

**Recruits' table card : containing 1.Twelve recruits' physical training tables, 2.Brain stimulating exercises, 3.Obstacle training exercises, 4.Summary of bayonet fencing exercises, 5.Summary of boxing lessons, 6.Summary of wrestling lessons, 7.Summary of land swimming drill, 8.Summary of athletic training for recruits under training / issued by the General Staff, February, 1922.**

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# Recruits' Table Card

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CONTAINING

1. Twelve Recruits' Physical Training Tables.
2. Brain Stimulating Exercises.
3. Obstacle Training Exercises.
4. Summary of Bayonet Fencing Lessons.
5. Summary of Boxing Lessons.
6. Summary of Wrestling Lessons.
7. Summary of Land Swimming Drill.
8. Summary of Athletic Training.

FOR



## Recruits under Training

*Issued by the General Staff*  
*February, 1922.*

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## RECRUITS (ALL ARMS)

### TABLE I.—CLASS ARRANGEMENTS.

(a) Falling in, in 2 ranks, in file—prove. (b) Standing at ease. (c) Attention. (d) Fingers stretch. (e) Dressing. (f) Numbering. (g) Stepping forward, backward, sideways. (h) Opening and closing ranks from 2 ranks and file.

### A.—INTRODUCTORY EXERCISES.

1. L. ex. (a) Feet close. (Add later Feet full open.)  
(b) Turnings (by numbers).  
(c) Heels raise.
2. N. ex. (c) Head bending backward.
3. A. ex. (a) Hips firm.  
(b) Arms bend.
4. Tr. ex. H.f., F.cl.—Trunk turning.
5. L. ex. (a) H.f. Hl.r.—Knees bending.  
(b) H.f.—Foot sideways place.  
(c) H.f.—Feet astride place.

### B.—GENERAL EXERCISES.

1. Preparation for Sp.b. Feet astride, Arms upward stretch. (Taken free.) (Later by Word of Command.)
2. Hvg. ex. Fall hanging. (Beam breast high down to waist high.)  
Cor. ex. Arms raising sideways with breathing.
3. Bal. ex. H.f.—Knee raise.
4. Lat. ex. F. sidew. pl. H.f.—Trunk bending sideways.
5. Abd. ex. (a) On the Hands. (On bench.)  
(b) Lying (Palms of hands on ground.)—Leg raising.
6. Dor. ex. (a) F. sidew. pl. H.f.—Trunk bending forward.  
(b) F. sidew. pl. H.f.—Trunk bending backward.
7. Mar. ex. (a) Quick march..Halt.  
(b) Quick march and increase to rapid (i.e., 140 to min.)..Halt.  
(c) Double march..Halt.  
(d) Quick mark time..Halt.
8. J. & V. (a) Upward jumping.  
(b) Class arrangements for jumping over rope, and add later:—  
(c) Jumping over rope with run. (Taken free.)  
(d) Astride jumping with Arms raising sideways.  
(e) Downward jumping. (From bench, etc.)

### C.—FINAL EXERCISES.

1. L. ex. Heels raise.
2. Cor. ex. Arms raising sideways with breathing.

## TABLE II.

### A.—INTRODUCTORY EXERCISES.

1. L. ex. H.f.—Heels raising and Knees bending.
2. N. ex. Head bending backward.
3. A. ex. (a) A.b.—Arms sideways stretch.  
(b) A.b.—Arms upward stretch.  
(c) A.b.—Arms forward stretch.
4. Tr. ex. F. Sidew. pl. H.f.—Trunk turning.
5. L. ex. F. Sidew. pl. H.f.—Feet change.

### B.—GENERAL EXERCISES.

1. Preparation for F. astr., A. upw. str. Trunk bending backward (slight movement only).
2. Hvg. ex. (a) Fall hang.—Arms bend (Beam waist high) and add later: Fall hang.—Leg raising.  
(b) Arch hanging (a little over Head height)  
Cor. ex. Arms raising sideways with breathing.
3. Bal. ex. (a) H.f.—Knee raising.  
(b) Mounting beam (under Knee height)
4. Lat. ex. F. sidew. pl. H.f., Tr. to the left (right). Trunk bending to the right (left).
5. Abd. ex. On the Hands—Arms bend (on bench).
6. Dor. ex. (a) F. sidew. pl. H.f.—Trunk bending forward and add later—  
(b) F. sidew. pl. A.b.—Trunk bending forward.
7. Mar. ex. As before, and—  
(d) Quick march—Heels raise.
8. J. & V. Previous J. & V. exercises as required and—  
(a) Forward jumping with arms swinging forward (taken free).  
(b) Downward jumping (from bench, etc.).  
(c) Long stride over two chalk lines, etc. (Taken free.)  
(d) Hopping with Leg raising sideways.

### C.—FINAL EXERCISES.

1. L. ex. H.f.—Feet close and full open.
2. Cor. ex. Arms raising sideways with breathing.



TABLE III.

## A.—INTRODUCTORY EXERCISES.

1. L. ex. Turnings.
2. N. ex. Head turning.
3. A. ex. (a) A.b.—Arms stretching sideways.  
(b) A.b.—Left Arm upward right Arm downward stretch.
4. Tr. ex. F. sidew. pl. H.f., Tr. to the left (right) turn—Trunk turning to the right (left).
5. L. ex. H.f.—Foot placing sideways.

## B.—GENERAL EXERCISES.

1. Preparation for Sp.b. F. astr. A. upw.str.—Trunk bending backward. (H.f., F. astr.—Trunk bending forward and downward.)
2. Hvg. ex. (a) Arch hanging. (Head height.)  
(b) Cross grip.  
(c) Over grip.  
(d) Position for climbing.
- Cor. ex. Heels raising and Arms raising sideways with breathing.
3. Bal. ex. (a) H.f.—Leg raising sideways.  
(b) Walking forward on beam (up to Knee height).
4. Lat. ex. On the Hands—On the left Hand turn (on bench).
5. Abd. ex. Lying (Palms of hands on ground).—Knees raise, Legs stretching forward.
6. Dor. ex. Forw lying—Hips firm. (On bench.)
7. Mar. ex. As before and—  
(e) Change step.
8. J. & V. Previous J. & V. ex. as required, and  
(a) Upward jumping with Arms raising sideways. (Taken free.)  
(b) Jumping with three paces forward off the left (free) (right) Foot.  
(c) On the top bar up.  
(d) Hop, step and jump.

## C.—FINAL EXERCISES.

1. L. ex. Feet close and Feet open. (Counting 6 or more beats.)
2. Tr. ex. F. sidew. pl. H.f.—Trunk bending sideways.
3. Cor. ex. Arms raising sideways with breathing.

TABLE IV.

