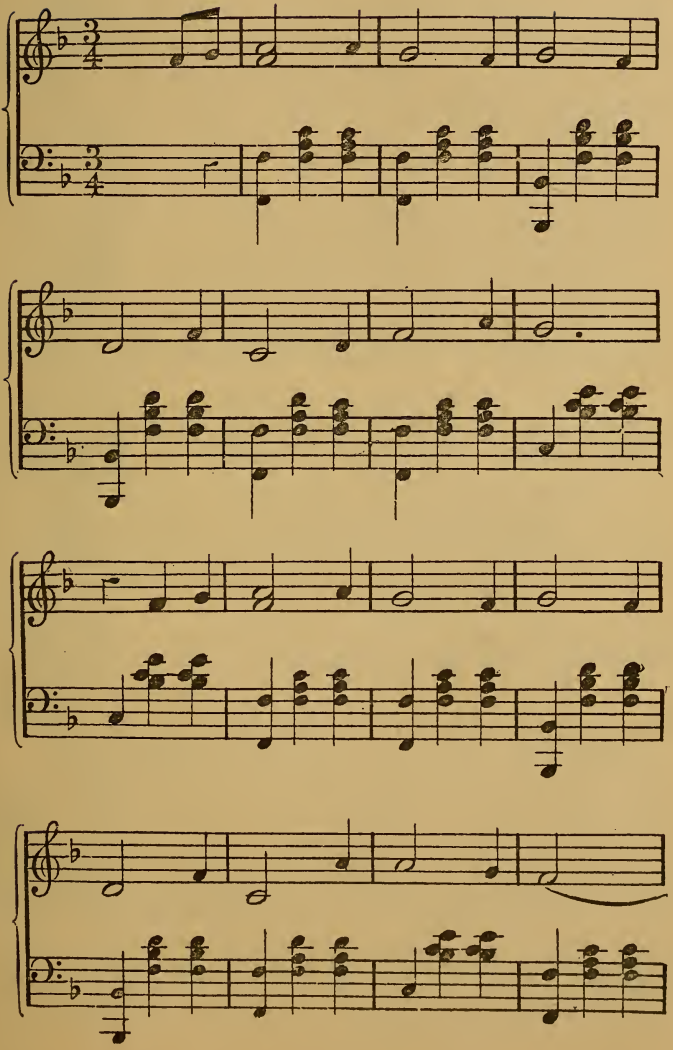
39

Ready — On the word "Ready," carry the right foot 12 to 14 inches to the right, turn the body to the right, raise the arms above the head, and rise on the left toe (Fig. 39).

One — On the word "One," swing the arms downwards in front of the body, (keeping the arms straight), turn the body to the left —strike the bells together above the head. and rise on the right toe (Fig. 40).

Two — On the word "Two," swing the arms downwards in front of the body, (keeping the arms straight), turn the body to the right, strike the bells together above the head, and rise on the left toe. Swing 14 times, and, on the 14th time, remain steady with the bells together above the head, till the last note of the music; at the last note draw back the right foot to the left and bring the bells by the side.

40



DUMB BELL EXERCISES.

20th EXERCISE.

Ready — On the word "Ready," take a full pace of 18 or 20 inches to the right front, and, at the same time, place the bells on the shoulder (Fig. 41).

41

One — On the word "One," extend the arms above the head—keeping the head well back, and chest forward (Fig. 42).

Two — On the word "Two," keeping the arms straight, bend the body from the waist and let the arms swing well behind the body (Fig. 43), and, without showing a pause, raise the body and assume position of Fig. 42.

42

Three — On the word "Three," bend the arms and bring the bells to the shoulder (Fig. 41), then upwards above the head (Fig. 42).

Repeat 8 times, and, on the eighth time, draw back the right foot to the left and bring the bells by the side.

43

21st EXERCISE.

Ready — On the word "Ready," carry the right foot 18 or 20 inches to the right.

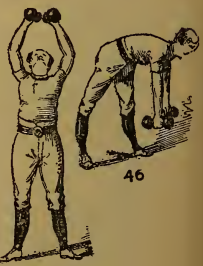
44

One — On the word "One," bend the body downwards from the waist to the right (Fig. 44).

Two — On the word "Two," keeping the arms straight, raise the body and strike the bells together above the head (Fig. 45).

Three — On the word "Three," bend the body downwards from the waist to the left (Fig. 46).

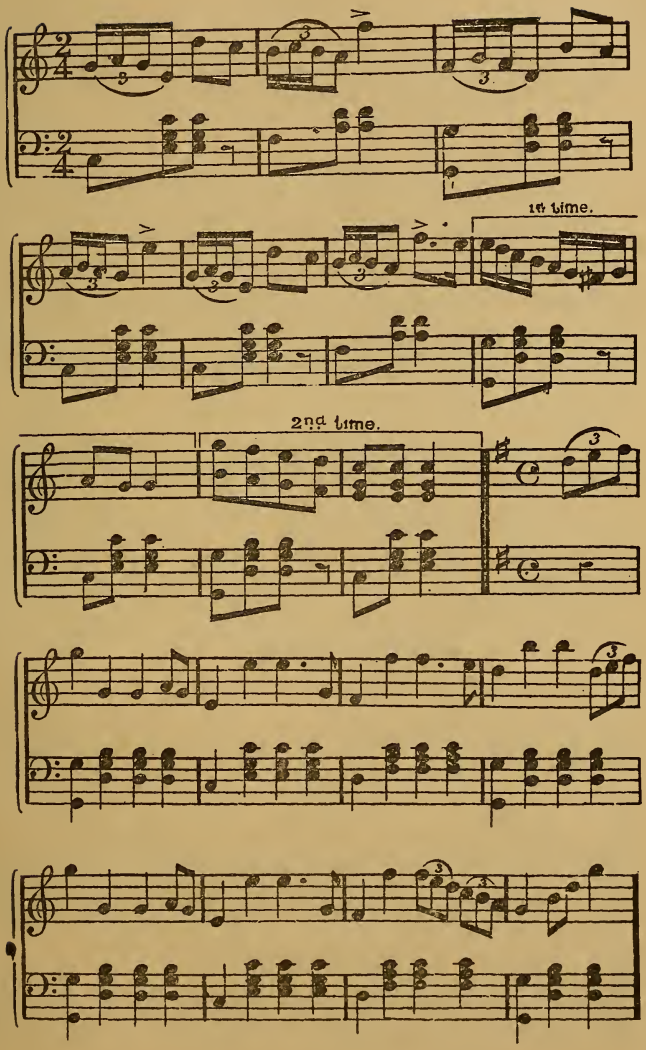
Four — On the word "Four," raise the body and strike the bells together above the head (Fig. 45).


46

Repeat 16 times.

45

SLOW MARCH.



HOOP DRILL.

The following exercises are remarkable for their simplicity, and on that account are specially suitable for infants. They are included in the manual not so much on account of their intrinsic value, as that they afford an agreeable diversion, by which the attention and interest of the children is maintained.

The Hoops used should be about 25 inches in diameter.

The pupils will fall in in two ranks, at close order, and at "Stand at Ease," with the Hoop in the right hand.

OPENING RANKS.