## A.—INTRODUCTORY EXERCISES.

1. L. ex. H.f.—Foot placing sideways.
2. N. ex. Head to the left (right) turn—Head turning to the right (left).
3. A. ex. (a) A.b.—Arms stretching upward.  
(b) A. sidew. r.—Arms forward bend, and add later Arms flinging.
4. Tr. ex. F. sidew. pl. H.f.—Trunk turning quickly.
5. L. ex. H.f.—Heels raising and Knees bending quickly.

## B.—GENERAL EXERCISES.

1. Sp.b. Back against Wall Bars,—Grasp—Short pace forward march.  
Alt. Dor. F. astr. A. sidew. str.—Trunk bending backward with palm of Hands upwards.
2. Hvg. ex. (a) Arch hang—Arms bend. (Head height.)  
(b) Oblique grip.  
(c) Undergrip.  
(d) Climbing.
- Cor. ex. Heels raising and arms raising sideways with breathing.
3. Bal. ex. (a) H.f.—Leg raising backward.  
(b) Turning about on beam. (Knee height.)
4. Lat. ex. F.cl. i A. upw. i A. downw. str.—Trunk bending sideways.
5. Abd. ex. On the hands (on ground)—Feet parting.
6. Dor. ex. Forw. lying, H.f.—Trunk bending backward.
7. Mar. ex. As before, and—  
(f) H.f.—With Knee raising, Quick mark time.
8. J. & V. Previous J. & V. ex. as required, and  
(a) Upward jumping (2 or 3 jumps without pause).  
(b) Jumping over rope with 3 paces forward off the left (right) Foot.  
(c) Beam grasp—Mounting to first position.  
And add later with run—First position.  
(d) On the top bar—On the Feet down and one forward jump.

## C.—FINAL EXERCISES.

1. L. ex. H.f.—Feet astride place.
2. Tr. ex. F. sidew. pl. H.f.—Trunk bending forward.
3. Cor. ex. Arms raising sideways and upwards with breathing.



# BRAIN STIMULATING EXERCISES AND COMPETITIVE GAMES

## First Degree

To be used with Tables I to IV.

### INTRODUCTORY.

GROUP. LEG MUSCLES.	(a) "Places change" (all directions). (b) Snatching the Bag (in a circle).	GROUP.	(b) Throwing Sand- bags forw. over- head (in pairs) as "Football" throw in." (May be performed com- petitively a given number of times.)
ARM MUSCLES.	(a) Puching the Hand.	TRUNK MUSCLES.	(a) Arm's Length Touch. (b) Tall as you can, short as you can.
		LEG MUSCLES.	(a) Highland Fling.

### GENERAL.

GROUP. SPINE EXS.	Backward numbering	GROUP. BACK MUSCLES.	(a) Whip to the Gap. (b) Under passing (handing the ar- ticle).
BACK MUSCLES.	Touching Toes, keep- ing straight Legs.	(c) Siamese Twins.	
BALANC- ING.	(a) Walking backward on chalk line. (b) "Steps." (c) Clock Time.	MARCH- ING AND RUN- NING.	(a) Relay Races (light). (b) Maze Drill in quick and double time. (c) Odd - numbered ranks round the evens, walking, running, running backwards or sideways.
SIDE MUSCLES.	(a) O'Grady, or "Do this!" "Do that!" variety of usual Side Muscle Exs. (b) Side Throwing (in ranks).	JUMPING AND VAULTING.	(a) Passing over and under a skipping rope. (b) Jumping the Bag. (c) Jump Ball.
ABDO- MINAL MUSCLES.	(a) Dead Man. (b) Cock Fighting. (c) Lying on Back— Up to attention slowly without use of Hands. (d) Thread and un- thread the needle.		

### FINAL.

As in Table II.

### MISCELLANEOUS.

(To be inserted at the discretion of the Instructor.)

- |                     |                           |
|---------------------|---------------------------|
| 1. Changing Places. | 5. Circle Stride Ball.    |
| 2. Rapid Numbering. | 6. Storming the Fortress. |
| 3. Catch the Cane.  | 7. Free Basket Ball.      |
| 4. Corner Ball.     |                           |

TABLE V.

### A.—INTRODUCTORY EXERCISES.

1. L. ex. H.f.—Foot forward place.
2. N. ex. Head turning quickly.
3. A. ex. (a) A.b.—Arms stretching, various directions. (Directions by word of Command.)  
(b) Arms swinging upward.
4. Tr. ex. F. sidew. pl., H.I.—Trunk bending sideways quickly.
5. L. ex. H.f.—Heels raising and Knees bending quickly.

### B.—GENERAL EXERCISES.

1. Sp.b. Position for span bending (taken free with F. astr., and later by word of command).  
Alt. dor. ex. F. astr. A. sidew. str.—Trunk bending backward with Hands turning.
2. Hvg. ex. (a) Crossgr.—Arms bend (with assist-  
ance).  
(b) Undergr.—Arms bend (with assist-  
ance).  
(c) Overgr.—Side travelling.
- Cor. ex. Arms raising forward, outward and downwards with breath-  
ing.
3. Bal. ex. (a) H.I., K.r.—Leg forward stretch.  
(b) Mounting beam with run. (Up to Hip height.)
4. Lat. ex. On the Hands—On the left Hand turn. (At wall bars).
5. Abd. ex. Lying on the Back—Legs raising. (Hands to the Side on ground.)
6. Dor. ex. Forw. lying, H.f.—Trunk bending forward.
7. Mar. ex. As before, and—  
(g) H.f.—With knee raising Quick march.
8. J. & V. Previous J. & V. ex. as required, and  
(a) Upward jumping with turning. (Taken free.)  
(b) Vault with Foot assisting (beam).  
(c) Long stride off alternate feet.

### FINAL.

1. L. ex. H.f.—Heels raising and Knees bending.
2. Tr. ex. H.f.—Trunk turning.
3. Cor. ex. Arms raising sideways and up-  
ward with breathing.



TABLE VI.

## A.—INTRODUCTORY EXERCISES.

1. L. ex. H.f.—Foot placing forward.
2. N. ex. A.b.—Head bending backward.
3. A. ex. A. sidew. r.—A. forw. b.—Arms flinging.
4. Tr. ex. F. sidew. pl., H.f., Tr. to left (right) b.—Trunk bending to the right (left).
5. L. ex. H.f.—Heels raising and Knees full bending.

## B.—GENERAL EXERCISES.

1. Sp. b. Pos. for Sp.b. (F. astr.)—Heels raise. (1 Foot length from wall bars.)
- Alt. dor. F. astr. A. sidew. str.—Trunk bending backward with Hands turning.
2. Hvg. ex. (a) Oblique gr.—Arms bend (with assistance).
- (b) Oblique gr.—Backward travelling.
- (c) Climbing.
- Cor. ex. Arms raising forward, outwards and downwards with breathing.
3. Bal. ex. (a) H.f.—Leg raising forward.
- (b) Walking forward on beam (Hip height).
4. Lat. ex. On the left Hand—Leg raising. (At wall bars.)
5. Abd. ex. (a) On the Hands (on ground). Add later—Arms bend.
- (b) Overgr.—Knee raising. (Wall bars).
6. Dor. ex. Forw. lying, H.f.—Trunk bending forward and backward.
7. Mar. ex. As before, and—
- (h) Slow march.
- (i) H.t.—On alternate Feet hop.
- (j) Running on same Spot.
8. J. & V. Previous J. & V. ex. as required and
- (a) High jumping.
- (b) Jumping over a succession of benches with 10 yards apart.
- (c) Heaving jump. (Side to beam.)
- (d) Cart-wheel.
- (e) Long jumping with three paces forward off the left Foot.

## C.—FINAL EXERCISES.

1. L. ex. H.f.—Heels raising and Knees bending.
2. Tr. ex. H.f.—Trunk bending forward.
3. Cor. ex. Arms raising sideways and upward with breathing.

TABLE VII.

## A.—INTRODUCTORY EXERCISES.

1. L. ex. F. full o. H.f.—Foot outward place.
2. N. ex. Head bending sideways.
3. A. ex. F. forw. pl. A. upw. str.—Arms swinging downward and sideways.
4. Tr. ex. F. sidew. pl. H.f.—Trunk bending forward and downward.
5. L. ex. A.B.—Heels raising and Knees bending.

## B.—GENERAL EXERCISES.

1. Sp.b. Pos. for Sp.b. (F. astr.)—Heels raise (1 foot length from wall bars).
- Alt. dor. ex. F. astr., A. sidew. str., Hands turn—Trunk bending backward with Arms raising upward.
2. Hvg. ex. (a) Twisting to sitting position, add later—Twisting about.
- (b) Overgr.—Side travelling changing grip.
- Cor. ex. Heels raising and Arms raising forward, outwards and downwards with breathing.
3. Bal. ex. (a) H.f.—Leg raising forward.
- (b) Walking backward on beam (up to Hip height).
4. Lat. ex. H.f., F. support.—Trunk bending sideways.
5. Abd. ex. On the Hands—Arms bend (on ground).
6. Dor. ex. Forw. lying, A.b.—Trunk bending backward and forward.
7. Mar. ex. As before, and—
- (k) Quick march—With Hips firm Knee raising.
- (l) Running on same spot with Knees up.
8. J. & V. Previous J. & V. ex. as required, and
- (a) Long jumping.
- (b) Heaving jump (Side to beam) 2 jumps.
- (c) On the Knees.
- (d) On the Feet to attention.

## C.—FINAL EXERCISES.

1. L. ex. A.b.—Heels raising.
2. Tr. ex. F. astr., H.f.—Trunk turning.
3. Cor. ex. Arms raising forward, upward, sideways and downward with breathing.



TABLE VIII.

A.—INTRODUCTORY EXERCISES.

1. L. ex. F. full o. H.f.—Foot placing outwards.
2. N. ex. Head to left (right) b.—Head bending to right (left).
3. A. ex. (a) A. upw. str.—Arms swinging downward and backward.  
(b) A. forw. r.—Arms parting.
4. Tr. ex. F. astr., A. sidew. str.—Trunk bending sideways.
5. L. ex. A.b.—Heels raising and Knees full bending.

B.—GENERAL EXERCISES.

1. Sp.b. Pos. for Sp.b. (Hl. together)—Heels raise (1 Foot length from wall bars).  
Alt. dor. ex. F. astr. A. sidew. str., Hands turn—Trunk bending backward with Arms raising upward.
2. Hvg' ex. (a) Overgr.—Side travelling with swing.  
(b) Climbing with double rope.  
Cor. ex. Same as Table VII.
3. Bal. ex. (a) H.f.—Leg raising forward and sideways.  
(b) Turning about on beam. (Up to Hip height.)
4. Lat. ex. On the Hands—On the left Hand turn (on ground).
5. Abd. ex. On the Hands (on ground)—Feet placing forward.
6. Dor. ex. Forw. lying, A.b., Tr. backw. (forw.) b.—Arms stretching sideways.
7. Mar. ex. As before, and—  
(m) Hopping on alternate Feet with Arms raising sideways.
8. J. & V. Previous J. & V. ex. as required, and  
(a) High and long jump over benches, etc.  
(b) Upward jumping with Arms swinging upward.  
(c) On the Feet and splits off (horse lengthways).  
(d) On the Feet and off.  
(e) Forward roll.

C.—FINAL EXERCISES.

1. L. ex. Turnings.
2. Tr. ex. F. astr., H.f.—Trunk turning.
3. Cor. ex. Arms raising forward, upward, sideways and downward with breathing.

BRAIN STIMULATING EXERCISES AND COMPETITIVE GAMES

SECOND DEGREE

To be used with Tables V to VIII.

INTRODUCTORY.

- |                     |  |                       |  |
|---------------------|--|-----------------------|--|
| GROUP. LEG MUSCLES. | (a) Combination of paces and turns.<br>(b) Hopping with sandbag between Knees. | GROUP. TRUNK MUSCLES. | (a) Twisting in pairs.<br>(b) Side passing in ranks, or ranks turned to a flank.<br>(c) Snatching the Bag (sideways).                              |
| NECK MUSCLES.       | (a) Head forw. b.—Head upw. stretch against resistance.                        | LEG MUSCLES.          | (a) Sitting down cross-legged and getting up, with and without turnings.<br>(b) Crucifix.<br>(c) Full Knees bending in ranks with Shoulder support |
| ARM MUSCLES.        | (a) Sham Boxing.<br>(b) Punching the sand-bag.<br>(c) Sawing.                  |                       |  |

GENERAL.

- |                                 |   |                           |  |
|---------------------------------|---|---------------------------|--|
| GROUP. SPINE EXS. BACK MUSCLES. | Overhead Throwing Backward.<br>Under Passing.   | GROUP. ABDOMINAL MUSCLES. | (a) Chalking the Line.<br>(b) Crows and Cranes from Lying on the Back, or on the Hands.<br>(c) Lying on Back and up quickly. |
| BALANCING. SIDE MUSCLES.        | (a) interfering.<br>(b) Stepping Stones.<br>(a) Side Throwing (ranks turned to a flank).<br>(b) Throwing sandbags with bomb-throwing action, in pairs. (May be performed competitively a given number of times.)<br>(c) Turning Relay Race.<br>(d) Dribbling Football Relay around Indian Clubs 3 ft. apart | BACK MUSCLES.             | (a) Tug backward.<br>(b) Forward Throwing (underhand with both hands).<br>(c) Lifting the Log.                               |
|                                 |   | MARCHING AND RUNNING.     | (a) Relay Races (medium).<br>(b) Corks.<br>(c) Follow my Lead.   |
|                                 |   | JUMPING AND VAULTING.     | (a) Jump or Drown.<br>(b) Human Obstacle Course (leap-frog, crawl through legs, etc.).<br>(c) Leap-frog.                     |

FINAL.