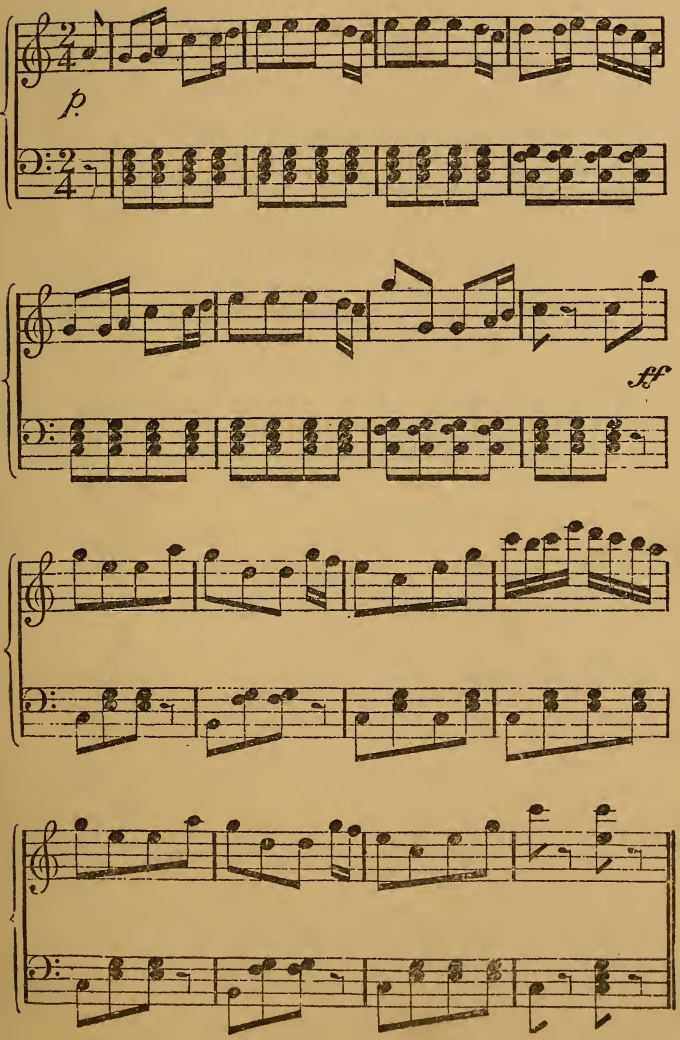
Attention. As usual.

Number. As usual.

Open out—March { On the word "March," the front rank will take three paces to the front, stepping off with the left feet with a distinct beat.

Two { On the word "Two," the odd numbers will take one pace to the front, the even numbers one pace to the rear.

MARCH.



HOOP DRILL.

1st EXERCISE.

Ready { On the word "Ready," bring the hoop with the right hand in front of the body, and seize it with the left hand (Fig. 1).

One { On the word "One," bend the body downwards from the waist—keeping the knees straight (Fig. 2).

Two { On the word "Two," raise the body and place the hoop over the head (Fig. 3).

Three { On the word "Three," extend both arms straight above the head—keeping the head well back and chest forward (Fig. 4).

Four { On the word "Four," bend the arms to position of Fig. 3.

Repeat 8 times, and, on the 8th time, bring the hoop with the right hand from position of Fig. 4 down by the side.

1

2

3

4

2nd EXERCISE.

Ready. As before.

One. As in "One" of above exercise (Fig 2).

Two { On the word "Two," keeping the arms straight, raise the body upright and place the hoop above the head (Fig. 4).

Three { On the word "Three," keeping the arms straight, swing the arms outwards and downwards by the sides—back of the hands turned towards the body, hoop to be in left hand (Fig. 5).

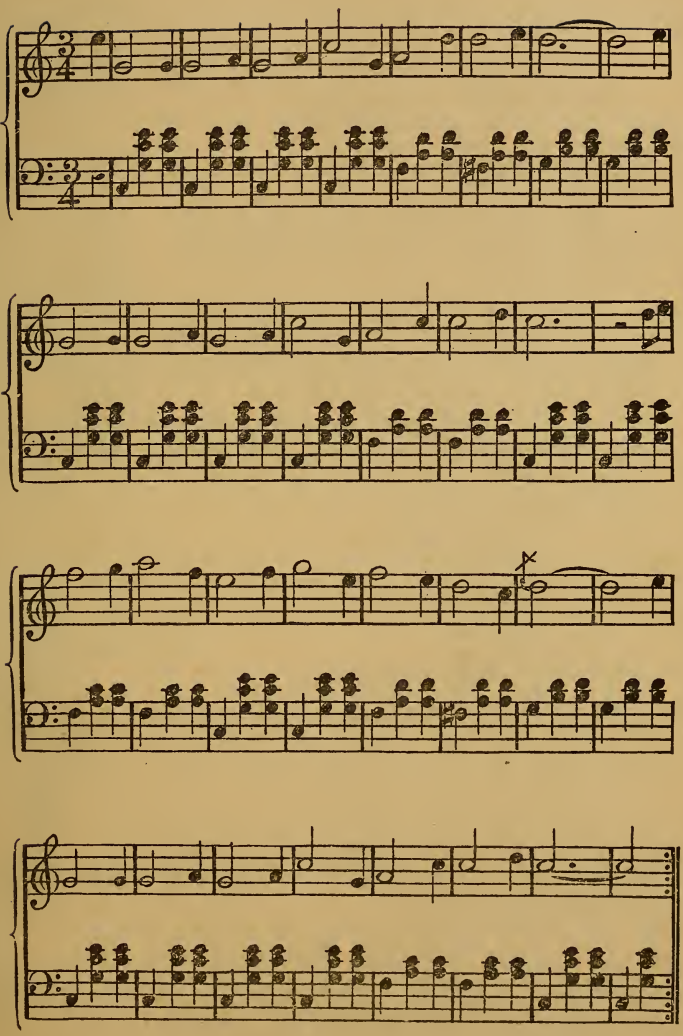
Four { On the word "Four," raise both arms outwards from the sides of the body, and upwards till above the head (Fig. 4).

Repeat 8 times, and, at the end of the music, give a beat with the right foot.

This exercise to be repeated, but the hoop to be carried to the right side, also alternately to the right and left.

5

6



HOOP DRILL

3rd EXERCISE—1st Movement.

Ready. As before.

One. As before (Fig. 2).

Two { On the word "Two," raise the hoop to the chest, elbows to be kept close to the sides (Fig. 6).

7

Three { On the word "Three," extend the left arm outwards from the side of the body, *hoop in hand*, at the same time drop the right arm by the right side (Fig. 7).

Four { On the word "Four," bend the arm from the elbow and bring the hoop in front of the chest, at the same time seize the hoop with the right hand (Fig. 6).

Repeat 4 times.

2nd Movement.

One. As before (Fig. 1).

Two. As before (Fig. 6).

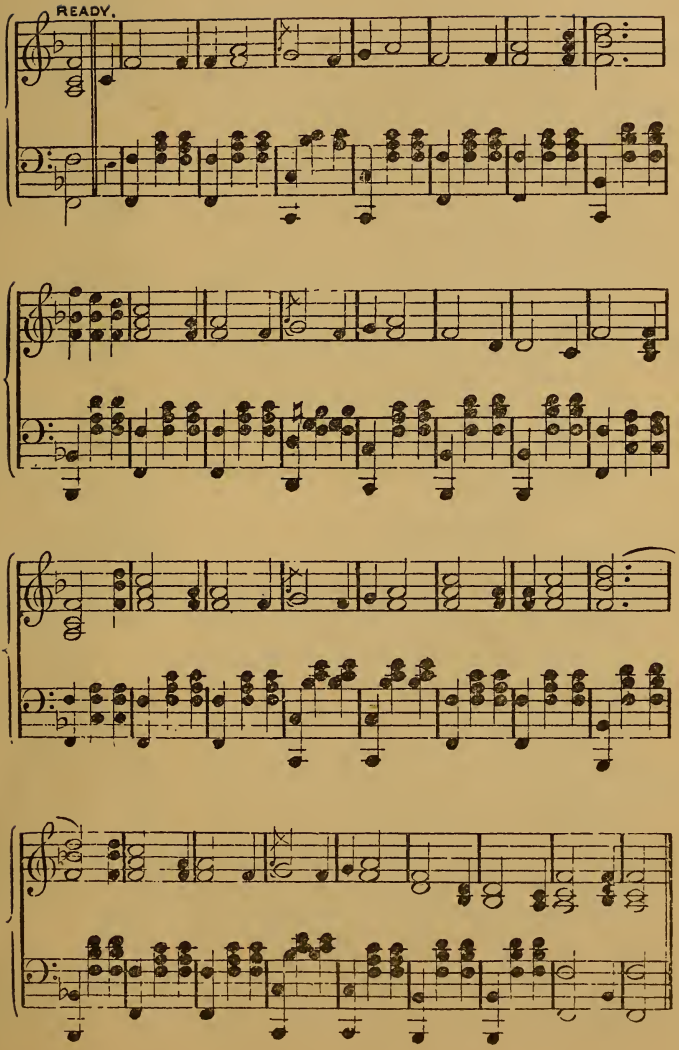
8

Three { On the word "Three," extend the right arm outwards from the side of the body, *hoop in hand*, at the same time drop the left arm by the side (Fig. 8).

Four { On the word "Four," bend the arm from the elbow and bring the hoop in front of the chest, at the same time seize the hoop with the left hand (Fig. 6).

Repeat 4 times.

Repeat above movements alternately with right and left hand 8 times, at the end of the music bring the hoop to the right side.


READY.

HOOP DRILL.

4th EXERCISE.

Ready. As before.

One { On the word "One," take a pace of 18 or 20 inches to the right front, and, at the same time, raise the hoop to the chest—elbows to be kept close to the sides (Fig. 9).

Two { On the word "Two," extend the arms outwards in front of body (Fig. 10).

Three { On the word "Three," raise both arms above the head (Fig. 11).

Four { On the word "Four," from position of Fig. 11 bring the hoop, with the arms straight, down in front of the body (Fig. 12).

Five { On the word "Five," bend the arms and bring the hoop in to the chest (Fig. 9).

Repeat 4 times—on the fourth time bring the hoop from above the head to the front of the body and draw the right foot back to the left.

Repeat the above movement with the left foot forward.

9

10

11

5th EXERCISE.

Ready. As before.

One { On the word "One," take a pace of 18 or 20 inches to the right front, and, at the same time, raise the hoop above the head (Fig. 13).

Two { On the word "Two," draw back the right foot to the left, and, at the same time, bring the hoop, with the arms straight down in front of the body.

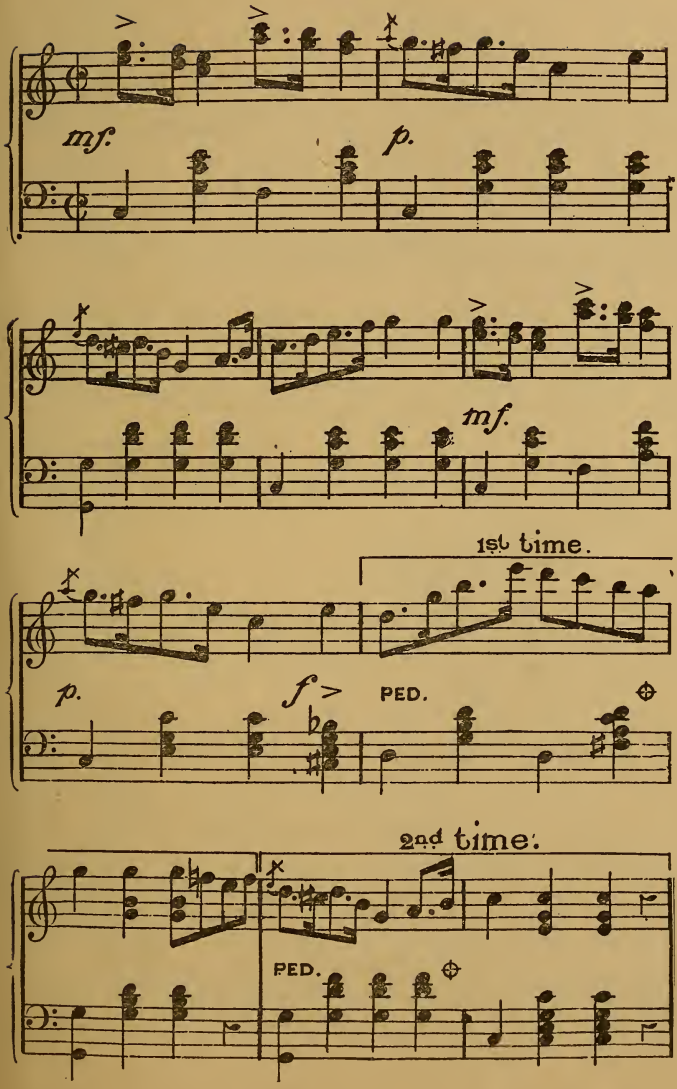
Three { On the word "Three," take a pace of 18 or 20 inches to the left front, and, at the same time, raise the hoop above the head (Fig. 13).

Four { On the word "Four," draw back the left foot to the right, and bring the hoop, with the arms straight, down in front of the body.

Repeat 8 times—on the 8th time bring the right foot back to the left and the hoop by the right side. .

12

13


mf.
p.
mf.
1st time.
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2nd time.
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HOOP DRILL.

6th EXERCISE.

Ready. As before.

One. As before (Fig. 2).

Two { On the word "Two," raise the body upright and bring the hoop to the chest, elbows close to the side (Fig. 6).

Three { On the word "Three," extend the arms outwards in front of the body and draw them in again (Fig. 15).

Four { On the word "Four," turn a quarter of a circle to the right on the right heel and left toe (Fig. 16).

Five { On the word "Five," bring the left heel up to the right.

Six { On the word "Six," extend the arms outwards in front of body and draw them in again (Fig. 15).

Repeat 4 times.

15

16

7th EXERCISE.

Ready { On the word "Ready," carry the right foot 18 or 20 inches to the right, rise on the left toe, and at the same time raise the hoop above the head (Fig. 17).

One { On the word "One," swing the hoop downwards in front of the body to the left side and rise on the right toe (Fig. 18).

Two { On the word "Two," bend the arms and place the hoop over the head, and extend the arms again (Fig. 19).

Three { On the word "Three," swing the hoop downwards in front of the body to the right side, and rise on the left toe.