As in Table V.

MISCELLANEOUS.

(To be inserted at the discretion of the Instructor.)

- |                               |                        |
|-------------------------------|------------------------|
| 1. Circle Touch Ball.         | 8. Bombardment.        |
| 2. Circle Relay.              | 9. Skin the Snake.     |
| 3. Chasing the Hare.          | 10. The Nameless Game. |
| 4. Pulling over the Boundary. | 11. Throwing Out.      |
| 5. Numbers Race.              | 12. Regimental Sprint. |
| 6. Racing in Pairs or Fours.  | 13. The Fishing Net.   |
| 7. Heads and Tails.           |                        |



TABLE IX.

## A.—INTRODUCTORY EXERCISES.

1. L. ex. H.f.—Foot placing sideways.
2. N. ex. H.f.—Head to left (right) turn—  
Head turning to right (left).
3. A. ex. Arms swinging upward with  
Heels raising.
4. Tr. ex. F. sidew. pl. A.b.—Trunk bending  
forward and downward.
5. L. Ex. H.f.—Heels raising and Knees  
full bending quickly.

## B.—GENERAL EXERCISES.

1. Sp.b. Pos. for Sp.b. (F. astr.)—Heels  
raise (2 Foot lengths from wall  
bars).
- Alt. dor. ex. F. astr. A. sidew. str., Hands turn—  
Trunk bending backward with  
Arms raising upward.
2. Hvg. ex. (a) Fall hang., A.b.—Leg raising.  
(b) Undergr.—Upward circling (beam  
Neck high).  
(c) Side travelling from rope to rope.  
Same as Table VII.
- Cor. ex.
3. Bal. ex. (a) H.f.—Leg raising forward, side-  
ways and backward.  
(b) Mounting beam (from Hip to Shoul-  
der height).
4. Lat. ex. F. support, 1 A. upw., 1 Hand H.f.—  
Trunk bending sideways.
5. Abd. ex. On the Hands (on bench)—Arms  
bending with leg raising (add  
later—on ground).
6. Dor. ex. F. astr. A. upw. str.—Trunk bend-  
ing forward.
7. Mar. ex. As before, and—  
(n) H.f.—In quick time sideways  
march.  
(o) Hopping on alternate Feet with  
Arms swinging upward.
8. J. & V. Previous J. & V. ex. as required, and  
(a) Left (right) Hand vault (box horse).  
(b) Upward jumping with sideways  
kicking.  
(c) Dive over rope (up to 3 feet height).  
(d) Headspring.

## C.—FINAL EXERCISES.

1. L. ex. H.f.—Heels raising and Knees  
bending.
2. Tr. ex. F. sidew. pl. H.f.—Trunk bending  
backward.
3. Cor. ex. Arms raising forward, upward,  
sideways and downward with  
breathing.

TABLE X.

## A.—INTRODUCTORY EXERCISES.

1. L. ex. A.b.—Heels raising and Knees  
bending quickly with Arms  
stretching sideways.
2. N. ex. A.b., Head to left (right) b.—Head  
bending to right (left).
3. A. ex. Arms swinging upward with  
Heels raising.
4. Tr. ex. F. forw. pl. A.b., Tr. turn—Arms  
stretching upward.
5. L. ex. F. full o. H.f.—Outward lunge.

## B.—GENERAL EXERCISES.

1. Sp.b. Pos. for Sp.b. (F. astr.)—Heels  
raise (2 Foot lengths wall bars).
- Alt. dor. ex. F. astr. A. upw. str.—Trunk bend-  
ing backward.
2. Hvg. ex. (a) Undergr.—Upward circling.  
(b) Crossgr.—Arms bend.
- Cor. ex. Arms raising forward, upward,  
sideways and downward with  
breathing.
3. Bal. ex. (a) A.b.—Leg raising forward, side-  
ways and backward.  
(b) Walking forward on beam (from  
Hip to Shoulder height).
4. Lat. ex. F. astr. A. sidew., str.—Trunk  
bending sideways quickly.
5. Abd. ex. Sit., H.f.—Trunk inclining back-  
ward (45 deg.).
6. Dor. ex. F. astr., A. upw. str., Tr. forw. b.—  
Arms swinging downward and  
backward.
7. Mar. ex. As before, and—  
(p) In double time sideways march.
8. J. & V. Previous J. & V. ex. as required, and  
(a) Vault over double beam.  
(b) Mounting shelf with assistance  
and circling down.  
(c) Hanaspring.

## C.—FINAL EXERCISES.

1. L. ex. H.f.—Foot forward place.
2. Tr. ex. F. sidew. pl. H.f.—Trunk bending  
backward.
3. Cor. ex. Arms raising forward, upward,  
sideways and downward with  
breathing.



TABLE XI.

A.—INTRODUCTORY EXERCISES.

1. L. ex. H.f.—Foot placing sideways and Heels raising.
2. N. ex. Head rolling.
3. A. ex. F. forw. pl., A. sidew. str., Hands turn—Arms circling (forward, upward and backward).
4. Tr. ex. F. sidew. pl. A.b.—Trunk turning quickly with Arms stretching upward.
5. L. ex. F. full o. A.b.—Lunging outward.

B.—GENERAL EXERCISES.

1. Sp.b. Pos. for Sp.b. (Hl. together)—Heels raise (2 Foot lengths from wall bars).
- Alt. dor. ex. F. astr. A. upw. str.—Trunk bending backward.
2. Hvg. ex. (a) Crossgr., A.b.—Backward travelling.  
(b) Position for climbing inclined rope.
- Cor. ex. Heels raising and Arms raising forward, upward, sideways and downward with breathing.
3. Bal. ex. (a) Leg raising forward with Arms raising upward.  
(b) Turning about on beam (up to Shoulder height).
4. Lat. ex. On the left Hand—Leg raising (on ground).
5. Abd. ex. Sit., H.f.—Trunk inclining backward.
6. Dor. ex. (a) F. full o. H.f. (and later A.b.)—Toe support backward lunge.  
(b) F. sidew. pl. A.b., Tr. forw. b.—Arms stretching sideways.
7. Mar. ex. As before, and—  
(q) On the left (right) Foot hop.
8. J. & V. Previous J. & V. ex. as required, and  
(a) Heaving jump (facing beam).  
(b) Mounting shelf with assistance and jumping down.  
(c) Mounting wall with assistance from below, and later with assistance from above.  
(d) Obstacle course.

C.—FINAL EXERCISES.

1. L. ex. H.f.—Heels raising and Knees full bending.
2. Tr. ex. F. cl., H.f.—Trunk bending sideways.
3. Cor. ex. Arms raising forward, upward, sideways and downward with breathing.



TABLE XII.

A.—INTRODUCTORY EXERCISES.