Four { On the word "Four," bend the arms and place the hoop over the head, and extend the arms again.

Repeat 8 times.

17

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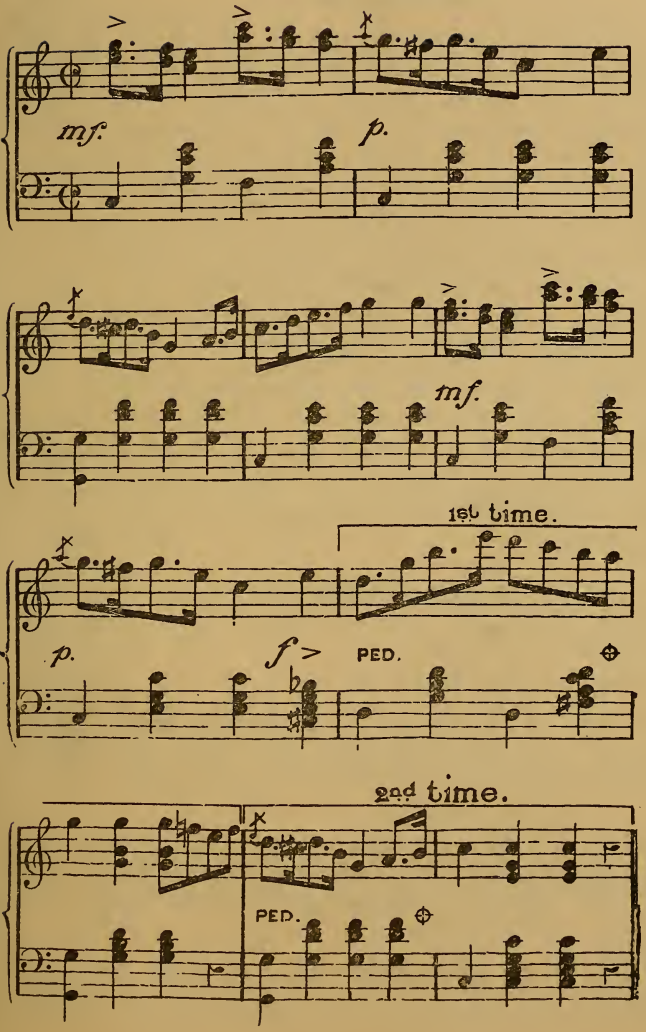
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BAR BELL EXERCISES.

The Bar Bell or Two Handed Dumb Bell is a stick with a ball or knob at each end, made of ash, about five feet long, and an inch in diameter. The following exercises have been arranged so that every muscle of the body will be brought into play. Some of the exercises will be found of considerable value in developing the chest and abdominal muscles. In addition, the positions assumed are more striking and graceful than in the Dumb Bell Exercises, and, when done by a large number of pupils at once, prove most effective. If space permits, the pupil should be taught to march with the bell behind the shoulder (Fig. *a*) ; special care being taken that the head is kept well back. A walking stick or broom-handle, if of the requisite length, may be efficiently used as a substitute for the bell.

The pupils will fall in in two ranks, at close order, standing at ease, bell in right hand, and by the right side (Fig. *b*).

OPENING RANKS.

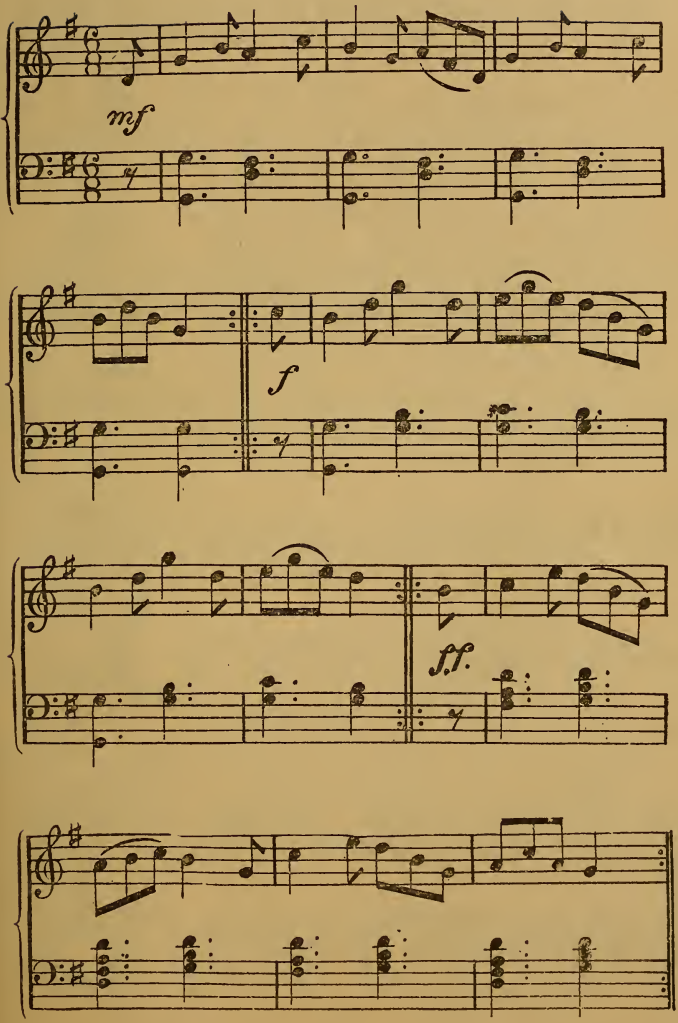
Attention. As usual.

Number. As usual.

Open out—March. On the word "March," the front rank will take three paces to the front, stepping off with the left feet with a distinct beat.

Two On the word "Two," the odd numbers will take one pace to the right, and the even numbers one pace to the left.

Half-left—Turn. As before.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BAR BELL EXERCISES.

1st EXERCISE.

1

Ready — On the word "Ready" (or on a chord being sounded on the piano), give a beat on the floor with the bell, and place the left hand on the bell, palm of the hand to the front (Fig 1). Keeping the right arm steady, raise the bell with the left hand upwards, then downwards, in front of the body, to the position of Fig. 2.

2

One — On the word "One," bend the arms from the elbows and raise the bell to the shoulders (Fig. 3).

Two — On the word "Two," lower the bell to the ready position.

Repeat 8 times.

5

Change — On the word "Change," raise the bell to the shoulder as in "One."

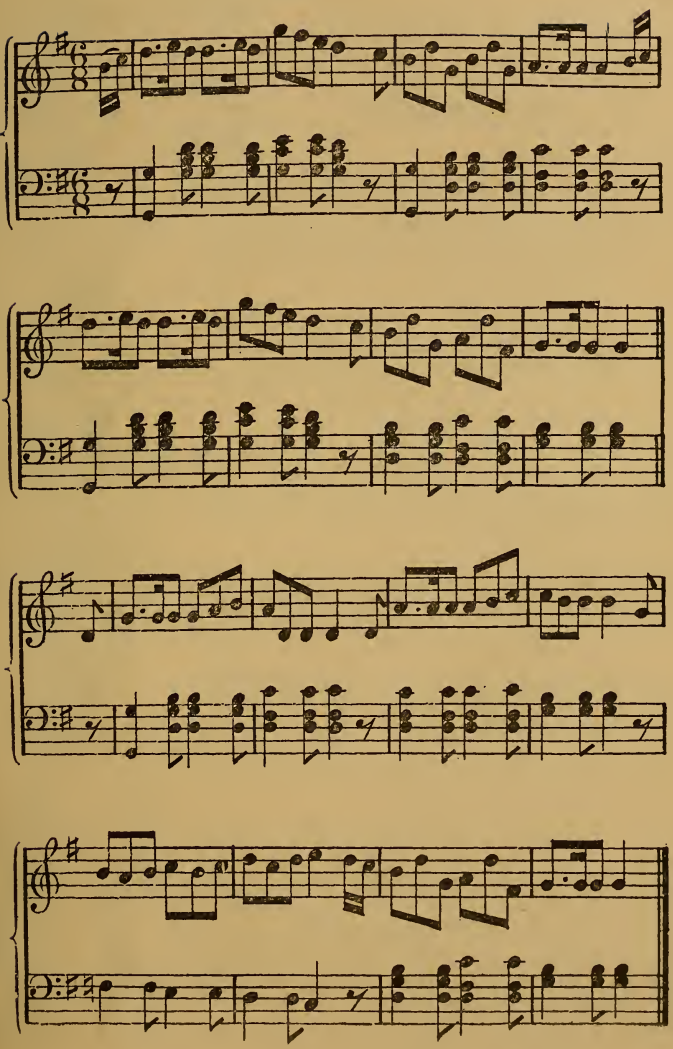
Two — On the word "Two," raise the bell above the head—chest to be pressed forward and head well back (Fig. 4).

4

Three — On the word "Three," bend the arms and bring the bell to the shoulder (Fig. 3).

Four — On the word "Four," bring the bell to the ready position.

Repeat 8 times.



BAR BELL EXERCISES.

2nd EXERCISE.

Ready. As before.

One { On the word "One," raise the bell over the head—bell to be in line with the shoulder, palms of the hands turned upwards (Fig. 5).

Two { On the word "Two," return the bell over the head to the shoulder—back of the hands turned upwards (Fig. 6).

Repeat 16 times, and bring the bell to the ready position.

Change { On the word "Change," from the ready position raise the bell above the head (Fig. 7).

Two { On the word "Two," keeping the arms straight, place the bell behind the body (Fig. 8).

Three { On the word "Three," keeping the arms straight, return the bell above the head (Fig. 7).

Four } On the word "Four," bring the bell to the ready position.

Repeat 16 times, and on the 16th time place the bell to the left side (Fig. 9).

Change { On the word "Change," from position of Fig. 9, carry the bell upwards above the head, and downwards to the right side (Fig. 10).

Repeat 16 times.

5 6

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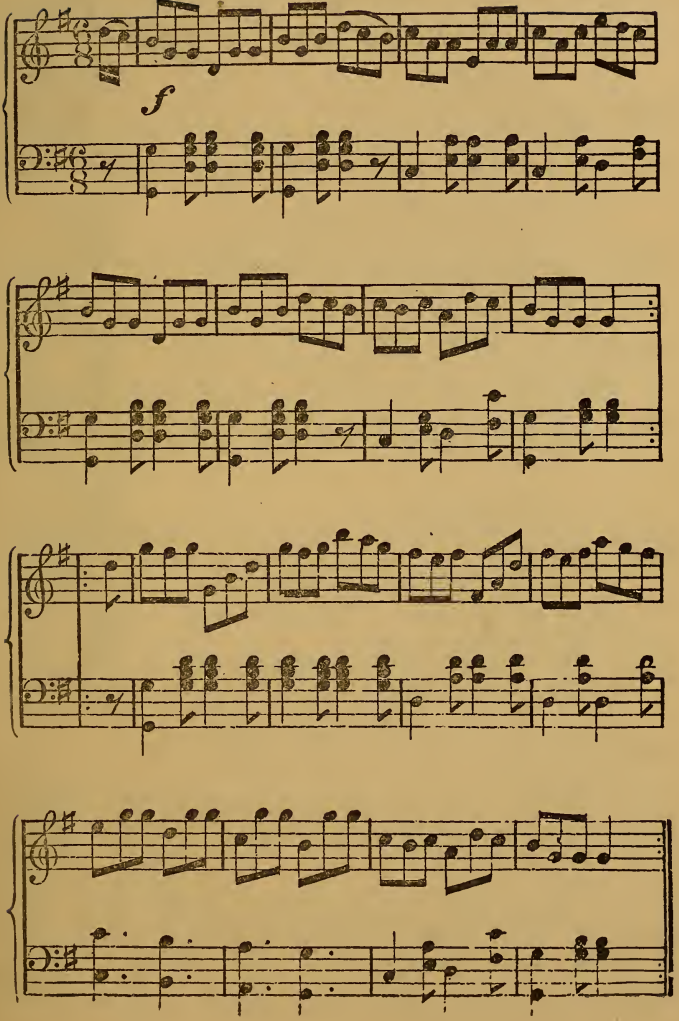
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BAR BELL EXERCISES.

3rd EXERCISE.

Ready. As before.

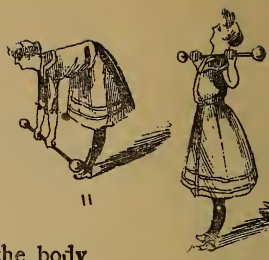
One { On the word "One," bend the body downwards from the waist, keeping the knees straight, and place the bell horizontally over the toes (Fig. 11).

Two { On the word "Two," raise the body upwards, and place the bell in front of the chest (Fig. 12).

Three { On the word "Three," raise the bell above the head till the arms are straight—the head to be kept well back (Fig. 13).

Four { On the word "Four," bend the arms and bring the bell to the chest (Fig. 12).

Repeat 8 times.



11 12

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14

4th EXERCISE.

Ready. As before.

One { On the word "One," keeping the arms straight, raise the bell above the head (Fig. 14).

Two { On the word "Two," bring the bell to the ready position.

Three { On the word "Three," raise the bell with the left hand to the right side of the body—the bell to be perpendicular (Fig. 15).

Four { On the word "Four," bring the bell with the left hand to the ready position.

Five. Same as "One."

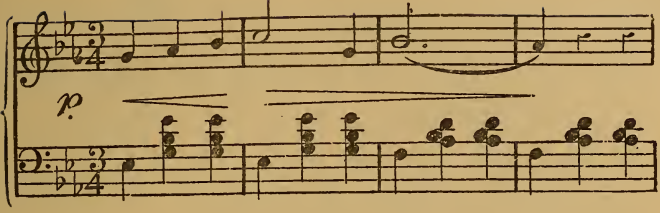
Six. Same as "Two."

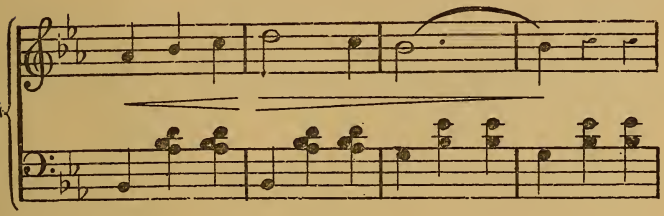
Seven { On the word "Seven," raise the bell with the right hand to the left side of the body (Fig. 16).