1. L. ex. H.f.—Foot placing sideways and Heels raising and Knees bending.
2. N. ex. Head rolling.
3. A. ex. F. outw. pl., A. sidew. str., Hands turn—Arms circling.
4. Tr. ex. Tr. forw. b.—Trunk rolling.
5. L. ex. H.f.—Foot placing forward.

B.—GENERAL EXERCISES.

1. Sp.b. Pos. for Sp.b. (Hl. together)—Heels raise (2 Foot lengths from wall bars).
- Alt. dor. ex. F. astr. A. upw. str.—Trunk bending backward.
2. Hvg. Ex. (a) Undergr.—Upward circling  
(b) Obliquegr.—Arms bend.  
(c) Climbing inclined rope.
- Cor. ex. Same as Table XI.
3. Bal. ex. (a) Leg raising forward, sideways and backward, with Arms raising forward, sideways and upward.  
(b) Walking forward on beam (Shoulder height)
4. Lat. ex. F. full o. A. b.—Lunging outward with one Arm upward one Arm stretching downward.
5. Abd. ex. (a) Overgr.—Legs raising.  
(b) Sit., H.f.—Trunk bending backward.
6. Dor. ex. (a) A. b., Toe support backw. lunge—Arms stretching sideways.  
(b) Forw. lying, A. b., Tr. backw. b.—Arms stretching upward.
7. Mar. ex. As before, and—  
(r) H.f.—With Knee raising double march.
8. J. & V. Previous J. & V. ex. as required, and  
(a) Between the Hands.  
(b) Splits over (horse lengthways).  
(c) Mounting the wall.  
(d) Obstacle course.

C.—FINAL EXERCISES.

1. L. ex. H.f.—Heels raising and Knees bending.
2. Tr. ex. H.f.—Trunk bending forward.
3. Cor. ex. Arms raising forward, upward, sideways and downward with breathing.

BRAIN STIMULATING EXERCISES AND COMPETITIVE GAMES

THIRD DEGREE

To be used with Tables IX to XII.

INTRODUCTORY.

- |                           |   |                           |   |
|---------------------------|---|---------------------------|---|
| GROUP.<br>LEG<br>MUSCLES. | (a) Circular Jockey Race.<br>(b) Toe and Heel Walking Race.<br>(c) Hot Rice.        | GROUP.<br>ARM<br>MUSCLES. | (a) Into the ring.<br>(b) Wrestling for pegs.<br>(c) Poker Wrestle.   |
| NECK<br>MUSCLES.          | (a) Heading an imaginary football in directions indicated by the Instructor's hand. | TRUNK<br>MUSCLES.         | (a) Pull and touch the ground.<br>(b) Dodge Ball.<br>(c) Obstinate Mule.                                    |
|                           |   | LEG<br>MUSCLES.           | (a) Giants and Dwarfs.<br>(b) Rugby Scrum.<br>(c) Leg and Arms forw. r. — Full Knee bend with standing Leg. |

GENERAL

- |                         |  |                                      |  |
|-------------------------|--|--------------------------------------|--|
| GROUP.<br>SPINE<br>EXS. | Overhead Passing.  | GROUP.<br>ABDO-<br>MINAL<br>MUSCLES. | (a) See-saw.<br>(b) All-fours Race.  |
| BACK<br>MUSCLES.        | Dog Jump.  |                                      | (c) Galloping on Hands and Feet.<br>(d) Tug Forward.                                     |
| BALANC-<br>ING.         | (a) Balance Wrestle (4 variations).<br>(b) King of the Island.   | BACK<br>MUSCLES.                     | (a) V.C. Race.<br>(b) Pulling the Poker.   |
| SIDE<br>MUSCLES.        | (a) Tug Sideways.<br>(b) Four - Cornered Tug.<br>(c) Overhead Passing Relay Sideways<br>(d) Swerving Relay round Sticks 5ft. high and 6ft. apart. Passing Ball back to next man in Team. | MARCH-<br>ING AND<br>RUNNING.        | (a) Relay Races (strenuous).<br>(b) Fox and Geese.<br>(c) Boat Race.<br>(d) Circle Race. |
|                         |  | JUMPING<br>AND<br>VAULTING.          | (a) Side Vault.<br>(b) Jumping the Stick, Relay Race.<br>(c) Obstacle Course Race.       |

FINAL.

As in Table IX.

MISCELLANEOUS.

(To be inserted at the discretion of the Instructor.)

- |                              |                      |
|------------------------------|----------------------|
| 1. Boundary Tug.             | 5. Wheelbarrow Race. |
| 2. Poker Twist.              | 6. Prisoners' Base.  |
| 3. Indian Wrestle.           | 7. Hopping Football. |
| 4. Forward Pressing by Rank. |                      |



# EXPERIMENTAL OBSTACLE TRAINING EXERCISES

## OBSERVATIONS.

These exercises must be considered a first suggestion for a scientific arrangement of an Obstacle Course, which should fulfil the following:—

1. Be employed in any Gymnasium provided with the usual apparatus.
2. Observe principles of physical development as laid down in the "Manual of Physical Training."
3. To develop and inculcate such soldierly qualities as control, endurance, resource, courage, dash and mutual support.
4. Obstacles selected to have concrete military use in the field.
5. The apparatus in these exercises is arranged for four competitors working in pairs, and suitable for a relay race, thus producing competition and co-operation.
6. If there are not sufficient benches, etc., the apparatus can be arranged for two competitors, and benches used in 1st and 3rd obstacles can be re-arranged for the later ones.
7. Marking must be according to nature of competition, but a judge should always be at each obstacle and marks deducted for poor performance of any obstacle.
8. For the "Improvised" obstacle course, the following equipment is likely to be available in any Territorial Drill Hall—Benches, cord, sacking, sandbags, wire and human obstacles can also be used.