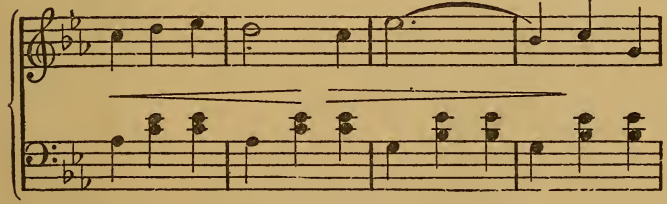
Eight { On the word "Eight," bring the bell with the right hand to the ready position.

Repeat 8 times.

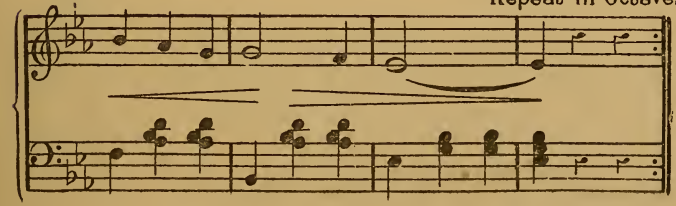
15 16







Repeat in Octaves.



BAR BELL EXERCISES.

17

5th EXERCISE.

Ready. As before.

One { On the word "One," raise the bell upwards in front of the body till the arms are in line with the shoulders (Fig 17).

Two { On the word "Two," draw the arms well past the body, and bring the bell to the chest (Fig. 18).

18

Three { On the word "Three," force the arms out in front of the body (Fig. 17).

Four { On the word "Four," keeping the arms straight, bring the bell to the ready position.

Repeat 16 times.

Change { On the word "Change," repeat movement of Fig. 17.

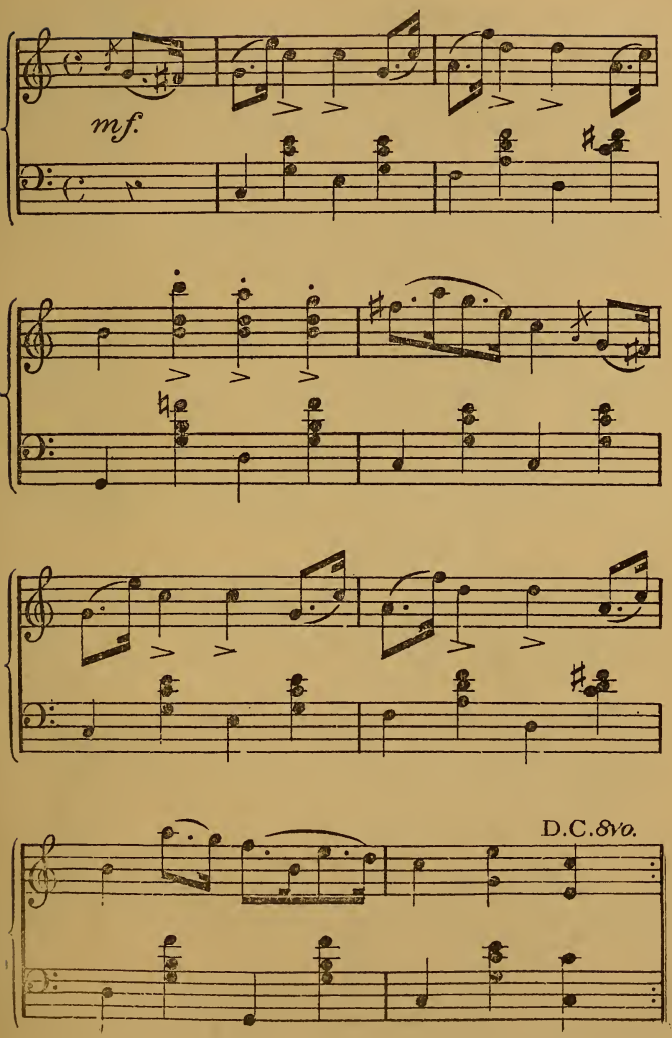
Two { On the word "Two," extend the hands outwards along the bell, at the same time bringing the bell to the chest (Fig. 19).

19

Three { On the word "Three," keeping the arms straight, bring the hands inwards along the bell till in line with the shoulders, at the same time forcing the bell out in front of the body (Fig. 17).

Four { On the word "Four," keeping the arms straight, bring the bell to the ready position.

Repeat 16 times.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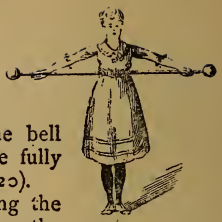
BAR BELL EXERCISES.

6th EXERCISE.


20

Ready. As before.

One On the word "One," raise the bell over the head till the arms are fully extended behind the body (Fig. 20).

Two On the word "Two," keeping the arms straight, return the bell over the head to the ready position (Fig. 2).

Three On the word "Three," keeping the left hand steady, raise the bell over the head with the right hand (Fig. 21), till position of Fig. 20 is reached.

Four On the word "Four," keeping the right hand steady, raise the bell over the head with the left hand (Fig. 22), to the ready position.

21

Repeat 16 times, and show a pause between each movement.

Repeat 8 times, but show *no pause* between the movements.

This exercise may be done with the lounge to the right and left.

7th EXERCISE.

One On the word "One," keeping the left hand steady, raise the bell with the right hand to the left side (Fig. 16).

Two On the word "Two," raise the bell above the head (Fig. 14).

Three On the word "Three," bring the bell to ready position, and raise it again above the head (Fig. 14).

Four On the word "Four," bring the bell to the right side (Fig. 15).

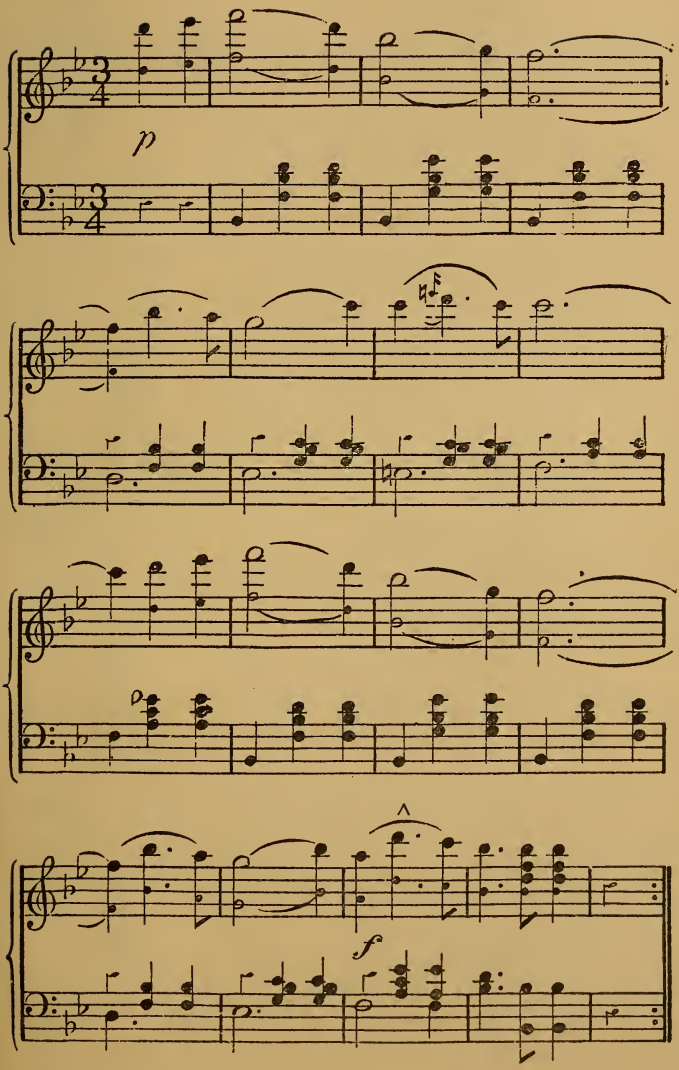
Five On the word "Five," raise the bell above the head (Fig. 14).