### 1st Degree

No.	Obstacle.	Exercise.	Minimum Approach.	Chief Physical Effect.	Soldierly Qualities Developed.	Remarks.
1	Double beam ..	Through and sliding down back to beam	6 yds.	Span bending ..	Endurance and resource	Top beam stretch height, lower beam breast height.
2	Ropes (marked at 12 feet)	Climb rope and touch mark	4 yds.	Heaving .. ..	Endurance .. ..	Marked by coloured ribbon at 12 ft high.
3	Four rows, each of four benches	Run along edge of benches	.. 4 yds.	Agility and balance	Control .. ..	Benches caged on sides and in pairs, edges touching.
4	Double beam ..	Over, under and between	.. 4 yds.	Abdominal > dorsal	Dash and endurance	Top beam 6 feet high.
5	Four benches ..	Run between each line	.. 4 yds.	Lateral .. ..	Control and agility	Benches parallel, 1 yd. between each. Must not touch benches.
6	Medicine bags and beam	Hand medicine bag overhead, over beam to partner	4 yds.	Span bend .. ..	Control, co-operation	Bags placed 1 yd. from beam. Easy exercise, giving comparative rest half-way through table.
7	In pairs .. ..	Victoria Cross race, each carrying 6 yds.	4 yds.	Dorsal > abdominal	Mutual support; carrying wounded	Only Fireman's lit to be employed. "Wounded man" standing.
8	Four rows of benches 1 foot apart	Stepping over benches	.. 4 yds.	Leg muscles .. ..	Control .. ..	Rows parallel.
9	Bench and Parallel Bars	Running up bench and jumping over bars	6 yds.	Leg and nerve .. ..	Courage .. ..	Needs special bench with iron hooks. Can be omitted, but a useful preparation to jumping off shelf in 2nd Degree.
10	Box Horse or beam	Left or right hand vault	.. 6 yds.	Agility .. ..	Dash and courage	Low Box Horse.
11	Two mats .. ..	Long stride .. ..	.. 6 yds.	Agility .. ..	Dash, resource, and control	9 feet between mats.
12	Painted blocks of wood	Stepping from stone to stone	.. 4 yds.	Easing off obstacle	Control .. ..	Bricks placed some distance apart.



## 2nd Degree

No.	Obstacle.	Exercise.	Minimum Approach.	Chief Physical Effect.	Soldierly Qualities Developed.	Remarks.
1	Double beam ..	Through and sliding down back to beam	6 yds.	Span bending ..	Endurance and resource	Top beam stretch height lower beam breast height.
2	Ropes (marked at 18 feet)	Climb rope and touch mark ..	4 yds.	Heaving .. ..	Endurance .. ..	Marked by coloured ribbon at 18 feet high.
3	Four rows, each of four benches	Run along edge of benches ..	4 yds.	Agility and balance	Control .. ..	Benches placed at angle of 145 degrees.
4	Beam ..	Circle beam .. ..	4 yds.	Abdominal .. ..	Endurance .. ..	—
5	Four benches and four medicine bags	Standing astride—sideways placing of bags	4 yds.	Lateral .. ..	Control .. ..	Bags on opposite sides and ends of benches. Bags must be raised higher than the head.
6	Medicine bags and beam	Hand bag overhead, over beam to partner	4 yds.	Span bend ..	Control, co-operation	Bags placed 1½ yds. from beam.
7	In pairs .. ..	Victoria Cross race, each carrying 6 yds.	4 yds.	Dorsal > Abdominal	Mutual support & carrying wounded	Only Fireman's lift to be employed. "Wounded man" kneeling.
8	Four rows of benches 2 feet apart	Stepping over benches .. ..	4 yds.	Leg muscle .. ..	Control .. ..	Rows parallel.
9	Shelf and mats ..	Mount shelf and jump down on to mats	6 yds.	Heaving, leg and nerve	Courage, skill and co-operation	Mount shelf with assistance.
10	Box Horse or beam	Left or right hand vault ..	6 yds.	Agility .. ..	Dash and courage	Box Horse usual height.
11	Two mats ..	Long stride .. ..	6 yds.	Agility .. ..	Dash, resource, and control.	10 feet between mats.
12	Painted blocks of wood	Stepping from stone to stone ..	4 yds.	Easing off obstacle	Control .. ..	Bricks placed at varying distances apart.

## Improvised Indoor Obstacle Course.

No.	Obstacle.	Exercise.	Chief Effect.	Soldierly Qualities Developed.	Remarks.
1	Partner .. ..	Leap frog over .. ..	Agility .. ..	Dash .. ..	—
2	Four benches laid sideways in pairs	Run along edges .. ..	Nerve and balance ..	Control .. ..	Pairs of benches placed at angle of 145 degrees.
3	Wired legs of benches ..	Wriggle through .. ..	Lateral effect .. ..	(1) Getting through entanglements (2) Control	Benches placed upside down.
4	Partner .. ..	V.C. race .. ..	Dorsal and abdominal	(1) Carrying wounded .. (2) Mutual support (3) Endurance	Only fireman's lift to be used.
5	Partner .. ..	Vault over .. ..	Agility .. ..	(1) Vault rail or gate .. (2) Dash	Partner stand sideways on.
6	Cord or sandbag parapet 3 ft. high	Clear jump .. ..	Agility .. ..	(1) Jump low wall .. (2) Dash (3) Courage	—
7	Sacking 8 to 10 ft. wide ..	Long stride .. ..	Agility .. ..	(1) Stride ditch or trench (2) Dash.	Dye sacking blue for stream.
8	Four benches .. ..	Under and over .. ..	Corrective .. ..	Endurance .. ..	Benches one foot apart.
9	Well-filled sandbags ..	Stepping stones .. ..	Easing off obstacle ..	(1) Control .. .. (2) Crossing stream	First sandbag to be one foot from benches.



# BAYONET FENCING

## SUMMARY. RECRUITS' LESSONS.

Lecture on Value of Training  
Class arrangements.

### PHASE I.

1. Explanation of target.
2. On Guard.
3. Advance, retire.
4. Moving to the left and right.
5. Master and pupil on the move.

### PHASE II. (LONG POINT.)

1. Teach at wall pad (stationary).
2. At canvas boxing pad (footwork).
3. Teach lunge at wall pad.
4. Repeat 3 at boxing pad with footwork.

### PHASE III. (RIGHT PARRY.)

1. Master use parry stick with throw point. 1st stationary, 2nd on the move. (Competitive.)
2. Parry and return. 1st stationary, 2nd on the move. (Competitive.)
3. Right and left parry practice. Master using throw point with parry stick.

N.B.—A. Stick to be held as a Rifle.

### PHASE IV. (THE FEINT.)

1. Use of feints.
2. Essential points—
  - (A) Must be out of distance.
  - (B) Must be expressive.
3. Practise high and low feints.
  - (A) Long point with rifle. (Feint only.)
  - (B) Feint long—throw point with parry stick.
4. Parry and return against 3 (B).

### PHASE V. (THROW POINT.)

1. At wall pad with lunge (stationary).
2. At boxing pad (footwork).
3. Parry and return. 1st stationary, 2nd on the move.
4. Teach retire by jump at wall pad.
5. Retire by jump after being parried.
6. Parry and return by throw point. 1st stationary, 2nd on the move.
7. Feint long—throw point with rifle.

### ASSAULT PRACTICE. (WHOLE OF TARGET.)

Loose play—introducing everything already taught.

Generalship—

1. In attack work towards opponent's right.
2. In defence work towards opponent's left.

END OF RECRUITS' LESSONS.

N.B.—The throw point should always be executed with a lunge.

## TRAINED SOLDIERS' LESSONS.

### PHASE VI.

1. Disengage.
2. Feint direct attack—disengage.
3. Parries for 1 and 2 and return.
4. Beat—direct attack.
5. Beat—disengage.