Six On the word "Six," bring the bell to ready position, and raise it again above the head (Fig. 14).

Seven On the word "Seven," bring the bell to the left side (Fig. 16).

22

Repeat 8 times, show a slight pause between the movements, and give a beat with the right foot at the end of the music.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BAR BELL EXERCISES.

8th EXERCISE.

Ready { On the word "Ready," place the left hand on the waist. and the bell in the right hand (Fig. 25).

One { On the word "One," take a pace of 18 or 20 inches to the right front, and, at the same time, bend the body from the waist and place the bell in front of the right foot (Fig. 26).

Two { On the word "Two," raise the bell to the chest (Fig. 27).

Three { On the word "Three," raise the bell above the head, and, at the same time, straighten the right knee (Fig. 28).

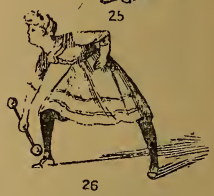
Four { On the word "Four," bend the arm and bring the bell to the chest, at the same time bend the right knee (Fig 26).

Repeat 8 times, and, on the eighth time, draw back the right foot to the left, and place the bell in the left hand.

Repeat same movements to the left with the left hand.

Repeat same movements to the right and left with both hands.

25



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9th EXERCISE.

Ready. As before.

One { On the word "One," take a pace of 18 or 20 inches to the right front, and, at the same time, bend the body from the waist. and place the bell in front of the right foot.

Two { On the word "Two," raise the bell to the chest—keeping the right knee bent.

Three { On the word "Three," raise the bell over the head—keeping the arms straight—till the arms are fully extended behind the body (Fig. 29).

Four { On the word "Four," return the bell over the head to the chest.

Repeat 8 times, and. on the eighth time, draw back the right foot to the left.

Repeat same movements with the left foot forward.

28

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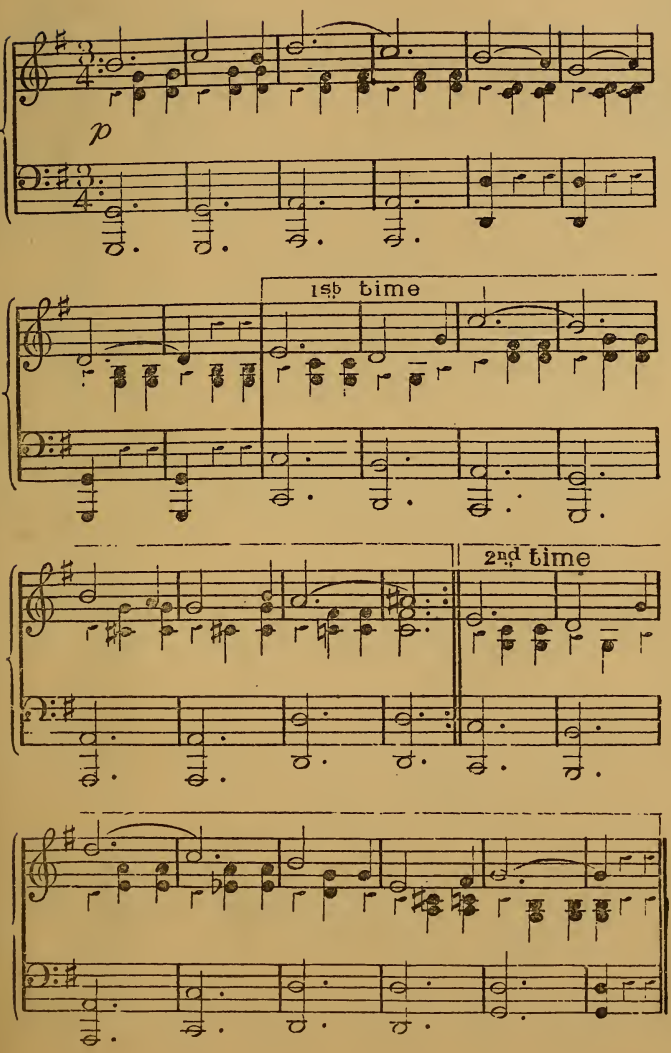
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BAR BELL EXERCISES.

31

10th EXERCISE.

Ready { On the word "Ready," place the bell in front of the right shoulder (Fig. 31).

One { On the word "One," extend the arm to the front of the body (Fig. 32).

Two { On the word "Two," draw the arm in to the chest (Fig. 31).

Three { On the word "Three," extend the arm out from the side of the body (Fig. 33).

Four { On the word "Four, from position of Fig. 33, bend the arm and pass the bell into the left hand, and repeat the same movements (Fig. 34).

Repeat 16 times.

Change { On the word "Change," place the bell on the shoulder with the right hand (Fig. 35).

One { On the word "One," raise the bell above the head (Fig. 36).

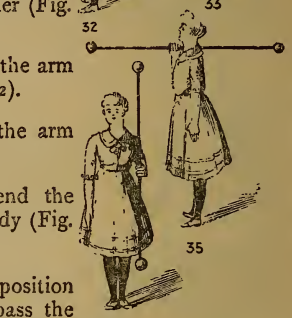
Two { On the word "Two," bring the bell to the shoulder again.

Three { On the word "Three," raise the bell above the head as before.

Four { On the word "Four," pass the bell over the head into the left hand, and repeat same movements (Fig. 37).

Repeat 16 times.

33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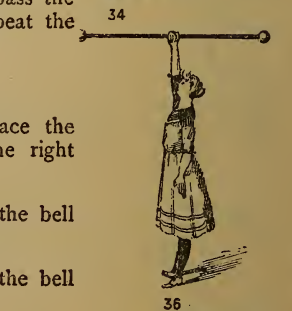
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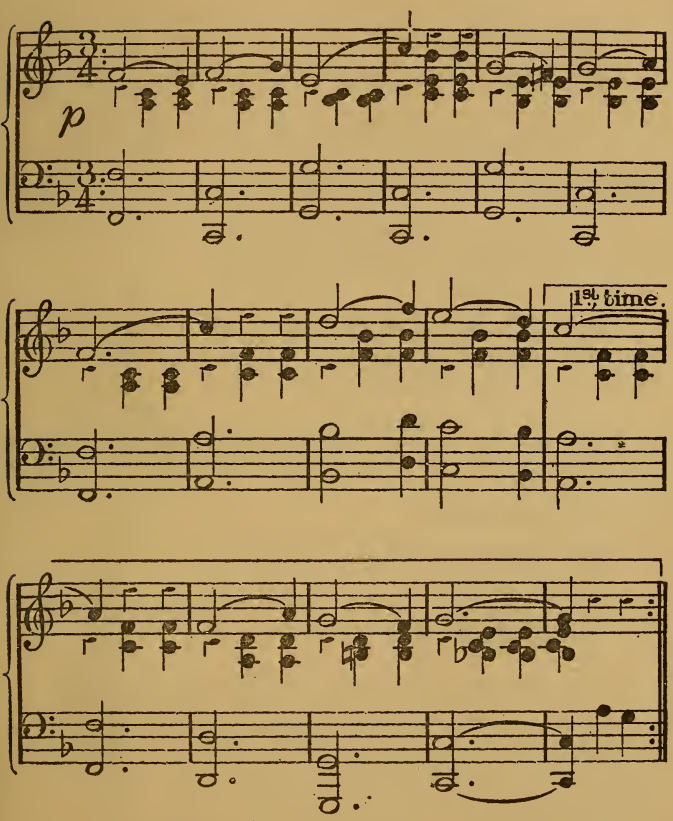
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BAR BELL EXERCISES.