# Bayonet Fencing—continued.

## TRAINED SOLDIERS' LESSONS—continued.

### ASSAULT PRACTICE.

All points, feints, beats, etc.

### PHASE VII.

1. Throw point at boxing pad and retire by jump.
2. Feint direct attack—one and two.
3. Parry and return for 2.
4. Parry and return by disengage.

### PHASE VIII.

1. Beat reverse.
2. Beat reverse—direct attack.
3. Beat reverse—disengage.
4. Beat reverse—and one—two.
5. Parry and return against 2, 3 and 4.

### ASSAULT PRACTICE.

Using only attacks and returns already taught.

## SPECIALIST LESSONS.

### PHASE IX.

1. Parry and return by feint direct—disengage.
2. Throw point and pass forward.
3. Extra parry.
4. Teach time hit.
5. When, and when not, to use time hit.
6. The double attack.
7. The remise.

### PHASE X.

1. High point.
2. Low point.
3. Feint direct—pass over.

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## Notes

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1. Parts of the body and names of the groups of exercises are commenced with a capital letter.

2. The starting positions, when entailing more than one movement in order to obtain them, are written in the order in which the movements are commenced; when these movements are taken separately a comma is used between each, but when taken together no comma is used, and the order of the movements is given from the feet upwards.

3. In the Tables a dash (—) is used between the starting position and the exercise, and the name of the exercise (including any additional movements taken to increase the effect) is given in thick type.

4. When there is any possibility of doubt as to whether one or both Arms, Legs, Knees, etc., are meant, an "s" is added to the abbreviation when both limbs are referred to, or the figure "1" is used if only one is intended.

5. Exercises, parts of exercises or starting positions, which have not been taught in previous table, are underlined.

6. Exercises needing fixed apparatus are marked\*, but where human support can be used are marked †.

7. Alternative exercises for the various groups, excepting starting positions, are included, for choice by the Instructor according to time and apparatus available.



## BOXING (SUMMARY) PRELIMINARY COURSE.

### ROUND I.

#### 1. POSITION OF FEET.

#### 2. SWAYING.

1st Stage—Class facing Instructor.  
2nd Stage—Class working in two ranks.

#### 3. FOOTWORK AND SWAYING.

Advance—Retire—Move to right—Move to left.  
1st Stage—Class facing Instructor.  
2nd Stage—Class working in 2 ranks.  
3rd Stage—Class working in pairs, circling around each other in small circles around Instructor.

#### 4. POSITION AND MOVEMENT OF ARMS.

1st Stage—Class stationary, facing Instructor.  
2nd Stage—Class moving, facing Instructor.  
3rd Stage—In pairs.

#### GAMES AND QUICKENERS.

1. Swaying Exercise in pairs.
2. Skipping.
3. Touching feet with parry stick.

### ROUND II.

#### ATTACK.

1. Clenched fist: Illustrate and give reasons.
2. Straight left.

1st Stage—Action—in two ranks at named targets (Point or Mark).

2nd Stage—Distance and Power—at sacks (1) Stationary.  
2) Stepping in. (5) At swinging medicine bag.

3rd Stage—Direction and Distance—in two ranks at hands.

4th Stage—Direction, Distance and Power—in two ranks at boxing pad.

5th Stage—Direction, Distance and Speed—in pairs with footwork at hands.

6th Stage—Direction, Distance and Power—in pairs with footwork at boxing pad.

#### GAMES AND QUICKENERS.

1. Boxing Pad Game—Speed.
2. Medicine Bag Game—in pairs and rank v. rank.

#### DEFENCE.

#### 3. blocking.

1st Stage—In pairs with two hands (slowly first, then competitive).

2nd Stage—In pairs with one hand.

3rd Stage—Right hand block.

4th Stage—Block and counter.

#### 4. Forearm guard for body.

1st Stage—Guard mark.

2nd Stage—Guard mark and counter to point or mark.

#### 5. Final practice (the four rings). To be used every day after Round II has been taught.

#### GAMES AND QUICKENERS.

1. Guarding Medicine bag.
2. Flyweight Medicine Bag tennis.
3. Medicine Bag tennis.

### ROUND III.

#### ATTACK.

#### 1. Feint.

1st Stage—Practice the feint with expression and out of distance. (Out of distance.)

2nd Stage—Feint left to mark, step in and lead left to point. (Out of distance.)

3rd Stage—Feint left to point, step in and lead left to mark.

#### DEFENCE.

#### 2. Ducking to right.

1st Stage—Headwork with medicine bag.

2nd Stage—Duck lead at point.

3rd Stage—Duck lead at point and counter to point.

4th Stage—Duck lead at point and counter to mark.

#### 3. Slipping to right.

1st Stage—Slipping left lead.

2nd Stage—Slipping left lead and counter to mark.

#### 4. Deflecting (with right and left hand).

1st Stage—Deflecting left lead.

2nd Stage—Deflecting left lead and counter to point.

3rd Stage—Deflecting left lead and counter to mark.

#### GENERALSHIP.

1. Moving away from danger.
2. Attacking an opponent with a long or short reach.
3. How to deal with right handed boxers.
4. Parts of opponent to watch.

## WRESTLING

### SUMMARY.

#### BOUT I.

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1. Lecture on value of training. | 6. Initial hold.            |
| 2. Class arrangements.           | 7. Method of falling.       |
| 3. Explanation of rules.         | 8. Changing grips.          |
| 4. Feet and hands.               | 9. Wrestle without a throw. |
| 5. Method of moving.             |                             |

#### BOUT II.

1. Warm class by a short wrestle.
2. Demonstrate cross buttock.
3. Class practise first position.
4. Second position—Lift.
5. Demonstrate how to fall.
6. Class practise throw from second position slowly.
7. Combine the whole slowly.
8. Complete throw quickly.
9. Practise throw on the move, opponent coming forward.
10. Class wrestle and try to obtain cross buttock.

#### BOUT III.

1. Class wrestle without throw.
2. Repeat cross buttock.
3. Stop to cross. (Demonstrate.)
4. Class practise same.
5. (In pairs) Master tries to obtain buttock. Pupil does stop.
6. Demonstrate cross buttock, using leg when partially stopped.
7. Class practise slowly.
8. In pairs class practise quickly on mat.
9. Master and pupil wrestle for cross buttock or leg throw.
10. Whole class wrestle.

#### BOUT IV.

1. Class warmer.
2. Demonstrate waist buttock.
3. Class practise first position.
4. Class practise second position.
5. Complete the throw slowly.
6. Complete the throw quickly.
7. Stop to waist buttock. (Demonstrate.)
8. Class practise same.
9. Master and pupil wrestle for throw.
10. Final wrestle.

#### BOUT V.

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1. Flying mare.                   | 4. Counter to waist hold from behind. |
| 2. Stop for flying mare.          | 5. Loose play.                        |
| 3. Generalship for getting holds. |                                       |

#### BOUT VI.

- |                          |                      |
|--------------------------|----------------------|
| 1. Trip out of distance. | 4. Turning opponent. |
| 2. Trip in distance.     | 5. Generalship.      |
| 3. Outside stroke.       | 6. Competitions.     |

#### BOUT VII.

1. Organization of competitions.
  2. Making and repair of wrestling kit.
  3. Judging and refereeing.
- N.B.—Bouts V and VI to be taught in same manner as II, III, and IV.



## ATHLETIC TRAINING (SUMMARY).

### HURDLES.

- STAGE I.—Stretching exercises :—  
 (a) High kicking with body lunge.  
 (b) Sitting. Legs at right angles.
- STAGE II.—Practise walking over two benches (piled) :—  
 (a) Reach towards benches.  
 (b) Sit on benches and practise reaching with leading leg and arm action.  
 (c) Use the side for rear leg practice.
- STAGE III.—Correct stride over one hurdle 2 ft. 6 in. to 3 ft. :—  
 (a) Distance required to get 8 strides to 1st hurdle.  
 (b) Hurdle at top speed over 1 hurdle; correct tendency to jump.
- STAGE IV.—Practise over 3 ft. to 3 ft. 6 in. hurdle :—  
 (a) As in 2 (c) but with hurdle.  
 (b) Practise take-off over one hurdle (7 ft. distance).  
 (c) Warn pupil to ignore increased height.  
 (d) Acquire correct number of strides (3) between each height.  
 (e) Add required number of flights.  
 (f) Obtain poise and balance before speed.

### LONG JUMP.

- STAGE I.—(a) Mark pupil's top speed.  
 (b) Reverse and run through jump.  
 (c) Adjust mark according to jumping foot.
- STAGE II.—Practise take-off at top speed.
- STAGE III.—(a) Standing long jump.  
 (b) Jump over tape to practise knee-raising and arm action with short run.
- STAGE IV.—Raise tape in height and increase distance, combining Stage II.

### PUTTING THE SHOT.

- STAGE I (without shot).  
 Position 3 ft. from board. Balance on right leg, right elbow well back. Hold balance jump and reverse feet quickly, right hand well forward over board.
- STAGE II.—The left leg balance swing. Jump forward with swing.
- STAGE III.—Combine 1 and 2. Finish well over board.
- STAGE IV (with shot).—Correct hold with fingers. Practise with 12 lbs., increasing to 16 lbs.

### HIGH JUMP.

- STAGE I.—Stretching Exercises :—  
 (a) High kicking.  
 (b) Upward jumping with arms swinging upwards.
- STAGE II.—Practise reaching for bar with straight leg. Adjust distance of take-off.
- STAGE III.—Standing high jump.
- STAGE IV.—Jump with run at low height.
- STAGE V.—Increase height; correct distance and position of body.

## ABBREVIATIONS

A.	= Arm or Arms.	K.	= Knee or Knees.
A.b.	= Arms bend.	K.b.	= Knees bend.
Abd.	= Abdominal.	L.	= Leg or Legs.
astr.	= astride.	Lat.	= Lateral.
backw.	= backward.	Mar.	= Marching.
Bal.	= Balance.	N.	= Neck.
b.	= bend or bending.	N.r.	= Neck rest.
cl.	= close or closing.	o.	= open.
Cor.	= Corrective.	oblique	
crossgr.	= crossgrip.	gr.	= oblique grip.
Dor.	= Dorsal.	outw.	= outward.
downw.	= downward.	overgr.	= overgrip.
F.	= Foot or Feet.	pl.	= place or placing.
ex.	= exercise.	pos.	= position.
F. cl.	= Feet close.	r.	= raise or raisr.g.
F. full o.	= Feet full open.	sidew.	= sideways.
f.	= firm.	sit.	= sitting.
fling.	= flinging.	Sp. b.	= Span bending.
forw.	= forward.	str.	= stretch or stretch- ing.
H	= Hips.	swg.	= swing or swinging.
Hd.	= Head.	Tr.	= Trunk.
hang.	= hanging.	turn	= turning.
H. f.	= Hips firm.	upw.	= upward.
Hl.	= Heels.	undergr.	= under grip.
Hvg.	= Heaving.	V.	= Vaulting.
inw.	= inward.		
J.	= Jumping.		

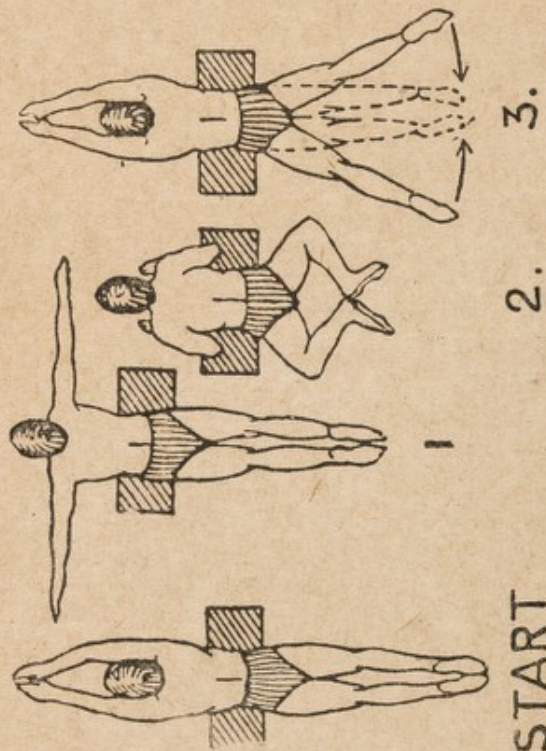
## SWIMMING

### SUMMARY.

#### (LAND DRILL.)

- I. Class Arrangements—  
 Forward lying over stool or chair.
- II. Movements—  
 1. Students perform movements as on card.  
 2. Instructor correct any faults.
- III. Test—Movements to be performed correctly twelve times without looking at card.

NOTE—FIG. 1. Breathe in.  
 FIG. 2. Breathe out.  
 FIG. 3 should be one movement of legs.



### WATER.

- I. Students jump in with belt on (deep end).  
 II. Demonstration by Instructor with belt.  
 III. Students carry out the movements with belt in deep end until they are performed correctly.  
 IV. Belts off.—Students in shallow end (without belt). Instructor assists with pole.

NOTE 1.—Float to be used for students with weak kick.  
 NOTE 2.—Belt in use at Army School of P.T. "Coote's Belt."

#### POINTS TO BE OBSERVED IN SWIMMING.

- 1 Correct limb movement.
- 2 Correct co-ordination of arms and legs.
- 3 Correct poise.
- 4 Correct relaxation of the muscles.
- 5 Correct breathing during the various strokes.

#### NOTE :—

FIG. 1. Breathe in.  
 FIG. 3. Breathe out.  
 FIG. 3 should be one movement of legs.