11th EXERCISE.

Ready. As before.

One { On the word "One," take a full pace to the right front, and, at the same time, raise the right hand above the head (Fig. 38).

Two { On the word "Two," draw back the right foot to the left, and bring the bell to ready position.

Three { On the word "Three," take a full pace to the front and raise the bell above the head (Fig. 39).

Four { On the word "Four," draw back the right foot to the left, and bring the bell to ready position.

Repeat 16 times.

Repeat same movements with the left foot forward.

38

39

12th EXERCISE.

Ready. As before.

One { On the word "One," swing the bell round to the right side, at the same time turn the head and body to the right—care must be taken not to move the feet (Fig. 40).

Two { On the word "Two," swing the bell to the left side, at the same time turning the head and body to the left (Fig. 41).

Repeat 16 times.

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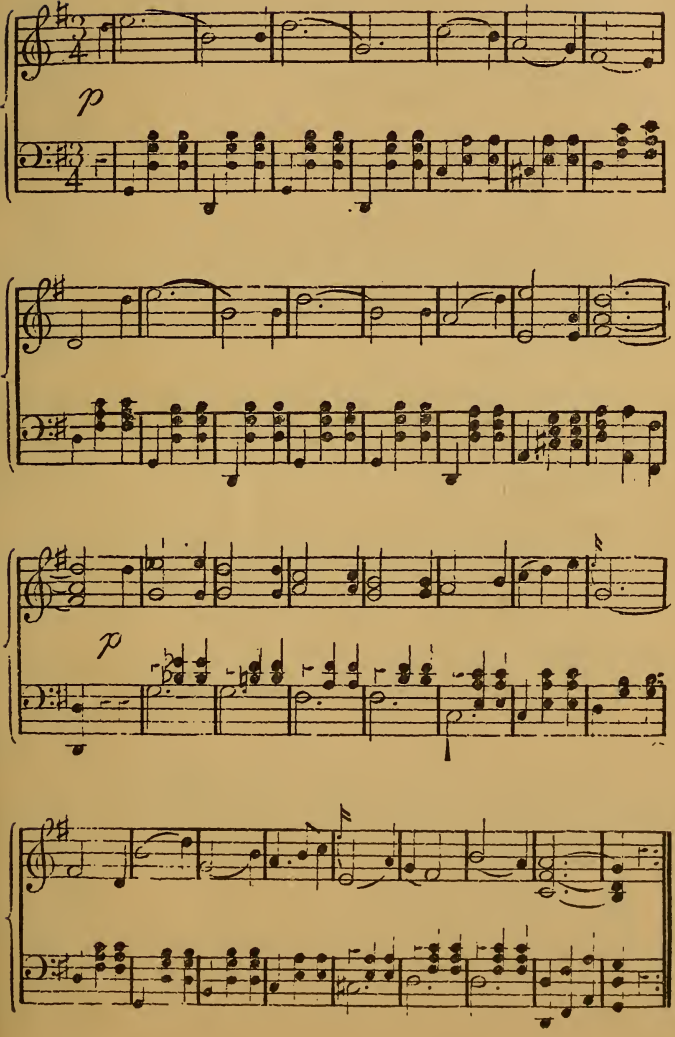
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BAR BELL EXERCISES.

13th EXERCISE.

Ready — On the word "Ready," carry the left foot 10 or 12 inches to the left, and, at the same time, turn the body to the left and place the bell above the head (Fig. 42).

42

Swing — On the word "Swing," keeping the arms straight, swing the bell downwards in front of the body—turn the body to the right and raise the bell above the head (Fig. 43).

43

Repeat 16 times, and show a slight pause between the movements.

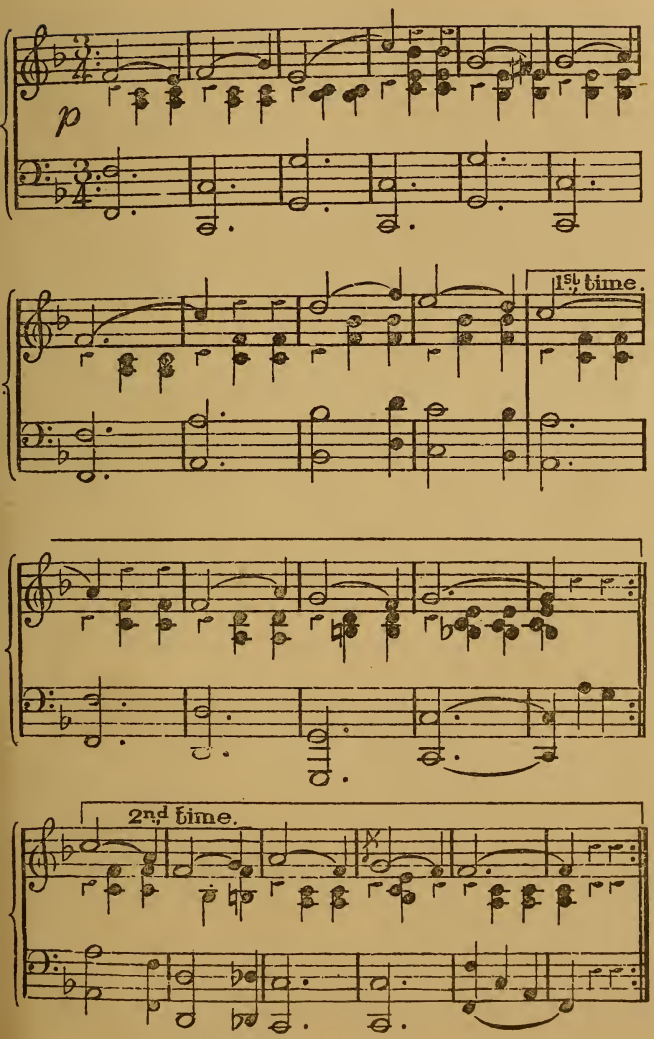
Change — On the word "Change," swing the bell from the left to the right side, and place the bell behind the head at the right side (Fig. 44), and above the head again.

44

Swing — On the word "Swing," swing the bell from the right to the left side—place the bell behind and above the head (Fig. 45).

45

Repeat 16 times.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